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Cardiac Rehabilitation in Morocco: Physiotherapists' Roles, Involvement, and Barriers to Implementation

Topic: Neuroscience

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BACKGROUND

Cardiovascular diseases (CVD) are the leading cause of death in Morocco, highlighting the importance of cardiac rehabilitation (CR) in reducing morbidity and mortality. Physiotherapists play a key role in this care, providing exercise supervision, monitoring and patient education. However, several barriers limit the implementation of CR programs. This study assesses physiotherapists' perceptions of their role in CR, their involvement in its promotion, and the barriers to its development.

METHODS

A survey of 145 Moroccan physiotherapists explored their perceptions, involvement and the barriers limiting access to cardiac rehabilitation programs.

RESULTS

The results show that most physiotherapists (97%) recognize the importance of their role in developing tailored exercise programs within CR, improving patients' physical fitness and promoting healthy behaviors. However, analysis of their involvement in promoting cardiac rehabilitation among patients reveals substantial differences: 10.3% of physiotherapists report high involvement, 72.4% moderate involvement and 17.3% low involvement. Statistical analysis of the factors influencing this involvement shows that physiotherapists working in private practice or academic settings, as well as those holding a master's degree or higher, are more actively involved. In addition, several barriers limit the effective implementation of cardiac rehabilitation programs. Lack of specialized training is perceived as the main barrier by 85.5% of respondents, followed by inadequate material resources (72.4%) and insufficient funding to acquire specialized equipment (49%). Furthermore, poor patient adherence to cardiac rehabilitation programs, reported by 57.9% of participants, constitutes an additional challenge to implementing these programs.

CONCLUSION

Integrating cardiac rehabilitation into care in Morocco requires better training for physiotherapists, appropriate infrastructure and an awareness-raising strategy. By 2030, concerted efforts by healthcare professionals, institutions and policymakers will be essential to overcome these barriers and ensure equitable care for patients with cardiovascular disease.

Statement of Disclosures

None

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