

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
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THERAPEUTIC ADVANCES in *Drug Safety*

Published under a continuous online publication model, one volume per year, by Sage.

Sage Publications Ltd., 1 Oliver's Yard, 55 City Road, London EC1Y 1SP, UK
Tel: +44 (0)20 7324 8500

Website: journals.sagepub.com/home/taw

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Cover design

Falling antibiotics healthcare background (Getty Images).

Print ISSN: 2042-0986

Online ISSN: 2042-0994

 Sage is a member of CrossRef.



Aims and Scope:

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 We do not publish preclinical research, including basic laboratory research and animal studies.

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Ther Adv Drug Saf

2025, Vol. 16: 5–71

DOI: 10.1177/
20420986251379201

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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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President of the Scientific Committee of XIII National Conference of APLF

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Programme

Day 1 – 18th 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 – 19th 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)

Ciência e Tecnologia and Ministério da Educação, Ciência e Inovação) through the project UID/50006 -Laboratório Associado para a Química Verde - Tecnologias e Processos Limpos.

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Abstract-Post-74 Other

Occupational stress in community pharmacy professionals: a cross-sectional study

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Background: The study of mental health in health professionals, including community pharmacy professionals, is relevant due to their continuous exposure to emotionally stressful situations [1]. Work-related stress, burnout and intense routine significantly affect the quality of life [2,3].

Objective: To assess the stress levels of pharmacy professionals in the Bragança and Lisbon districts, different regions from Portugal, analysing the influence of sociodemographic and professional variables. **Methods:** Quantitative, cross-sectional, descriptive and correlational study with 127 community pharmacy professionals' participants. Data were collected through a questionnaire with two parts: one for sociodemographic variables (gender, age, marital status, number of children, professional role, chronic illness, physical activity, and salary), and the second for assessing stress using the QSO-VG scale.

Results: Stress levels were similar between Bragança (1.78) and Lisbon (1.82). The main reported causes of stress included lack of time with family and friends, work overload,

inadequate salary, and negative attitudes from users. Only gender showed a statistically significant association with stress: men reported higher stress levels in Bragança (2.04), while women reported higher levels in Lisbon (1.92). No significant associations were found with the other sociodemographic variables studied. **Conclusion:** There was no significant stress level's difference between different regions from Portugal. However, stress levels are significant in these regions, and it is necessary to improve working conditions and reduce the workload of the pharmacy professional's community.

Keywords: Community pharmacy; occupational stress; pharmacy professionals.

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Abstract-Post-75 Other

Aromatic and medicinal galactagogue plants: analysis of labelling information from online dietary supplements

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Background: Breast milk provides both physical and psychological benefits for the mother and the infant. In cases of insufficient milk production, plants with galactagogue properties are considered an option, with traditional reports supporting their use [1,2]. **Objectives:** To collect and