

THERAPEUTIC ADVANCES in *Drug Safety*

Contents

Volume 16 Issue S1 October 2025

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

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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

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Abstract-Post-17 Patient-Centered Safety*Combined Oral Contraceptives in Acne: Perception of Young Adults In Higher Education In Portugal*

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Background: Acne vulgaris is a chronic inflammation of the pilosebaceous unit. It can persist into adulthood that possesses combined oral contraceptives (COCs) as a treatment option [1]. **Objectives:** To assess young adults in higher education in Portugal perception regarding COCs use in acne management. **Methodology:** Observational, descriptive, cross-sectional study using a non-probabilistic convenience sample. Female students taking COC in higher education in Portugal were included. For data collection, a questionnaire was published on Instagram® and data was processed using SPSS 29®. **Results:** Most participants (61.2%) related their acne to their menstrual cycle, with a greater aggravation in the premenstrual period (36.9%). The majority (90.2%) believes that acne is related to hormones. The area of study and knowledge of the hormones involved in acne were found to be related ($p < 0.001$). Although the majority (57%) had no knowledge of hormone therapy, among those who did, the COCs was the most cited example (17.3%). Only 22% considered this therapy to be advantageous, the majority of whom were health students (27.1%). A relationship between study area and the effectiveness of hormonal therapy perception was verified ($p < 0.001$). The majority of the sample believes that COCs help to improve acne, despite the absence of relation with the study field. **Conclusion:** Health students demonstrated a higher awareness of the COCs for acne treatment. However, there was general misinformation on the subject. These findings highlight the need to enhance health literacy in order to promote a clearer and more accurate understanding of this subject.

Keywords: combined oral contraceptives, acne, perception

Acknowledgements

This work received financial support from the PT national funds (FCT/MECI, Fundação para a

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-18 Patient-Centered Safety*Home Parenteral Nutrition Guidelines: Review of Key Recommendations and Proposal for Standardization*

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Background: Implementing home parenteral nutrition (HPN) is a complex process, and the large number of recommendations in this area may hinder the identification of a minimum standard of care, potentially compromising patient safety [1]. **Objectives:** This study aimed to develop a standardized set of recommendations to support healthcare professionals in the safe and effective preparation and administration of HPN. **Methods:** A literature review was carried out between February 2024 and June 2025 to identify guidelines published by international organisations dedicated to HPN. To assess the methodological quality and transparency of these guidelines, the validated AGREE II instrument was used [2]. Recommendations related to the preparation/administration of HPN were extracted whenever the documents achieved moderate or high scores in the domains of rigour of development and applicability. **Results:** A total of 27 guidelines from 14 different organizations were evaluated. Overall, the domain concerning the scope and purpose achieved the highest score ($65 \pm 17\%$). In contrast, the lowest score was observed in the domain of editorial independence ($35 \pm 20\%$). Sixteen documents, authored by nine organizations demonstrated

moderate to high quality in domains 3 and 5 and were used for the development of the standardized proposal that included as most prominent recommendations: personal protective equipment, aseptic technique, appropriate containers (for preparation) and therapy length (for administration). **Conclusion:** By identifying key recommendations from dispersed bibliography, it was possible to create a concise, standardized version for the preparation and administration of HPN, based on guidelines with the highest methodological quality.

Keywords: Artificial Nutrition, Parenteral Nutrition, Guidelines

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Abstract-Post-19 Patient-Centered Safety

Double-Checking In Cytotoxic Drug Preparation: A Critical Strategy for Medication Safety

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Background: The preparation of cytotoxic drugs is a high-risk process requiring technical rigor and strict safety standards. Double-checking by Pharmacy Technicians plays a crucial role in ensuring patient and environmental safety. However, despite guideline recommendations, this practice is not universally adopted across oncology preparation settings ^[1]. **Objectives:** To emphasize the importance of double-checking in cytotoxic drug preparation and its impact on reducing medication errors and occupational hazards. **Methods:** A literature review and analysis

of error data were conducted, focusing on risk factors and control points in centralised cytotoxic drug preparation. The study focused on Pharmacy Technicians, who are primarily responsible for final verification in Portuguese hospital pharmacies. **Results:** A preparation error rate of 11.34% was identified (185 errors in 1,957 preparations), including incorrect solvent or drug volumes and infusion device selection. Higher error rates were associated with greater daily workloads. Many errors were linked to the absence or inconsistency of double-checking, highlighting its effectiveness in validating calculations, ensuring proper labeling, and preventing exposure to hazardous agents. **Conclusions:** Double-checking is a critical safety strategy that reduces the risk of severe medication errors and supports the professional autonomy of Pharmacy Technicians. Its systematic implementation, with defined checkpoints, can enhance the quality and safety of oncological care. While widely recommended, its lack of universal enforcement may contribute to preventable adverse events.

Keywords: Medication safety, cytotoxic drugs, double-checking.

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Abstract-Post-24 Patient-Centered Safety

Role of the pharmacy technician in the safety of the medicine mannitol 20%

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