

THERAPEUTIC ADVANCES in *Drug Safety*

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



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 We do not publish preclinical research, including basic laboratory research and animal studies.

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.

1. The purpose of the Journal is to publish (in the English language) articles, reviews and scholarly comment (judged worthy of publication by appropriate specialists and accepted by the Editor) relating to medical oncology. The Journal is for all professionals and is a forum for all views on related subjects. The editorial board welcomes articles of current interest on original research, reviews and clinical studies.
2. The Journal will be international in the sense that it will seek, wherever possible, to publish material from authors with an international reputation and articles that are of interest to an international audience.
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 - (ii) avoid bias in favour of the interests of particular schools or directions of research or particular political or narrow disciplinary objectives to the exclusion of others;
 - (iii) ensure that articles are written in a terminology and style which makes them intelligible, not merely within the context of a particular discipline or abstract mode, but across the domain of relevant disciplines.

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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 – 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)

Abstract-Post-71 Patient-Centered Safety

Self-Medication

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Background: Self-medication allows individuals to treat minor health issues without a medical prescription, facilitated by the availability of over-the-counter (OTC) medicines [1,2]. This practice requires healthcare professionals, particularly pharmacists, to play a key role in ensuring the safe and rational use of medicines. **Objectives:** This study aimed to understand the motivations behind self-medication in Portugal and to promote informed and responsible behaviour among the population. **Methods:** An observational, descriptive, cross-sectional study was conducted between February and June 2025 via an online questionnaire. The target sample was 385 individuals, with a 95% confidence level and a 5% margin of error. A total of 377 participants, all aged 20 or above and residing in mainland Portugal, completed the questionnaire. **Results:** A total of 91.8% reported engaging in self-medication, mostly women (77.7%), young adults aged 20–24 (58.1%), and residents in the North (60.1%). The majority held a university degree (54.9%) and were single (75.7%). The main motivations were prior knowledge (80.1%) and easy access to medicines (36.4%). The most commonly used medicines were non-steroidal anti-inflammatory drugs (NSAIDs) (87%), antipyretics (67.1%), and antihistamines (32.4%). Although participants showed autonomy in decision-making, healthcare professionals were the main source of influence (51.6%) when purchasing medicines. **Conclusions:** Self-medication is highly prevalent in Portugal and is largely driven by convenience and confidence. The study assessed motivations through participant responses and sociodemographic data, revealing the importance of health literacy. Responsible self-medication behaviour was promoted through an educational questionnaire and critical data analysis. Strengthening the role of pharmacy professionals is essential in guiding the public and ensuring the rational use of medicines

Keywords: self-medication, role of healthcare professionals, risks of inappropriate medication use.

Acknowledgements

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1. May, L., Schaefer, M., & Tamburro, C. (2023). Self-care with non-prescription medicines to improve healthcare: a conceptual and economic framework. *Frontiers in Public Health*, 11, Article 1220984.
2. Pacha Jara, A. G., De la Torre Fiallos, A. V., Guangasig Toapanta, V. H., & Hidalgo Morales, K. P. (2023). Automedicación: un enfoque de revisión sobre sus riesgos, consecuencias y una práctica responsable. *LATAM Revista Latinoamericana de Ciencias Sociales y Humanidades*, 4(4), 708–721.

Abstract-Post-77 Patient-Centered Safety

The effect of antihistamines on the cardiovascular system: a systematic review

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¹Escola Superior de Saúde, Instituto Politécnico do Porto, Porto, Portugal. ²REQUIMTE/LAQV, Escola Superior de Saúde, Instituto Politécnico do Porto, Porto, Portugal. Corresponding author: Rita Ferraz de Oliveira - rfo@ess.ipp.pt

Background: Antihistamines are widely used for allergic diseases but have been associated with adverse cardiovascular effects. Once considered rare, these effects have gained clinical relevance due to population ageing, polypharmacy, and comorbidities [1]. Despite case reports and narrative reviews, recent systematic reviews are lacking. **Objectives:** To critically assess current evidence on the cardiovascular effects of antihistamines. **Methodology:** A systematic literature review was conducted using PubMed and ScienceDirect, following PRISMA guidelines. Studies published from January 2013 to May 2025 were considered. Of 99 records identified, 18 duplicates were removed, 75 were excluded by title and abstract, and one after full-text review. Five studies were included. Designs varied (case reports, cohort studies, clinical trials, experimental research), and methodological quality was assessed using Joanna Briggs Institute checklists, selected for their adaptability to multiple study types. Both adult and paediatric populations were