

# THERAPEUTIC ADVANCES in *Drug Safety*

13th APLF Annual Conference, 18-19 October 2025, Aveiro, Portugal  
Programme and selected Abstracts



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# THERAPEUTIC ADVANCES in *Drug Safety*

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*Therapeutic Advances in Drug Safety* delivers the highest quality peer-reviewed open access original research articles, reviews, and scholarly comment on pioneering efforts and innovative studies pertaining to the safe use of drugs in patients. The journal has a strong clinical and pharmacological focus and is aimed at an international audience of clinicians and researchers in drug safety, providing an online forum for rapid dissemination of recent research and perspectives in this area.

The journal is dedicated to publishing clinical research. We do not publish preclinical research, including basic laboratory research and animal studies.

*Therapeutic Advances in Drug Safety* adheres to a single-anonymous peer review process in which the reviewer's name is routinely withheld from the author unless the reviewer requests a preference for their identity to be revealed. Each research article and review manuscript is reviewed by at least two referees.

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# 13th APLF Annual Conference, 18-19 October 2025, Aveiro, Portugal - Programme and selected Abstracts

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*Dear participants,*

The XIII National Conference, organized by the Portuguese Association of Pharmacy Technicians (APLF), reinforces the commitment to fostering scientific exchange and discussion among Pharmacy Technicians, bringing together professionals, students, academia, and the professional association. Held on 18–19 October 2025 at Aveiro, this year’s conference embraces the central theme “Medication Safety”, addressing one of the most pressing priorities in healthcare today. The event gathers renowned national and international speakers, ensuring a multidisciplinary and up-to-date approach to the safe and effective use of medicines and health technologies. The scientific programme includes lectures, workshops, debates, and scientific presentations, covering the diverse areas of professional practice and offering a platform for the sharing of innovative ideas, best practices, and research outcomes.

A record-breaking 92 abstracts were submitted for this edition — the highest number ever in the history of the institution, now published in the *Therapeutic Advances in Drug Safety*, marking a unique contribution to scientific dissemination in the field.

Our thanks go to all participants, to the members of the Organizing and Scientific Committees — composed of dedicated professionals from across the country — and to all authors who have actively contributed by sharing their research and practical experiences, thereby promoting both professional growth and the advancement of the profession.

We hope this conference proves to be a fruitful opportunity for knowledge exchange and networking, and we look forward to continuing this journey of excellence together.

Jorge Balteiro

President of the Organizing Committee of XIII National Conference of APLF

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## Programme

### Day 1 – 18<sup>th</sup> October, 2025

#### 09:30 – Opening Ceremony

Cristiano Matos (President of APLF)

Jorge Balteiro (President of the Organizing Committee, XIII National Conference)

Rui Cruz (President of the Scientific Committee, XIII National Conference)

#### 10:00 – Inaugural Conference: *“Medication Safety: From Approval to Use”*

Moderator: Sofia Antunes (Senior Specialist in Pharmacovigilance, PharmaLex Portugal, LDA, Portugal)

- *“Medicinal Product Lifecycle: Safety and Risk Management”* – Maria Teresa Herdeiro (Associate Professor with Habilitation, Department of Medical Sciences, University of Aveiro, Portugal) – **CONFERENCE-01**
- *“Medicinal product lifecycle: Regulatory and Quality Management”* – André Luz (OWLTECH – Manager and Qualified Person, Portugal) – **CONFERENCE-02**

#### 11:30 – Panel I: *“Medicines in Society and Sport: The Thin Line Between Use and Misuse”*

Moderator: Luís Fonseca (Judicial Police, Forensic Science Laboratory – Drugs and Toxic Unit, Portugal)

- *“The Medicalisation of Everyday Life and the Trivialisation of Risk: The Trajectory of Addiction”* – Graça Vilar (Director, Department of Integrated Intervention, Institute for Addictive Behaviours and Dependencies, I.P., Portugal) – **CONFERENCE-03**
- *“Illicit and Inappropriate Use of Medicines in Portugal: The Current Landscape”* – Sara Tábuas (Forensic Science Specialist, Drugs and Toxic Sector of the Forensic Science Laboratory, Judicial Police, Portugal) – **CONFERENCE-04**
- *“Use of Performance-Enhancing Substances: Factors and Prevalence among Fitness Enthusiasts in Portugal”* – Ana Sofia Tavares (Escola Superior de Tecnologia da Saúde de Lisboa, Instituto Politécnico de Lisboa, Lisboa, Portugal) – **CONFERENCE-05**

#### 14:30 – Panel II: *“Antibiotics: Strategies for Safe and Efficient Use”*

Moderator: Cláudia Nazareth (Clinical Director for Hospital Healthcare, Local Health Unit of Coimbra)

- *“Antimicrobial stewardship: data-driven behaviour change in proximity”* – Francisco Almeida (Infection Prevention and Control and Antimicrobial Resistance Unit – UPCIRA, Local Health Unit São João, Portugal) – **CONFERENCE-06**
- *“Multifaceted interventions to improve antibiotic use – One Health approach”* – Fátima Roque (ESS/IPG; BRIDGES – Biotechnology Research, Innovation and Design for Health Products, Portugal) – **CONFERENCE-07**
- *“Rational Use of Antibiotics and the Challenges of Antimicrobial Resistance”* – André Peralta Santos (Deputy Director General of Health - DGS - Portugal)

**16:30 – Panel III: “Artificial Intelligence in Medication Safety and its Impact on the Future of the Profession: Challenges and Opportunities”**

Moderator: Fábio Urbano Soares (Edol Laboratories, Portugal; Seeha, United Arab Emirates)

- “*Localized AI in Hospital Pharmacy: Medex and Smart Distribution*” - António Fonseca (Local Health Unit of Vila Nova de Gaia/Espinho, Portugal) – **CONFERENCE-08**
- “*Artificial Intelligence in Hospital Pharmacy: Revolution or Complement?*” - José Miguel Mesquita (Senior Manager, Strategy Unit, Glintt Life Hospitals, Portugal) – **CONFERENCE-09**
- “*Pharmaceutical AI and Care Delivery: Reality or Promise?*” - Filipa Fixe (Healthcare Director, KPMG; Visiting Professor, Institute of Social and Political Sciences, University of Lisbon, Portugal)
- “*Ideas and Opportunities for Clinical Trials management systems in the age of AI*” - Rui Patricio (Universidade of Aveiro, Aveiro, Portugal) – **CONFERENCE-10**

**18:00 – Cultural Moment**

**Day 2 – 19<sup>th</sup> October, 2025**

**09:00 – Oral Communications** (choice from Scientific Committee)

**11:00 – Panel IV: “Deprescribing: Less is More”**

Moderator: Carla Perpétuo (Local Health Unit of Guarda; BRIDGES – Biotechnology Research, Innovation and Design for Health Products, Polytechnic Institute of Guarda, Portugal)

- “*Optimizing Medication Use in Elderly Patients: A Framework for Deprescribing and Rational Prescribing*” - Luís Monteiro (Coordinator, USF Esgueira +; Full Professor, Department of Medical Sciences, University of Aveiro; Researcher, Egas Moniz Academic and Clinical Centre, Portugal) – **CONFERENCE-11**
- “*A Multifaceted Intervention to Reduce Potentially Inappropriate Medication in Older Adults*” - Daniela Rodrigues (BRIDGES – Biotechnology Research, Innovation and Design for Health Products, Polytechnic Institute of Guarda, Portugal) – **CONFERENCE-12**
- “*Deprescribing in Portugal: Perspectives of Physicians and Older Patients*” - Anabela Pereira (RISE-Health, Associated Laboratory, Portugal) – **CONFERENCE-13**

**12:30 – Closing Ceremony and Awards Presentation**

Cristiano Matos (President of APLF)

Jorge Balteiro (President of the Organizing Committee, XIII National Conference)

### Acknowledgements

We thank the institutions and the pharmacy for the support provided in the data collection process and for permitting us to conduct this study.

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### Abstract-Oral-69 Patient-Centered Safety

#### Oral Contraceptive Pill and Psychoaffective Effects

André Coelho<sup>1</sup>, Marta Folga<sup>1</sup>, Simão Sousa<sup>1</sup>, Luís Nascimento<sup>1</sup>, Xavier Costa<sup>1\*</sup>

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**Background:** Oral contraceptive pills (OCP's) are widely used for fertility control, yet their potential psychoaffective impact is increasingly debated in clinical research (1). Studies show that users may experience increased negative effects and reduced emotional well-being compared to non-users (2). Experimental data further suggest that hormonal contraception can significantly lower general well-being in healthy women (3). **Objective:** To assess how the use of OCPs and age are associated with the expression of positive and negative psychoaffective effects. **Methodology:** A cross-sectional, observational, and descriptive-correlational study with a quantitative approach. The non-probabilistic convenience sample included 291 women (aged 18-44) residing in Northern Portugal. Data were

collected through an online questionnaire, which included the scale Positive and Negative Affect Schedule (PANAS-SF). Considering the type of variables, statistical analyses included the Kolmogorov-Smirnov, *t*-student, and ANOVA tests ( $p \leq 0.05$ ). **Results:** OCP users reported lower levels of positive affect ( $M=28.40$ ;  $SD=8.83$ ) compared to non-users ( $M=34.51$ ;  $SD=9.07$ ;  $p \leq 0.001$ ). Regarding negative affect, users showed higher levels ( $M=25.31$ ;  $SD=10.42$ ) than non-users ( $M=19.96$ ;  $SD=7.55$ ;  $p \leq 0.001$ ). No significant differences were observed between the age groups ( $p > 0.05$ ). **Conclusion:** The findings suggest an association between OCP use and a less favourable emotional profile, regardless of age. This raises critical ethical and clinical concerns about the underestimation of the psycho-subjective effects of oral contraception. In this context, it would be pertinent to consider measures such as periodic psychological follow-up, regular emotional screening, and informative sessions involving mental health professionals.

**Keywords:** Oral Contraceptive Pill; psychoaffective effects; PANAS scale.

### Acknowledgements

A special thanks to all the woman's participants of this study, thanks also to the authors of the Positive and Negative Affect Schedule (PANAS-SF), (Watson et al., 1988) and its Portuguese validation (Galinha & Pais Ribeiro, 2005).

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