

# REAL-WORLD SAFETY ANALYSIS OF ANTIFIBROTIC THERAPIES IN INTERSTITIAL LUNG DISEASE



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4CPS-201

## BACKGROUND AND IMPORTANCE

Pirfenidone and nintedanib are the main antifibrotic agents used for treating interstitial lung diseases (ILD). Although both demonstrate similar efficacy, therapeutic decisions often depend on their safety and tolerability profiles. Real-world evidence is essential to better understand adverse events, treatment adherence, and the need for therapeutic adjustments.

## AIM AND OBJECTIVES

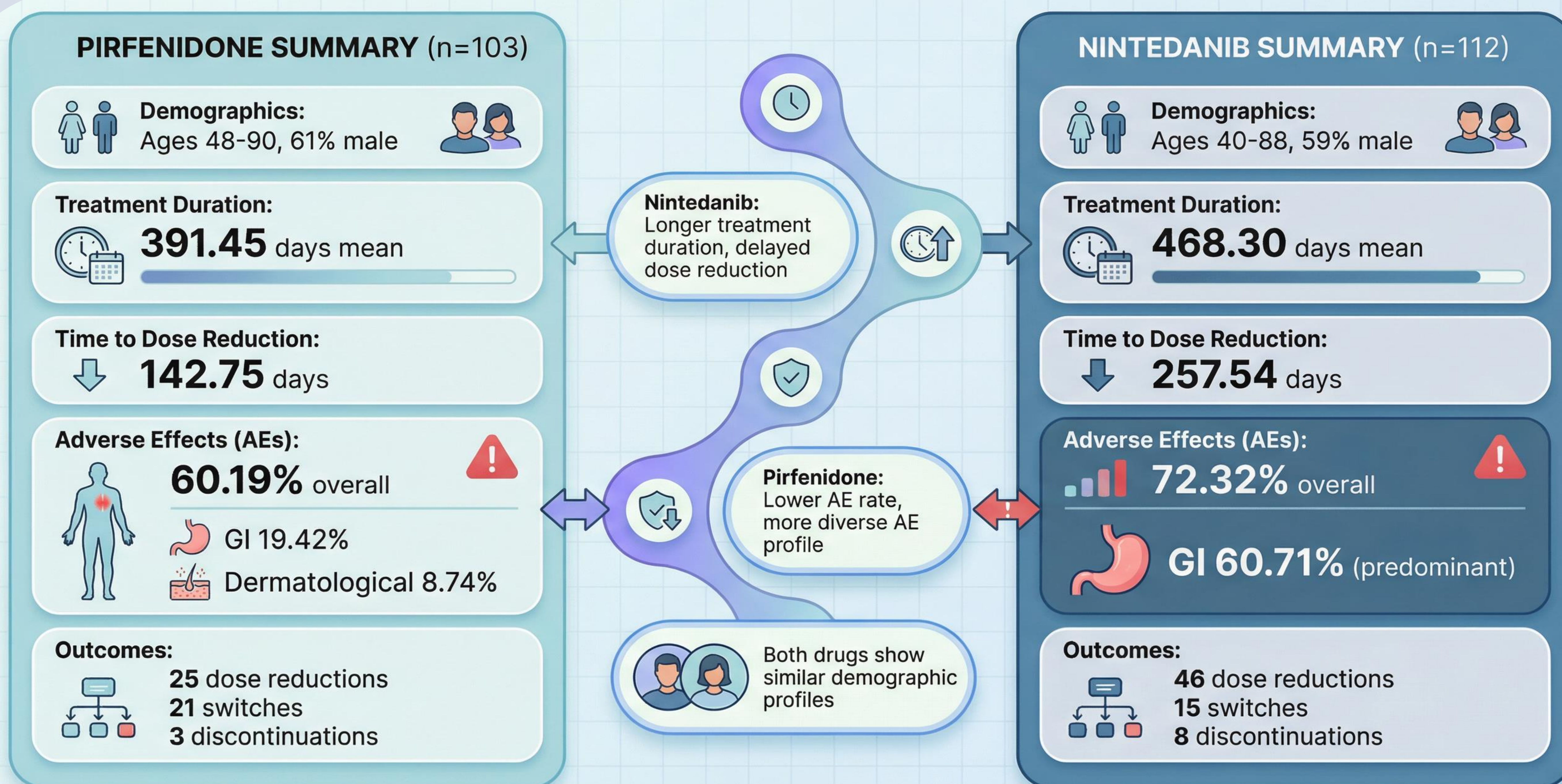
Safety and tolerability of pirfenidone and nintedanib focusing on:

- Adverse events
- Time to dose reduction
- Drug switching
- Treatment duration
- Discontinuation rates

## MATERIALS AND METHODS

- TIME FRAME**  
Aug2017-Aug2025  
Retrospective Analysis
- DATE SOURCE**  
Electronic Health Records (EHR)
- VARIABLES**  
Demographic (Sex, Age)& Clinical Factors
- ADVERSE EVENTS**  
Classification Reports + Clinical Docs

## RESULTS



The results demonstrate that clinical pharmacist intervention allows for early identification of potential side effects and implementation of targeted management strategies, ensuring that patients remain on the optimal therapeutic dose, minimising the risk of discontinuation and improving overall treatment adherence. **Tips for pharmaceutical consultations to overcome adverse effects:** carob flour, intestinal probiotics, photoprotection measures: optimisation of the body surface area covered by clothing and use of SPF 50+ sunscreen.

## CONCLUSION AND RELEVANCE

Despite a higher incidence of AEs with nintedanib, it showed better tolerability, reflected in longer treatment duration and delayed dose reduction, suggesting improved adherence. Pirfenidone was associated with a higher rate of treatment discontinuation. These findings highlight the importance of continuous pharmaceutical monitoring to characterise the real-world safety profile of antifibrotic therapies and support personalised clinical decision-making.

## BIBLIOGRAPHY

Coutinho, D., Santos, C., Alfaro, T. M., et al. (2024). Safety and tolerability of pirfenidone and nintedanib in interstitial lung diseases: a multicentre real-world study. *Advances in Respiratory Medicine*, 92(1), 1-10. <https://doi.org/10.3390/arm92010001>

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