

THERAPEUTIC ADVANCES in *Drug Safety*

Contents

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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

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Reference

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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