



Newsletter Issue #2



Editorial

Dear readers,

As we mark another year with the **SafePolyMed project**, I am pleased to share the progress we have made. This year, a major focus of our work has been on **patient engagement**—a core part of our mission to enhance safety in polymedication. Our goal is to make sure the tools we create truly reflect the needs of patients navigating complex treatments.

To better understand therapy associated safety concerns and adverse reactions, we used the **Delphi process** to gather insights from both health care professionals and patients themselves to develop **Patient-Reported Outcome Measures (PROMs)** that capture the aspects of adverse drug reactions (ADRs) that matter most to patients.

Our **Patient Engagement Hub (PEH)** has been a big part of our effort, giving patient organizations a platform to share their insights and guide our work. Thanks to their involvement, our project goals are aligned with patients' actual needs.

In addition, we held our first **patient training course** this year, helping participants gain the skills and confidence to manage their own medications safely. We're already looking forward to hosting another training course next year, continuing our commitment to patient empowerment.

Throughout the year, our team members actively shared SafePolyMed's goals and findings at conferences, including the **International Gene Forum** in Tartu and **ISQua's 40th International Conference** in Istanbul, among others. These events allowed us to connect with other experts, share our progress, and strengthen partnerships within the healthcare community.

Looking ahead, we're excited to keep building on this foundation. Through engagement, education, and collaboration, SafePolyMed aims to support both healthcare professionals and patients in effectively managing complex pharmaceutical therapies.

Happy Holidays!
Thorsten Lehr
Project Coordinator

Focus Topic

**Enhancing Patient Safety:
How the Delphi Process is Empowering Patients in Healthcare.**

Find out more

News from the Consortium

The consortium met for its **2nd Progress Meeting** in Munich from 20 To 21 November 2023. Read more about the meeting [here](#).



The consortium met for its **3rd Progress Meeting** in Heraklion from 14 to 15 May 2024. Read more about the meeting [here](#).



The consortium met for its **4th Progress Meeting** in Leiden from 14 to 15 November 2024. Read more about the meeting [here](#).



SafePolyMed Communication and Dissemination Activities

SafePolyMed released its **first project video**! Watch “Towards Safer Drug Treatment and Enhanced Patient Empowerment” on [YouTube](#).

SafePolyMed featured in interview with Techniker Krankenkasse:

Prof. Dr. Thorsten Lehr in Conversation with TK Health Insurance on Medical Data, the Electronic Patient Record, and the SafePolyMed Mission. Watch the interview [here](#) (German language).

Did you know that grapefruit juice can increase drug exposure by up to 13 times? Find out more in our new campaign about **#SafePolyFacts** on [LinkedIn](#).

Under the lead of project partner Patvocates GmbH, SafePolyMed organised a free **online training course on safety in polypharmacy** in October. Read more about it [here](#).

The **23rd International Gene Forum 2024** in Tartu, happening from 24th to 25th September was attended by several consortium members. Read more [here](#).

The SafePolyMed consortium joined **ISQua's 40th International Conference** from 24th to 28th September in Istanbul and discussed with Horizon Europe sister projects BE-SAFE, DELIVER and SAFEST about enhancing the quality of care and patient safety. Read more [here](#).

SafePolyMed's Stefan Kiefer and Thorsten Lehr joined the **Golden Helix Summer School** in Syros from 25th to 29th September under the theme "Advancing Personalized Medicine to the Clinic". Read more [here](#).

Jesse Swen and George Patrinos represented SafePolyMed at the Multi-stakeholder Workshop on Pharmacogenomics in Amsterdam on 24 September. Find out more [here](#).

Lili Milani (UTARTU) presented preliminary project results at Spring Conference 2024 for Tallinn General Practitioners' Society "Polypharmacotherapy in Clinical Practice". Read more [here](#).

Patient Joan Jordan shared her **polymedication experience** with us. Read her story [here](#).

Consortium members Justyna Wozniak, Jenny Camaradou and Tamika Lang shared their visions on future drug safety on the occasion of **World Patient Safety Day**. Read more [here](#).

Latest Publications

Kiiskinen, T., Helkkula, P., Krebs, K. et al. **Genetic predictors of lifelong medication-use patterns in cardiometabolic diseases**. Nat Med 29, 209–218 (2023). doi:10.1038/s41591-022-02122-5

Loer HLH, Kovar C, Rüdesheim S, et al. **Physiologically based pharmacokinetic modeling of imatinib and *N*-desmethyl imatinib for drug–drug interaction predictions**. CPT Pharmacometrics Syst Pharmacol. 2024; 13: 926-940. doi:10.1002/psp4.13127

Kovar C, Loer HLH, Rüdesheim S, et al. **A physiologically-based pharmacokinetic precision dosing approach to manage dasatinib drug–drug interactions**. CPT Pharmacometrics Syst Pharmacol. 2024; 13: 1144-1159. doi:10.1002/psp4.13146

**Check out the latest
publications**



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