E-Poster

EP-612

Perineal Rehabilitation: Knowledge, Attitudes and Practices of Moroccan Physicians

Topic: Physical Modalities

Kaoutar El Aabedy, Omar El Akadi, Mouna Lakhdar, Houssam El Khalet, Maryam Fourtassi

Department of Physical Medicine and Rehabilitation, Mohammed VI University Hospital Tangier, Tangier, Morocco

BACKGROUND

Perineal rehabilitation (PR) is a key therapeutic approach for managing pelvic-perineal disorders. However, its integration into medical practice remains limited in Morocco. This study aims to assess the knowledge, attitudes and practices of Moroccan physicians regarding PR and its prescription.

METHODS

A cross-sectional survey was conducted using an online questionnaire, targeting Moroccan physicians from various specialties and practice sectors. The collected data were analyzed descriptively.

RESULTS

A total of 160 physicians participated, including 43% in general practice and 57% from other specialties, primarily gynecology. While 91% of participants had heard of PR, only 7% had received specific training regarding its role and indications. The main known indications were pelvic-perineal disorders in women (92%) and urinary disorders (80%). However, 56% of physicians were unaware of PR techniques and had never prescribed it. Among those who prescribed it, 81% reported being satisfied with the outcomes. The main identified barriers were lack of training (48%), shortage of specialized facilities (46%), and limited awareness of their locations (34%). Suggested improvements included enhanced physicians' training (94%), increased patients' awareness (80%), and the systematic integration of perineal assessment in medical follow-ups (56%).

CONCLUSION

This study highlights a lack of training and prescription of PR among Moroccan physicians, despite fair knowledge of its indications. Improving medical training and access to specialized facilities is essential to optimize the management of pelvic-perineal disorders.

Statement of Disclosures

None

Corresponding Author:
Kaoutar El Aabedy
Department of Physical Medicine and Rehabilitation, Mohammed VI University Hospital Tangier, Tangier, Morocco
Email: koukielaabedy@gmail.com

Doi: 10.5606/archisprm.2026.EP-612