



# A Scoping Review of Modified Cardiac Rehabilitation Protocols Integrating Occupational Performance Goals for Post-Myocardial Infarction Patients in Dakar, Senegal

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## Abstract

Cardiac rehabilitation is a core component of recovery after myocardial infarction. In many African contexts, including Senegal, access is limited and programmes may not address culturally specific occupational performance needs for patients returning to daily life and work in Dakar. This scoping review aimed to map and synthesise literature on modified cardiac rehabilitation protocols integrating occupational performance goals for post-myocardial infarction patients, specifically within the context of Dakar, Senegal. Its objective was to identify key components, feasibility considerations, and evidence gaps to inform local practice. A scoping review was conducted following established methodological frameworks. A systematic search was performed across multiple electronic databases. Included sources focused on cardiac rehabilitation, occupational therapy, and post-myocardial infarction care in Senegal or comparable settings. Data were charted and analysed thematically. No empirical studies were found that specifically tested a modified cardiac rehabilitation protocol with integrated occupational goals in the Dakar hospital setting. A prominent theme from related literature was the necessity of adapting activities of daily living and work reintegration goals to align with local socio-economic and cultural occupations, such as market trading and communal roles. A significant evidence gap exists for formally evaluated, occupation-focused cardiac rehabilitation protocols for post-myocardial infarction patients in Dakar. While the importance of occupational integration is recognised, structured protocols tailored to this specific context are absent from the literature. Priority should be given to developing and piloting a contextually relevant, modified

cardiac rehabilitation protocol in Dakar. Future research must involve collaborative, practice-based studies to evaluate the impact of integrating occupational performance goals on patient outcomes. cardiac rehabilitation, myocardial infarction, occupational therapy, occupational performance, Senegal, scoping review This review highlights a distinct lack of locally evaluated, occupation-focused cardiac rehabilitation research in Dakar, defining a clear priority for future occupational therapy research and protocol development in African clinical practice.

**Keywords:** *cardiac rehabilitation, myocardial infarction, occupational performance, Sub-Saharan Africa, scoping review, protocol adaptation, Senegal*

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