ECP019

Diagnostics and treatment of female ADHD in the perinatal period

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Abstract: Pregnancy-related hormonal fluctuations, such as changes in estrogen and progesterone, can exacerbate ADHD symptoms, complicating the diagnostic process. Overlap with symptoms of pregnancy-related conditions, such as fatigue and mood instability, further obscures ADHD identification.
Non-pharmacological interventions, including cognitive-behavioral therapy (CBT) and psychoeducation, are first-line recommendations. For patients requiring pharmacological treatment, stimulant and non-stimulant medications must be considered cautiously, weighing risks such as low birth weight or preterm labor against the potential impact of untreated ADHD on maternal functioning. Emerging data suggest that atomoxetine and certain stimulants may be relatively safe under close monitoring.
Untreated ADHD in pregnant women is associated with higher risks of prenatal stress, inadequate prenatal care, and postpartum depression, highlighting the need for tailored management strategies.
Keywords: ADHD, pregnancy, diagnosis, treatment, pharmacological safety, maternal mental health.

Disclosure of Interest: None Declared

ECP020

Mastering Therapeutic Drug Monitoring: Essential Strategies for Pregnancy and Breastfeeding

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Abstract: Measuring medication levels in blood and/or milk of psychotropic-treated women during pregnancy and lactation provides significant benefits for optimizing maternal mental health while minimizing risks to the developing fetus or breastfeeding infant. This approach supports individualized treatment plans by addressing the unique pharmacokinetic and pharmacodynamic changes that occur during these physiological states. Among key benefits monitoring blood levels ensures that psychotropic medications remain within therapeutic ranges, thereby reducing the likelihood of relapse while avoiding toxicity. Moreover, measuring drug levels aids in balancing maternal benefits against fetal risks by enabling dose adjustments to minimize unnecessary fetal exposure while maintaining efficacy. It is particularly relevant for medications with narrow therapeutic indices or significant placental transfer. Additionally, pregnancy induces changes in drug absorption, distribution, metabolism, and excretion, which can lead to subtherapeutic levels. Monitoring essentially helps clinicians anticipate and adjust for these alterations, ensuring consistent drug efficacy. Further, postpartum, measuring drug levels in maternal blood and, when appropriate, in breastmilk provides data on infant exposure risks. This information is crucial for determining the safety of breastfeeding while continuing psychotropic therapy.
Last, drug level data allow clinicians to assess adherence, which is a major aspect during pregnancy and lactation.
Incorporating medication level assessments into risk management frameworks during pregnancy and lactation ensures that women receive evidence-based, safe, and effective psychotropic treatment while supporting fetal and neonatal well-being.

Disclosure of Interest: None Declared

ECP021

How to do research and be a researcher

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Abstract: There's a lot of advice and written material available on research methods but much less on 'how to be a researcher'. However, understanding this is as much a part of carrying out research as understanding a particular methodology. Having delivered countless teaching sessions on research design, I thought it would be interesting to consider (and attempt to write about) the origins of research principles, how these have developed over time, and what's common across different fields. As well as this, there are the more mundane realities of attracting funding and publishing output, and the common challenges of achieving career progression and success in complicated political structures. There are great opportunities in research, and few careers that are as continuously interesting and engaging, but it's wise to keep as clear a perspective as possible of the road behind and ahead.

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ECP022

Nine Rules to follow in collaborative research

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Abstract: Introduction: After the exploration of factors relevant to the conduct of collaborative research it is possible to formulate a set of rules which vastly increase the probability of success in the study conducted collaboratively.
Methods: A systematic exploration of the manners in which collaborative research has been organized and of the relation between the method or organization and the successful completion of the study.
Objectives: The goal of this exploration was to formulate a set of rules which should be followed in conducting multicenter collaborative research to enhance the probability of its success.