

THERAPEUTIC ADVANCES in *Drug Safety*

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



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Contents

Volume 16 Issue S1 October 2025

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

CONFERENCES (ABSTRACTS FROM CONFERENCES)	9
ORAL COMMUNICATIONS	17
POSTER PRESENTATIONS: PATIENT-CENTERED SAFETY	25

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 We do not publish preclinical research, including basic laboratory research and animal studies.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

Pharmacological treatment, primarily with methylphenidate, is widely used [2,3]. This study evaluates ADHD drug consumption patterns before and during the SARS-CoV-2 pandemic. **Objectives:** To analyse the consumption of ADHD medicines in community pharmacies in Bragança before and during the SARSCoV-2 pandemic. **Methods:** A retrospective, observational, and quantitative study was conducted using data from eight pharmacies between 2018 and 2021. Data were collected through Sifarma and 4DigitalCare software and analysed using SPSS and Excel. **Results:** Medicine consumption was higher in the pre-pandemic period (2018–2019, 50.97%) than during the pandemic (2020–2021, 49.19%). However, 2021 recorded the highest annual consumption (27%). Ritalin® LA 20mg was the most dispensed medicine. The autumn season showed the highest usage. There was variability in dispensing volumes between pharmacies. **Conclusions:** The pandemic led to a temporary reduction in ADHD medicine use. Nevertheless, the increased consumption in 2021 suggests a possible delayed pharmacological response due to prolonged confinement. These findings underscore the impact of public health crises on the management of chronic conditions and highlight the need for consistent support for individuals with neurodevelopmental disorders.

Keywords: ADHD, COVID-19, methylphenidate

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Abstract-Post-68 Medication Management and Sustainability

Home Medicine Storage: Assessment of Domestic Medication Storage Conditions In The Municipalities Of Bragança, Melgaço and Mondim De Basto

Ana Rei¹, Francisca Ribeiro¹, Márcia Pereira¹, Marta Daniela Ferreira¹, Sara Pereira¹, Joana Coelho^{2,4,5}, Luís Nascimento^{2,3}

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Background: Medicines are often stored at home for emergencies or the treatment of acute and chronic conditions. However, improper storage—such as exposure to heat or humidity, or easy accessibility—can reduce efficacy and pose safety risks. These practices are frequently linked to limited health literacy and lack of pharmaceutical guidance. **Objectives:** This study aimed to evaluate household medication storage conditions in Bragança, Melgaço, and Mondim de Basto, examining the influence of sociodemographic variables and residents' awareness of proper storage. **Methods:** A cross-sectional, quantitative, descriptive-correlational study was carried out using a structured online questionnaire with four sections: sociodemographic data, education, storage habits, and self-perceived knowledge. The questionnaire, while not formally validated, was based on existing literature. A non-probabilistic sample of 1126 residents aged ≥ 18 years participated. Data were analysed using SPSS, with descriptive statistics and ANOVA to explore associations between storage practices and gender, age, and education. **Results:** Age, gender, and municipality did not significantly influence storage habits ($p > 0.05$), but education level was significant in Melgaço ($p < 0.05$). Participants stored medicines in diverse locations, such as kitchen or bathroom cabinets. Melgaço residents more often considered temperature and

humidity. Examples of appropriate (e.g., keeping original packaging) and inappropriate (e.g., exposure to moisture) practices were reported. **Conclusions:** Educational level may influence medication storage practices. Tailored public health strategies and pharmaceutical counselling are essential to promote safe and rational medicine storage. Despite the absence of post-training evaluation, the findings highlight the need for awareness-raising interventions.

Keywords: Home medicine storage, pharmaceutical guidance, storage conditions

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Abstract-Post-80 Medication Management and Sustainability

Safe Storage Of Medicines At Home: A Systematic Review

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Background: Inadequate home storage of medicines compromises their stability and increases the risk of child access, storage of unused or expired medicines, and improper disposal [1-3]. **Objectives:** To evaluate, through a systematic review, home medicines storage practices, focusing on safety and associated risks.

Methods: A systematic review was conducted in accordance with PRISMA guidelines, and the search was performed in the PubMed database between February and May 2025. The initial query retrieved 369,768 results for the keyword “safety”, which was reduced to 93 when combining “medicines” and “home storage.” After screening, 87 articles were excluded for not meeting the inclusion criteria: cross-sectional design, focus on household storage, involvement of community-based populations, last 15-year publication window. Six studies included in the final review. **Results:** Frequent inappropriate medicines storage locations, such as kitchens and bathrooms, was reported. In many cases, were stored within reach of children and expired and unused medicines were found in more than half of the households, and improper disposal practices were common. Higher levels of education and training in health-related fields were associated with safer storage and disposal practices. **Conclusions:** Improper storage and disposal of medicines are widespread among households. Educational interventions, public awareness campaigns, pharmacy-take back medicines programs, and greater involvement of healthcare professionals, are essential to promote safe use and proper disposal of medicines in household settings.

Keywords: safety, medicines, home storage

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