





ACTIVITY REPORT

DAR ZHOR - 2025

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Dar Zhor - member
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of UICC





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PRESIDENT'S MESSAGE

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Dr Myriam Belghazi Nciri
Présidente fondatrice
de Dar Zhor

The year 2025 marked a decisive turning point in Dar Zhor's development.

After several years of intense commitment characterized by the richness of our initiatives and the gradual expansion of our non-medical supportive care services; we made a strong strategic choice: one of consolidation, rigor, and evidence.

This choice resulted in the implementation of an independent impact study aimed at evaluating the real effects of our actions on the quality of life of cancer patients we support.

This was not merely about measuring, but about understanding, learning, and adjusting. In a context where expectations from partners, institutions, and funders are evolving toward greater transparency and accountability, this approach became both an ethical and strategic necessity.

This activity report fully reflects this evolution. It does not aim to list all actions undertaken, but rather to share the insights from the impact study, clarify the decisions made in 2025, and lay the groundwork for more controlled development.



The study results confirm the relevance of non-medical supportive care when integrated into structured, human-centered, and accessible pathways.

They also led Dar Zhor to strengthen certain practices, question others, and more firmly embed its actions within a continuous improvement approach.

Thus, 2025 was a pivotal year, not due to the multiplication of initiatives, but due to the depth and quality of the work undertaken: structuring care pathways, clarifying governance, strengthening financial stability, and engaging in strategic reflection in preparation for 2026.

The orientations for the coming year are now built on solid foundations: a clear vision, a consolidated model, developing partnerships, and a commitment to responsible growth.

Our objective is to sustainably strengthen Dar Zhor's social impact while securing its future and maintaining a demanding dialogue with all stakeholders.

I would like to warmly thank the beneficiaries for their trust, the teams and contributors for their constant commitment, and all partners and supporters who accompany Dar Zhor in this phase of maturity and transformation.

By choosing to measure its impact, Dar Zhor affirms its ambition to operate sustainably within a demanding, responsible, and results-oriented ecosystem, serving people affected by cancer.

”

Dr Myriam Belghazi Nciri

Founding President of Dar Zhor

DAR ZHOR AT A GLANCE

Dar Zhor is a non-medical supportive care center dedicated to adult cancer patients, based in Casablanca.

The association supports individuals during and after treatment, complementing the healthcare system with an approach centered on quality of life, psychological well-being, and social connection.

Dar Zhor's action is built on a fundamental principle: providing supportive care that is accessible, structured, and human-centered, while embedding its work within a framework of responsibility, rigor, and measurable impact.

The supportive care services offered by Dar Zhor create spaces for listening, sharing, and rebuilding. They help break isolation, reinforce a sense of dignity, and support patients in coping with the challenges of cancer.

Key characteristics of the Dar Zhor model

- Intensive and personalized support
- Strong focus on social accessibility (particularly through beneficiary transportation)
- Increasing emphasis on impact measurement and evidence
- Rigorous and transparent financial management

In 2025, Dar Zhor supported 409 patients within a professional and secure environment, relying on a committed multidisciplinary team of 40 supportive care specialists, alongside a structured governance framework.

Our commitment was reflected through 29 support activities, delivered across 612 workshops, including 304 group sessions and 308 individual support sessions.





We continued developing a comprehensive and personalized offering designed to meet each individual's specific needs:

- Relaxation and meditation sessions to promote calm and well-being
- Gentle physical activities to maintain energy and strengthen the body
- Nutrition workshops to support the organism
- Support groups to encourage expression and reduce isolation
- Aesthetic care to help restore self-esteem

All these actions are carried out by 40 qualified professionals, driven by attentive listening, recognized expertise, and constant compassion.

Support groups and listening spaces were maintained and adjusted to address identified vulnerabilities, particularly in terms of stress, isolation, and the emotional burden associated with the disease.

The Art Therapy unit was strengthened with the introduction of:

- Singing and choir
- A new dance therapy workshop

Caregivers also benefit from dedicated support. In 2025, a new space for expression was created for them through art therapy, offering a place for support, sharing, and renewal.



The average cost of support per patient is estimated at 8,000 MAD.

SOCIAL ACCESSIBILITY & BENEFICIARY TRANSPORT

In line with its mission of accessibility, Dar Zhor continued in 2025 its specific efforts regarding beneficiary transportation.

This action, often invisible but essential, has enabled patients in socially or geographically vulnerable situations to access supportive care services without having to give up due to financial or logistical constraints.

INFORMING AND RAISING AWARENESS: The foundations of prevention

A new approach involving patient ambassadors

As part of its mission of prevention, information, and support for women facing breast cancer, Dar Zhor conducted in 2025, during Pink October, a national awareness campaign focused on breast self-examination.



+1,300 employees, high school students, and vocational trainees reached

These actions contributed to strengthening knowledge, encouraging the adoption of preventive behaviors, and facilitating access to screening.



+ 16 M de views
on the digital campaign

Rolled out through field initiatives, interventions by healthcare professionals, and strong media mobilization, this campaign also engaged former Dar Zhor beneficiaries.

These women were trained in self-examination and involved as ambassadors to ensure the transmission of this essential preventive gesture.



+ 1300 screenings
in cinema

Dar Zhor Solidarity Walk: a collective momentum

The second edition of our solidarity walk and run at the Arab League Park brought together more than 750 participants (patients, former patients, relatives, and partners).

This flagship event conveyed a dual message: the vital importance of early screening and the therapeutic benefits of physical activity.

+ 750
participants
(patients, former patients, relatives, and partners)



Bnat Dar Zhor: art and emotion in the service of awareness

With the play “Bnat Dar Zhor”, Dar Zhor used art as a powerful tool for awareness and expression, in line with the strengthening of its Art Therapy unit.

By giving space to voices and lived experiences, this initiative helped raise public awareness of the realities faced by women living with cancer, while mobilizing art as a lever for prevention and a shift in perception.

Cancer and Work: defending patients' rights

Dar Zhor addressed the theme of “Cancer and work” through testimonial video capsules featuring beneficiaries who experienced dismissal or professional exclusion, as well as through discussions, particularly with economic stakeholders to promote solidarity and job retention.

The association also advocated for stronger protection of patients' rights in the professional environment.



IMPACT STUDY:

Challenges and Methodology

Since its creation, Dar Zhor has placed people at the heart of its mission. In a context where expectations around transparency, accountability, and evaluation are increasingly high, the association sought to objectively assess the real impact of the supportive care provided to people affected by cancer.

In Morocco, progress in oncology is tangible. Treatments are more effective and survival rates are improving. However, surviving does not always mean living fully. During and after the illness, many patients continue to face persistent pain, chronic fatigue, sleep disorders, anxiety, and social isolation.

It is in response to this reality that Dar Zhor offers non-medical supportive care, complementary to medical treatments. These services aim to prevent and manage the physical, psychological, and social effects associated with the disease and its treatments, in order to improve the quality of life of patients and their loved ones.

To rigorously assess the effectiveness of this approach, an independent impact study was conducted between June 2024 and March 2025 under the scientific direction of Professor Wassila Benkirane, sociologist at Sidi Mohamed Ben Abdellah University in Fez.

The study is based on a mixed methodology combining:

- a quantitative survey of 164 beneficiaries,
- a qualitative analysis based on interviews with patients, caregivers, and professionals.

The protocol was validated by an independent ethics committee as well as by the Faculty of Medicine of Casablanca, ensuring scientific rigor and compliance with ethical standards.

This initiative marks an important milestone for Dar Zhor: it embeds its work within a dynamic of learning, continuous improvement, and knowledge sharing, serving a more human and comprehensive approach to cancer care.

KEY FINDINGS OF THE IMPACT STUDY

The results of the study highlight the significant effects of non-medical supportive care on the quality of life of individuals supported by Dar Zhor.

The analyses show marked improvements across several essential dimensions of patients' lived experience.

On the physical level, the indicators show a significant reduction in the most debilitating symptoms:

- severe pain decreased from 42% to less than 7%,
- chronic fatigue decreased from 51% to 5%,
- severe sleep disorders declined significantly,
- difficulties in daily activities decreased from 40% to 6%.

On the psychological level, the impact is equally significant:

- severe anxiety decreased from 56% to 3%,
- depression and feelings of isolation declined markedly.

Overall, more than 93% of patients report an improvement in their quality of life at the end of their care pathway.

The study also paid particular attention to caregivers, predominantly women, who are often highly involved but exposed to significant physical and psychological fatigue. The support provided by Dar Zhor also helps reduce their anxiety and exhaustion.

These results are not based on subjective perception. They rely on scientific research presented at leading international conferences, including MASCC and ASCO 2025.

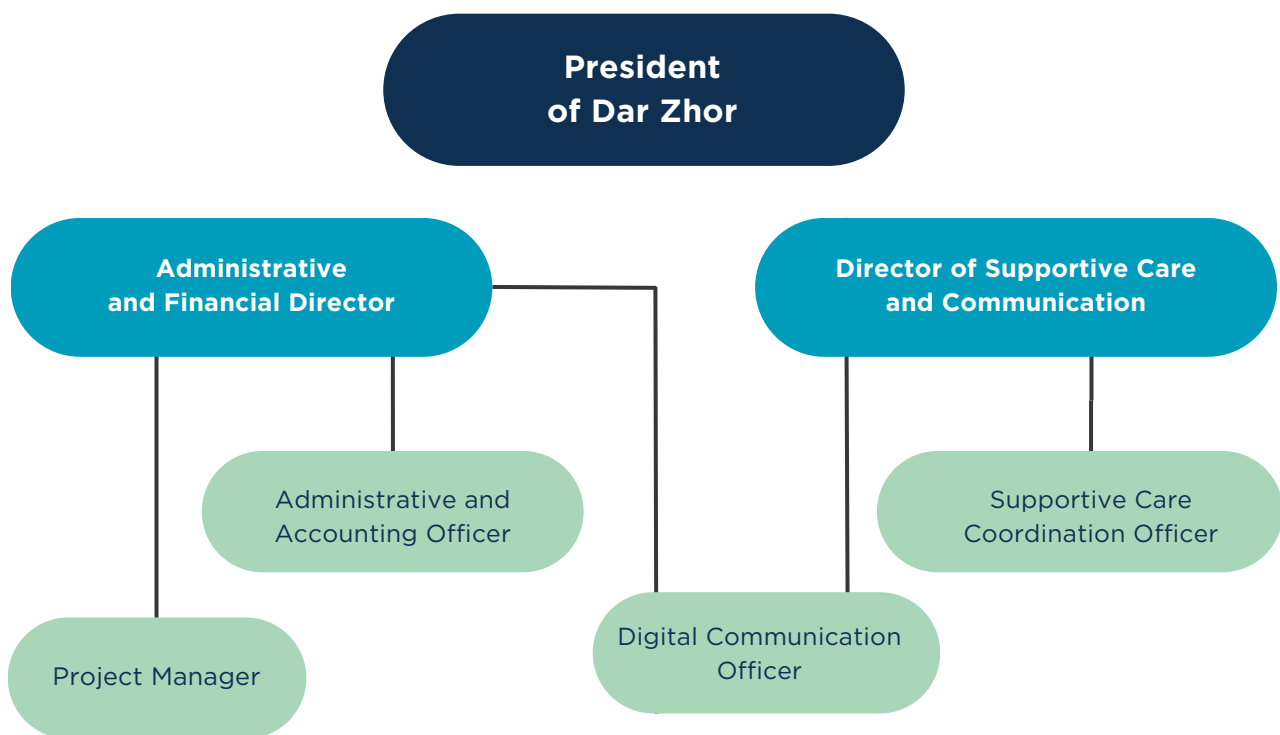
They confirm that a holistic approach to cancer, integrating the physical, psychological, and social dimensions of the disease, is a key lever for improving patients' quality of life.

Today's challenge is to make this type of support accessible to a larger number of patients in Morocco. This requires the commitment of partners, institutions, and companies who recognize that the human impact of such a model also represents a major social impact.

GOVERNANCE AND TEAM

In 2025, particular attention was given to strengthening internal processes in order to support the organization's growing maturity. This approach made it possible to consolidate governance frameworks, improve coordination of actions, and secure the association's overall operations.

This progressive structuring of governance and the team is a key lever for approaching 2026 projects with confidence, responsibility, and controlled ambition.



Dar Zhor Organizational Chart - 2025

The driving force behind Dar Zhor lies in the commitment of our volunteer practitioners: A team of professionals working every day to support and assist our beneficiaries.

Intissar Achagra

Socio-aesthetic practitioner

Soumia Amor

Dental surgeon

Oumnia Alaoui

Certified Tenchi Tessen instructor

Valérie Alighieri

Nutritionist physician

Badiaa Annaoui

Chef

Hind Belmokaddem

Sophrologist

Latifa Benamour

Laughter yoga instructor

Rim Benbrahim

Psychotherapist

Widad Benkirane

NLP Coach

Jalil Bennis

Certified Tenchi Tessen instructor

Brahim Benssy

Psychologist, Psychotherapist

Kenza Bouih

Physiotherapist

Souad Bouzidi

Reiki practitioner

Fatima Chokayri

Hypnotherapist physician

Amal Gharbi

Yoga instructor

Safia Zine EL Abidine

Reiki practitioner & Art therapist

Riyane EL Hayboubi

Dietitian Nutritionist

Myriam El Kettani

Psychotherapist

Ghislaine Gaudreau

Tai Ji Quan & Qi Gong instructor

Tahar Hader

Sports therapy facilitator for men

Bahae Harras

Clinical psychologist

Ines Khamlichi

Onco-psychologist

Fatima Krisni

Patient partner - Stoma workshop facilitator

Zineb Kettani

Art therapist

Bouchra Lamsika

Socio-aesthetic practitioner

Aicha Mehdi

Psychotherapist

Eva Mergui Bengio

Hypnotherapist physician

Lamiss Naciri

Gestalt therapist, Coach

Myriam Nciri

Hypnotherapist physician

Rachida Prenant

Reiki Master

Fatima Razqi

Manual activities workshop facilitator

Anne Lise Riscalla

Dance therapy instructor

Myriam Sif

Music therapist

Meryem Soussi

Reflexologist

Maria Sinaceur

Yoga instructor

Sara Tadlaoui

Nutritionist

Radia Tanjaoui

Naturopath

Farah Trombati

Hypnotherapist physician

Bahia Waxas

Singing instructor

Vinciane Wesel

Hypnotherapist physician

Volunteer Practitioners Team - 2025

STRONG MEDIA ENGAGEMENT

Thanks to strong mobilization, our initiatives received extensive media coverage.

Radio, TV, print and digital press, magazines, and web TV all contributed to amplifying our message and expanding our audience.

 **Al Mouwatine**

[Link to the video](#)

 **Lalla Fatema**

[Link to the video](#)

[Link to the video](#)

 **Médi 1 Radio**

[Lien de l'enregistrement](#)

[Lien de l'enregistrement](#)

 **Luxe radio**

[Lien de l'enregistrement](#)

[Lien de l'enregistrement](#)

 **Hit Radio**

[Link to the vido](#)

 **Medi 1 TV**

[Link to the video](#)

 **SNRT News**

[Link to the article](#)

 **L'Opinion**

[Link to the article](#)

 **Magazine Shoelifer**

[Link to the article](#)

 **L'information.ma**

[Link to the article](#)

 **Panorapost**

[Link to the article](#)

 **Le Matin.ma**

[Link to the article](#)

[Link to the article](#)

[Link to the article](#)

 **YaBiladi**

[Link to the article](#)

[Link to the article](#)

 **Famille Actuelle**

[Link to the article](#)

 **L'Economiste**

[Link to the article](#)

 **DOCTINEWS**

[Link to the article](#)

PARTNERSHIPS AND ALLIANCES

The development and sustainability of Dar Zhor are built on long-term partnerships founded on trust, complementarity, and shared values. In 2025, the association continued to implement a targeted partnership strategy, prioritizing quality and strategic coherence over the multiplication of collaborations.

Dar Zhor's partnerships are structured around several complementary areas:

- Institutional partnerships, supporting the integration of its actions within the healthcare and patient support ecosystem;
- Scientific and academic partnerships, contributing to methodological rigor and the dissemination of the impact study;
- Financial and philanthropic partnerships, committed alongside the association within a framework of social responsibility and sustainable impact.

In 2025, Dar Zhor also initiated an in-depth reflection on the diversification of its partners, in order to reduce its dependence on a single type of funding source and strengthen the stability of its economic model.

This strategy aims to build strong and balanced alliances capable of supporting the association in a new phase of controlled development starting in 2026.

Institutional Partners

Nivea - Novartis - Roche - Maphar - Bottu - Astrazeneca - Pfizer - Axess Pharma - Fondation BMCI - Servier - Safran - Sofrecom - Hikma - Laprophan Cooper Pharma - Pierre Fabre - Tectra - NovoPharma - AMGEN - AXA Services - AXA Assurance - Lesieur - Les Eaux minérales d'Oulmès - Alsa Sidi Ali - Chambre Française de Commerce et d'Industrie du Maroc Fondation Cheikh Khalifa Ibn Zaid - Rotary Club Casablanca city - ODM Louis Massignon - EFI Casablanca - F.O.L Maroc

Scientific Partners

Société Marocaine de Cancérologie (SMC) - Société Marocaine de Radiologie (SMR) - Association des Pneumologues Privés du Maroc (APPM) - Inter-Groupe d'Oncologie Thoracique (IGOT) - Société Marocaine d'Infectiologie Pédiatrique et de Vaccinologie (SOMIPEV)

Media Partners

Hit Radio - DoctiNews - Femmes du Maroc - Le Matin - Lalla Fatima Assabah - Chaîne Inter - Pharmacies.ma - Medi 1 Radio - Medi 1 TV Luxe Radio - Famille Actuelle - Atlantic Radio - Radio Aswat - Assabah Médecine Pratique - YaBiladi - L'Economiste - SNRT News - L'Opinion L'Information.ma - PanoraPost - Al Mouwatine - Magazine Shoelifer

WHAT 2025 PREPARES FOR 2026

The work carried out in 2025 opens a new phase for Dar Zhor.

The insights from the impact study now make it possible to approach 2026 with a clearer, more demanding, and more responsible vision.

This new phase will result in stronger prioritization of actions, reinforced beneficiary pathways, and more refined structuring of pilot projects.

It will also enable future partnerships to be built on solid foundations, based on evidence, trust, and a shared ambition for sustainable social impact.

Building on the results of the impact study, Dar Zhor aims to strengthen its position as a leading actor in non-medical supportive care, serving cancer patients and engaging in continuous dialogue with institutions, partners, and civil society.

Conclusion

The year 2025 marks a decisive milestone in Dar Zhor's journey.

By choosing to place the impact study at the heart of its reflection, the association affirmed a posture of responsibility, rigor, and maturity. This decision made it possible to move beyond a logic of cumulative action and to anchor its commitment more durably in an approach grounded in evidence, coherence, and continuous improvement.

The insights drawn from the impact study confirm the relevance of non-medical supportive care when it is integrated into structured, accessible, and person-centered pathways. They also highlight the need to continue a demanding process of structuring, both at the organizational and strategic levels.

The year 2025 thus stands as a year of consolidation, essential to preparing for the future. It helped clarify priorities, strengthen governance, secure the economic model, and lay the foundations for more controlled development from 2026 onward.

Building on these achievements, Dar Zhor is now entering a new phase of its development with a clear ambition: to sustainably amplify its social impact while preserving the quality, ethics, and humanity that underpin its work. This ambition is part of an open and demanding dialogue with partners, institutions, and all stakeholders committed to supporting people affected by cancer.

By resolutely embracing a logic of responsibility and transparency, Dar Zhor reaffirms its determination to contribute, at its own level, to a more humane, more comprehensive, and fairer approach to supporting people living with cancer.

APPENDICES

APPENDIX 1 - Methodological Summary of the Impact Study

APPENDIX 2 - Detailed Key Quantitative Results

APPENDIX 3 - Scientific References and Publications (JCO
Oncology Practice Article & MASCC / ASCO Posters)



PSYCHOSOCIAL IMPACT STUDY OF SUPPORTIVE CARE ON THE QUALITY OF LIFE OF CANCER PATIENTS

Case of beneficiaries of the Dar Zhor patient association in Casablanca

I. CONTEXT & OBJECTIVES

Dar Zhor is a Casablanca-based association that provides free supportive care to people living with cancer. Its action is structured around four complementary pillars:

- **Psychological support:** individual consultations, hypnosis, support groups, art therapy
- **Adapted physical activity:** yoga, Qi Gong, Tai Chi
- **Well-being services:** socio-aesthetics, reflexology, energy-based care
- **Information & guidance:** nutrition, physiotherapy, practical workshops, digital communication

These services aim to improve the quality of life of patients and their relatives.

Impact Study.

To scientifically assess the effectiveness of this support model, an independent evaluation was conducted by Social-In, a research and consulting firm led by Professor Wassila Benkirane, sociologist, between June 2024 and March 2025.

- **Study population:** 164 patients (146 in person, 18 remotely), supplemented by qualitative interviews with patients, caregivers, practitioners and staff
- **Methodology:** mixed-methods approach combining quantitative surveys and qualitative interviews, complemented by analysis of digital awareness campaigns



II. KEY FINDINGS

1. Overall Satisfaction :

97% of patients report being satisfied or very satisfied, indicating strong perceived value and adherence to the Dar Zhor model.

2. Impact sur la qualité de vie :

The study demonstrates a significant and measurable impact of supportive care on the quality of life of cancer patients.

Psychological health:

- 68% of patients (111/164) report a very positive impact
- Marked reduction in anxiety and depression
- Better acceptance of the illness
- Strengthened sense of control over treatment

Physical health:

- 73% of patients (120/164) report a positive or very positive benefit
- Increased energy levels
- Significant reduction in pain
- Noticeable improvement in sleep quality
- These outcomes are supported by complementary practices (relaxation, sophrology, hypnosis, meditation)
- Improved functional autonomy, complementing medical treatments without replacing them

Caregivers' well-being:

Often exposed to emotional burden, anxiety, isolation and professional constraints, caregivers also benefit from the program. Psychological and social support, along with reduced fatigue and sleep disorders, help preserve their balance and sustain their essential role.

Family and social relationships:

- Family bonds (close family, spouses) remained strong and stable
- 43% of beneficiaries reported improved social relationships, particularly friendships and a sense of community
- Dar Zhor is widely perceived as a "second home", helping to break isolation and foster new solidarities





3. Digital Impact

In 2024, Dar Zhor reached **21 million views** across its social media platforms (Facebook, Instagram, YouTube, TikTok, LinkedIn), compared to 5 million in 2023, driven by five major awareness campaigns.

- Pink October (breast cancer) alone generated **10.6 million views** (66% of total campaign reach)
- Other campaigns:
 - Lung cancer: **2.97M**
 - Colorectal cancer: **1.6M**
 - Cervical cancer: **1M**
 - Prostate cancer: **435K**

The remaining 4.4 million views came from informational content, events, and ongoing community communication.

The online community now includes 65,620 followers, mainly on Facebook, followed by TikTok, Instagram, LinkedIn and YouTube.

These results highlight sociocultural dynamics: female cancers receive greater engagement, while male cancers remain less visible. The report recommends increased sponsorship for male cancer campaigns to address this imbalance.

III. RECOMMENDATIONS

This pioneering study confirms that supportive oncology care has a decisive impact on patients' quality of life in Morocco, particularly in terms of mental and physical health. It demonstrates that supportive care:

- Reduces suffering
- Improves treatment adherence and tolerance
- Addresses a major public health need not covered by compulsory health insurance (AMO)
- Represents a strong expectation from patients and their families

Yet, its potential remains underutilized.



1. Strategic Recommendations:

Four strategic priorities emerge:

a. Strengthen psychological support

- Expand psychotherapy and individual support
- Increase patient support groups to foster emotional expression and resilience
- Develop structured and regular programs for caregivers

b. Develop nutritional support

- Multiply practical workshops (nutrition, dietetics, therapeutic cooking)
- Offer personalized dietary follow-up
- Position nutrition as a key lever for autonomy and quality of life

c. Implement dedicated caregiver programs

- Create dedicated spaces for psychological support and peer exchange
- Provide respite solutions and adapted administrative/social support
- Include post-bereavement follow-up

d. Innovate in support delivery

- Develop teleconsultation and remote follow-up
- Pilot the “patient partner” model within hospital and community pathways
- Create an interactive digital platform integrating educational resources, peer spaces and innovative tools (including AI)

2. Prioritized Action Plan:

Key operational priorities include:

- Early integration of supportive care from diagnosis onward
- Expanding capacity (facilities, regional branches, extended schedules)
- Structuring dedicated caregiver support services
- Strengthening existing pillars (psychology, adapted physical activity, nutrition, support groups)
- Improving accessibility through adapted tools (dialectal Arabic materials, hospital brochures, early medical referrals)



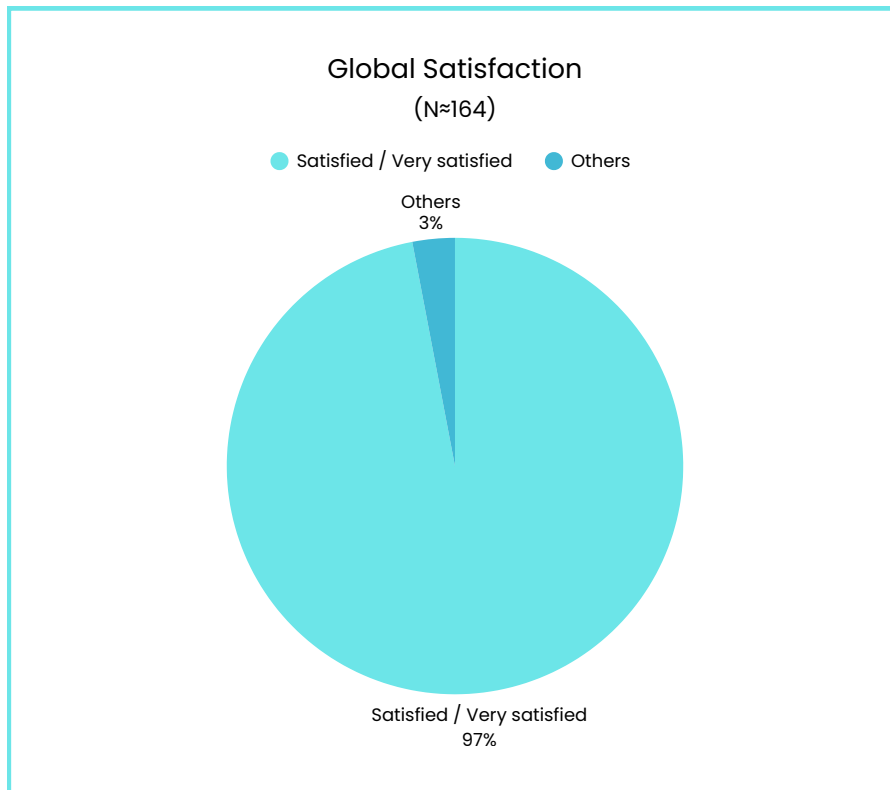
IV. TESTIMONIAL EXCERPTS (VERBATIMS)

- *“Since I started attending the sessions, my sleep has improved significantly; I wake up with much more energy.”* Patient – Sleep quality
- *“After a few weeks of adapted physical activity, I feel less short of breath in my daily activities and I have regained endurance.”* Patient – Fatigue / Physical activity
- *“In the support group, I was finally able to express my fears without judgment; it allowed me to breathe again and regain my footing.”*
Caregiver – Emotional burden
- *“The support I received gave me the words to talk about the situation at work and clear guidance to organize my life between treatment and my job.”* Caregiver – Work-care balance

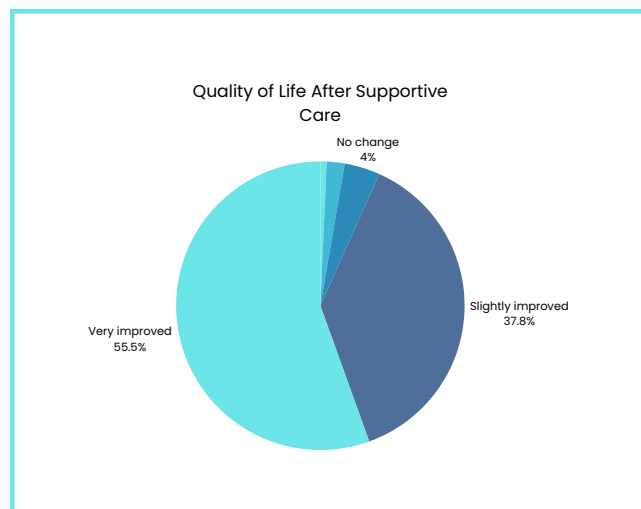
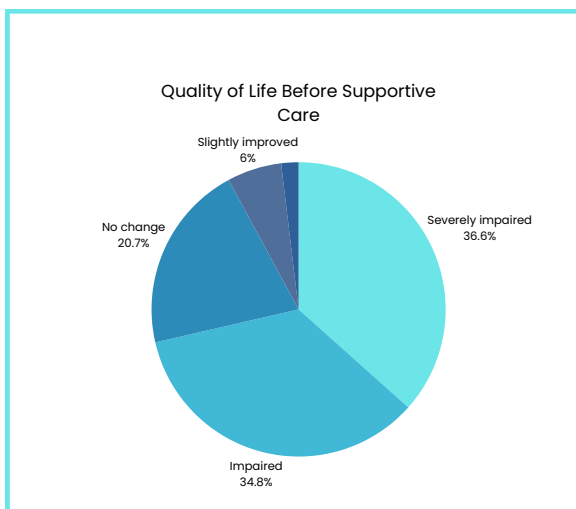
Anonymized testimonials – excerpts from the Dar Zhor impact report (2024–2025)



● Global Satisfaction

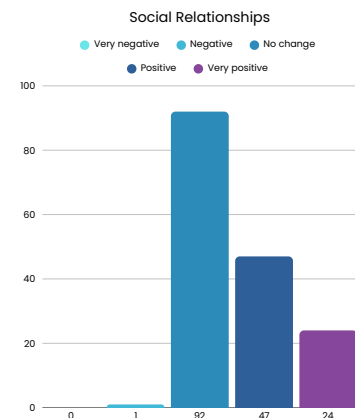
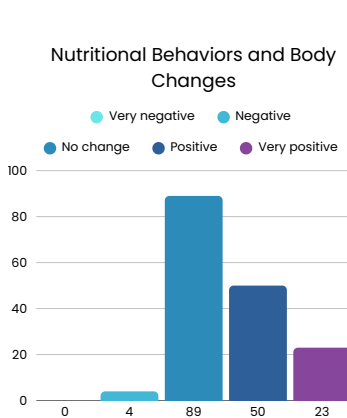
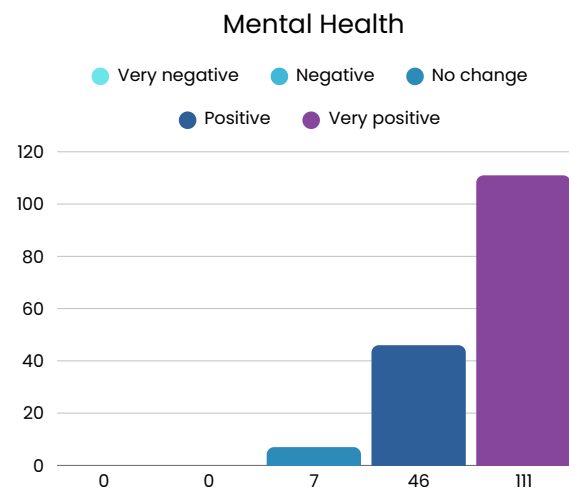
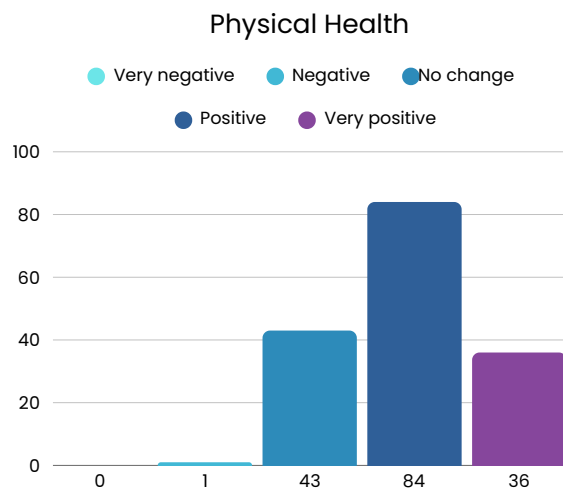


● Quality of life before and after supportive care





Overall Impact of Supportive Care



V. MESSAGES TO PRESCRIBERS

The data is unequivocal: supportive care improves treatment tolerance, reduces anxiety and fatigue, and achieves 97% patient satisfaction.

Supportive care should be fully integrated into routine practice:

- **When?** From diagnosis and throughout the care pathway
- **Where?** Psychologists, support groups, hypnosis, art therapy, adapted physical activity, socio-aesthetics, nutrition, physiotherapy



How? Explain complementarity, refer patients to Dar Zhor based on needs, and ensure regular clinical reassessment

VI. WHY SUPPORT DAR ZHOR NOW?

Dar Zhor has proven its relevance and effectiveness. Demand is rapidly increasing, services exist, but capacity remains limited.

Your support enables:

1. Expanded access (more slots, regional centers, proximity actions)
2. Continuity of care after treatment
3. Strengthened psychological support and support groups
4. Development of adapted physical activity and nutritional support
5. Sustainable support for caregivers
6. Beyond patients, this is a national public health issue.

VII. TOWARDS INSTITUTIONAL RECOGNITION

Supportive care:

- Addresses an unmet need not covered by AMO
- Reduces anxiety and improves treatment effectiveness
- Supports caregivers, a cornerstone of the care pathway

Authorities are urged to:

- Include supportive care in reimbursed health services
- Officially recognize associations as health system partners
- Plan a national network ensuring equitable access across the territory

CONCLUSION

This impact study clearly demonstrates that supportive care transforms the lives of patients and their families. Dar Zhor proves this daily, with measurable and sustainable outcomes.

The time has come to move from experimentation to national recognition, bringing together public authorities, companies and partners.

Supporting Dar Zhor means investing in a more humane, effective and equitable healthcare system.



Patient experience of oncological supportive care quality: Mixed-methods study at Dar Zhor Patient Association, Morocco.

Wassila Benkirane; Sidi Mohamed Ben Abdellah University, Fez, Morocco

Background: Supportive care remains in its embryonic stage in Morocco. Despite favorable conditions for cancer supportive care development outlined in Morocco's National Cancer Prevention and Control Plan (2020-2029), integration into standard treatments remains limited and not covered by insurance. Few specialized centers or associations provide supportive care. Dar Zhor Patient Association is among the rare organizations offering oncological supportive care services. **Methods:** This study adopts a mixed method comprising quantitative survey (164 patients – all beneficiaries from January 2024-February 2025) and qualitative components (20 participants: 6 patients, 6 caregivers, 8 professionals). Questionnaires assessed perceived supportive care impact across for physical dimensions using a 5-point scale ("not felt at all" to "too much felt"): pain, fatigue, daily task, and sleep disturbances. Semi-structured interviews explored lived experiences. Ethical approval was obtained from

Casablanca Faculty of Medicine (n°01/25). **Results:** Significant improvement occurred across all assessed symptoms. Severe pain decreased from 42% to 6.7% of patients. Severe fatigue dropped from 51.2% to 5.5%. The proportion of patients reporting severe difficulties with daily task accomplishment reduced significantly from 40% to 6%. Severe sleep disturbances decreased from approximately 40% to 12.8%. Qualitative analysis revealed that adapted physical activities (yoga, Chi Kung, Tai Chi), and nutritional counseling specifically contributed to these improvements. **Conclusions:** Supportive care demonstrates significant positive impact on cancer patients' physical health. The general symptom transition from "severely felt" to "slightly felt" or "not felt" demonstrates this integrative approach's effectiveness, supporting supportive care integration into oncological care pathways to improve patient quality of life.

Research Sponsor: None.

Comparison of main physical impact on patients before and after supportive care.

Symptoms	Not felt at all	Not felt	Slightly felt	Moderately felt	Too much felt
Pain before	5.5%	9.8%	13.4%	29.3%	42.1%
Pain after	7.3%	29.9%	38.4%	17.7%	6.7%
Fatigue before	0.6%	6.1%	11.0%	30.5%	51.8%
Fatigue after	3.7%	31.7%	42.1%	17.1%	5.5%
Daily tasks before	1.8%	9.8%	22.6%	26.2%	39.6%
Daily tasks after	6.7%	34.8%	32.3%	20.1%	6.1%
Sleep disturbance before	13.4%	11.6%	17.1%	18.3%	39.6%
Sleep disturbance after	17.7%	31.1%	25.6%	12.8%	12.8%

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<https://eventessential-integrations.s3.amazonaws.com/eventsforce/mascc/18848/EFC-ARC-3533.html>

Introduction *Morocco's National Cancer Prevention and Control Plan (2020-2029) has created favorable conditions for developing supportive cancer care, though its integration into standard treatments remains limited. This study evaluated the impact of supportive care services provided by Dar Zhor, a pioneering Moroccan patient's association offering an integrated program of 41 supportive care activities.*

Methods

Our quantitative study conducted in February 2025 examined 164 cancer patients who benefited from Dar Zhor's services. The sample includes all beneficiaries who agreed to participate in the survey, including former beneficiaries from the previous year. The survey instrument, adapted from the PhenX Toolkit to align with both Moroccan cultural context and the association's specific activities, measured before-and-after changes across five key domains: physical health, mental health, nutrition, body image, and social relationships. The study was conducted with formal ethics approval (Protocol 01/25) from Casablanca's Faculty of Medicine.

Results

The most important improvements occurred in psychological domains like these evolutions: extreme anxiety decreased from 93 to 5 patients, extreme depression from 63 to 3, as we observe in the table. The success appears linked to the program's comprehensive nature. Beneficiaries accessed between 4-21 different activities (average: 10), like yoga (11%), psychological support (10%), laughter yoga (8%), nutrition counseling (7%), and Reiki (6%) being most integrated. Results revealed a remarkable transformation in quality of life, with 93.3% of beneficiaries reporting improvement after interventions compared to 71.4% reporting deterioration beforehand. This integrative approach produced synergistic effects that exceeded outcomes from single-modality interventions documented in previous studies.

Table 1: Evolution of psychosocial characteristics

Chart 1

Chart1: The trend of psychosocial characteristics before supportive care

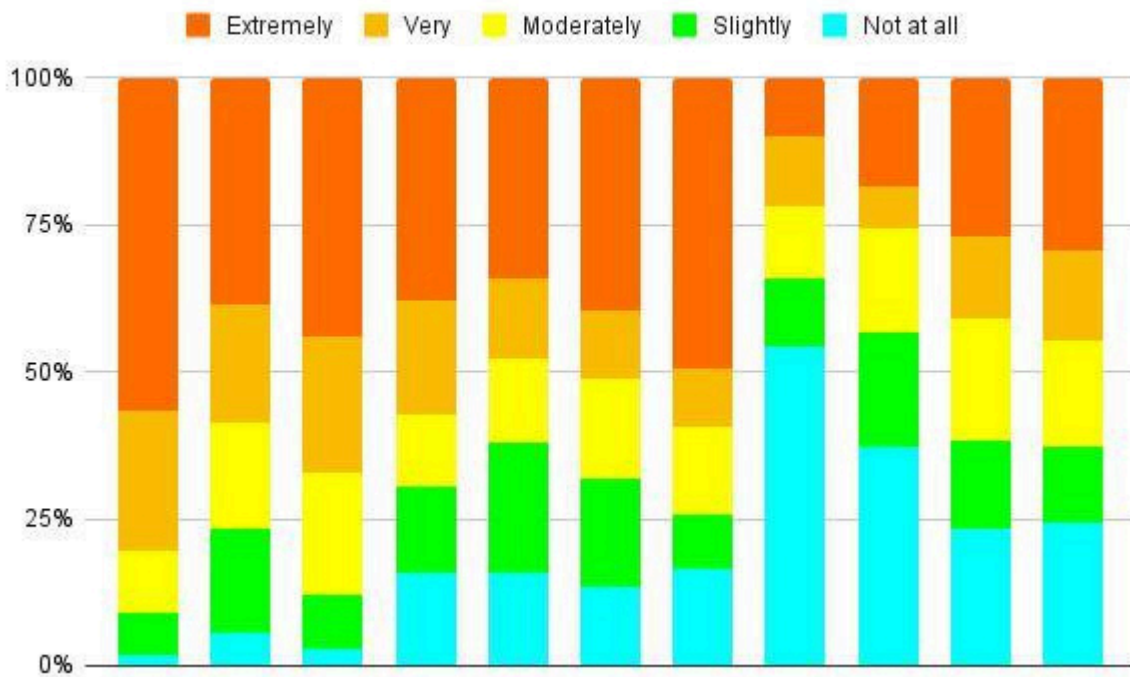
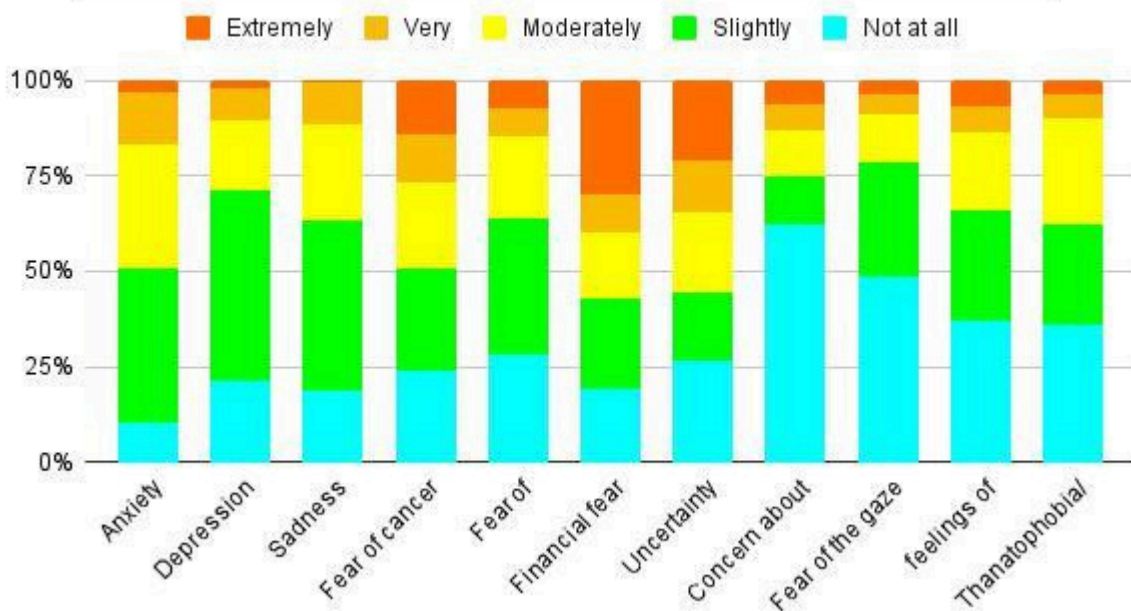


Chart2

Chart2: The trend of psychosocial characteristics after supportive care



Conclusions

The findings strongly suggest that personalized, multi-modal supportive care should be considered an essential component of cancer treatment protocols. This holistic approach addresses multiple patient needs simultaneously, enhancing quality of life during cancer treatment and shifting from purely medical care to comprehensive support that respects patients' holistic experience.

Voici une traduction française rigoureuse, fidèle et au niveau académique de l'ensemble du texte :

Introduction

Le Plan national de prévention et de lutte contre le cancer du Maroc (2020-2029) a créé des conditions favorables au développement des soins de support en oncologie, bien que leur intégration dans les traitements standards demeure limitée. Cette étude a évalué l'impact des services de soins de support proposés par Dar Zhor, une association marocaine pionnière de patients, offrant un programme intégré de 41 activités de soins de support.

Méthodes

Notre étude quantitative, menée en février 2025, a porté sur 164 patients atteints de cancer ayant bénéficié des services de Dar Zhor. L'échantillon comprend l'ensemble des bénéficiaires ayant accepté de participer à l'enquête, y compris d'anciens bénéficiaires de l'année précédente.

L'outil d'enquête, adapté à partir du PhenX Toolkit afin de correspondre au contexte culturel marocain et aux activités spécifiques de l'association, a permis de mesurer les changements avant/après dans cinq domaines clés : santé physique, santé mentale, nutrition, image corporelle et relations sociales.

L'étude a été conduite après obtention d'une approbation éthique formelle (Protocole 01/25) délivrée par la Faculté de Médecine de Casablanca.

Résultats

Les améliorations les plus marquées ont été observées dans les domaines psychologiques. En particulier, l'anxiété extrême est passée de 93 à 5 patients, et la dépression extrême de 63 à 3 patients, comme présenté dans le tableau.

Le succès observé semble être étroitement lié au caractère global et intégré du programme. Les bénéficiaires ont participé à 4 à 21 activités différentes (moyenne : 10), parmi lesquelles les plus fréquemment mobilisées étaient le yoga (11 %), le soutien psychologique (10 %), le yoga du rire (8 %), le conseil nutritionnel (7 %) et le Reiki (6 %).

Les résultats mettent en évidence une amélioration remarquable de la qualité de vie, avec 93,3 % des bénéficiaires déclarant une amélioration après les interventions, contre 71,4 % rapportant une détérioration avant leur participation.

Cette approche intégrative a généré des effets synergiques, dépassant les résultats obtenus par des interventions à modalité unique décrites dans la littérature antérieure.

Tableau 1 : Évolution des caractéristiques psychosociales

Graphique 1

Graphique 2

Conclusions

Ces résultats suggèrent fortement que des soins de support personnalisés et multimodaux devraient être considérés comme une composante essentielle des protocoles de prise en charge du cancer. Cette approche holistique permet de répondre simultanément à plusieurs besoins des patients, d'améliorer leur qualité de vie pendant les traitements, et d'opérer un changement de paradigme, passant d'une prise en charge exclusivement médicale à un accompagnement global, respectueux de l'expérience vécue des patients dans toutes ses dimensions.

Expérience des patients concernant la qualité des soins oncologiques de support : étude mixte au sein de l'Association de patients Dar Zhor, Maroc Wassila Benkirane Université Sidi Mohamed Ben Abdellah, Fès, Maroc

Résumé

Contexte :

Les soins de support demeurent à un stade embryonnaire au Maroc. Malgré l'existence de conditions favorables au développement des soins oncologiques de support, telles que définies dans le Plan national de prévention et de contrôle du cancer du Maroc (2020–2029), leur intégration dans les traitements standards reste limitée et ils ne sont pas pris en charge par les systèmes d'assurance. Peu de centres spécialisés ou d'associations proposent des soins de support. L'Association de patients Dar Zhor fait partie des rares organisations offrant des services de soins oncologiques de support.

Méthodes :

Cette étude adopte une méthodologie mixte comprenant une composante quantitative et une composante qualitative. L'enquête quantitative a inclus 164 patients (l'ensemble des bénéficiaires entre janvier 2024 et février 2025). La partie qualitative a concerné 20 participants : 6 patients, 6 aidants et 8 professionnels. Les questionnaires ont évalué l'impact perçu des soins de support sur plusieurs dimensions physiques à l'aide d'une échelle en cinq points (« pas du tout ressenti » à « très fortement ressenti ») : douleur, fatigue, réalisation des tâches quotidiennes et troubles du sommeil. Des entretiens semi-directifs ont permis d'explorer l'expérience vécue des participants. L'approbation éthique a été obtenue auprès de la Faculté de médecine de Casablanca (n°01/25).

Résultats :

Une amélioration significative a été observée pour l'ensemble des symptômes évalués. La proportion de patients rapportant des douleurs sévères est passée de 42 % à 6,7 %. La fatigue sévère a diminué de 51,2 % à 5,5 %. Les difficultés sévères dans l'accomplissement des tâches quotidiennes ont été significativement réduites, passant de 40 % à 6 %. Les troubles sévères du sommeil ont diminué d'environ 40 % à 12,8 %. L'analyse qualitative a mis en évidence que les activités physiques adaptées (yoga, Qi Gong, Tai Chi) ainsi que l'accompagnement nutritionnel ont contribué de manière spécifique à ces améliorations.

Conclusion :

Les soins de support démontrent un impact positif significatif sur la santé physique des patients atteints de cancer. Le passage global des symptômes d'un niveau « fortement ressenti » à « légèrement ressenti » ou « non ressenti » témoigne de l'efficacité de cette approche intégrative et plaide en faveur de l'intégration des soins de support dans les parcours de soins oncologiques afin d'améliorer la qualité de vie des patients.

Comparaison de l'impact physique principal chez les patients avant et après les soins de support

Symptômes	Pas du tout ressenti	Non ressenti	Légèrement ressenti	Modérément ressenti	Très fortement ressenti
<i>Douleur avant</i>	5,5 %	9,8 %	13,4 %	29,3 %	42,1 %
<i>Douleur après</i>	7,3 %	29,9 %	38,4 %	17,7 %	6,7 %
<i>Fatigue avant</i>	0,6 %	6,1 %	11,0 %	30,5 %	51,8 %
<i>Fatigue après</i>	3,7 %	31,7 %	42,1 %	17,1 %	5,5 %
<i>Tâches quotidiennes avant</i>	1,8 %	9,8 %	22,6 %	26,2 %	39,6 %
<i>Tâches quotidiennes après</i>	6,7 %	34,8 %	32,3 %	20,1 %	6,1 %
<i>Troubles du sommeil avant</i>	13,4 %	11,6 %	17,1 %	18,3 %	39,6 %
<i>Troubles du sommeil après</i>	17,7 %	31,1 %	25,6 %	12,8 %	12,8 %