

THERAPEUTIC ADVANCES in *Drug Safety*

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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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included. **Results:** The findings suggest a possible link between first-generation H1 antihistamines and increased risk of arrhythmias and ischaemic cardiac events, particularly in children. Some studies also noted potential therapeutic benefits in specific contexts, such as long COVID. Overall, evidence remains limited by methodological heterogeneity and small sample sizes. **Conclusions:** The results support caution in prescribing antihistamines, especially in vulnerable populations, and reinforce the need for further robust studies to better define their cardiovascular safety.

Keywords: antihistamines, cardiovascular system, adverse reactions

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-78 Patient-Centered Safety

Assessment of patient knowledge on medications for irritable bowel syndrome

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Background: Irritable Bowel Syndrome (IBS) is a multifactorial gastrointestinal disorder that may involve genetic factors, as well as physiological and psychological responses. It affects approximately 10-20% of the world's population. Although not fatal, it has a significant impact on the quality of life. Knowledge about treatment is essential, as it plays a crucial role in symptom relief [1,2].

Objectives: To assess patients' knowledge about IBS medication and emergency medication administration. **Methods:** Observational, descriptive, cross-sectional study using a non-probabilistic convenience sample. The pilot study included 22 patients at Padre Américo Hospital, Vale do Sousa, through an anonymous telephone survey, including medication name, action, dosage, duration, precautions, side effects, interactions, storage, and SOS use. Approved by the hospital ethics committee, participants signed informed consent and were anonymously identified using numerical codes. **Results:** The sample was predominantly female (72.7%) with a mean age of 50 years. The majority (72.7%) knew what to administer and how to administer emergency medication (antidiarrheal, antiflatulents, laxatives, antispasmodics, benzodiazepines), and 63.6% demonstrated adequate knowledge about the diet that worsens symptoms. Significant gaps were found in knowledge regarding dosage, precautions, adverse reactions, contraindication, and medication storage. **Conclusions:** The present study helped identify existing gaps in patients' knowledge, demonstrating that it can be a useful tool for assessing awareness of therapeutic interventions in larger patient samples with this condition. Health literacy is crucial to increasing medication adherence and safety. Limitations include the small sample size and the homogeneity of the participants. Future perspectives should include larger and more diverse samples.

Keywords: irritable bowel syndrome, medication knowledge, health literacy

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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