



**INDIAN HEALTH SERVICE**  
**National Pharmacy & Therapeutics Committee**  
**\*\*Spring 2023 NPTC Meeting Update\*\***  
**=April 2023=**



The Indian Health Service (IHS) National Pharmacy and Therapeutics Committee (NPTC) held its Spring 2023 meeting on April 25-26<sup>th</sup>, 2023 in Albuquerque, NM. All 12 IHS Areas were represented. Dr. Bruce Finke, MD, IHS Elder Care Consultant, provided subject matter expertise during the meeting. Affiliates from the Department of Defense and Federal Bureau of Prisons provided information on formulary updates, clinical experiences, and meeting topics from their respective agencies. The NPTC values the relationships with its field experts, subject matter experts, and federal partners and appreciates the opportunity to host this clinical formulary management meeting at the Albuquerque IHS Area Office.

The Spring 2023 NPTC Meeting agenda included pharmacotherapeutic reviews of (1) Alzheimer's Disease, (2) Osteoarthritis, (3) Geriatric Medication Safety & Deprescribing, (4) Osteoporosis, (5) Secondary Prevention of Stroke, and (6) Urinary Incontinence.

**The resulting action(s) from the NPTC meeting were as follows:**

1. A pharmacotherapeutic review of Alzheimer's Disease was provided to the Committee. *Current medication(s) listed on the IHS National Core Formulary (NCF) relevant to this condition include(s) donepezil and memantine.* Guidelines from the American Academy of Neurology, American Psychiatric Association, Alzheimer's Association, National Institute on Aging, and several relevant European medical associations were detailed. Comparative drug data from multiple, randomized controlled studies (RCTs) and meta-analyses was also provided. Agency population health statistics and medication procurement data were shared. As a result of the comprehensive evaluation, the NPTC made **no modifications** to the NCF.
2. A pharmacotherapeutic review of Osteoarthritis was also delivered to the Committee. *Current medication(s) listed on the IHS National Core Formulary (NCF) relevant to this condition include(s) aspirin, diclofenac (any formulation), duloxetine, ibuprofen, indomethacin, meloxicam, naproxen, salsalate.* Guidance from the American College of Rheumatology/Arthritis Foundation, National Institute for Health and Care Excellence (NICE), and VA/DoD Clinical Practice Guidelines was shared. Findings from inter- and intra-drug class head-to-head RCTs and Cochrane reviews were detailed. Agency analyses of drug procurement data trends and cost were provided. As a result of the comprehensive evaluation, the NPTC made **no modifications** to the NCF.
3. A clinical review of Geriatric Medication Safety and Deprescribing was provided at the meeting. Guidance from the American Geriatrics Society's Beers Criteria and World Health Organization, as well as several medication deprescribing protocols/screening tools were profiled and highlighted individually. Following review and deliberation, the NPTC made **no modifications** to the NCF.
4. A pharmacotherapeutic review of Osteoporosis was also detailed. *Medication(s) listed on the NCF relevant to this condition include(s) alendronate, calcium (any formulation), and Vitamin D (any product).* Guidance from the American Association of Clinical Endocrinology, American College of Obstetricians and Gynecologists, Endocrine Society and the Osteoporosis Institute were provided. Agency pharmacovigilance and pharmaco-economic utilization/trend data were given, adding scope to the Committee review. The NPTC ultimately made **no modifications** to the NCF.

5. A pharmacotherapeutic review of Secondary Prevention of Stroke (*ischemic and hemorrhagic*) was also presented. *Medication(s) listed on the NCF relevant to this condition include(s) amlodipine, apixaban, aspirin, atorvastatin, chlorthalidone, clopidogrel, diltiazem, empagliflozin, ezetimibe, hydrochlorothiazide, liraglutide, lisinopril, losartan, metformin, pioglitazone, rosuvastatin, and semaglutide.* Multiple guidelines were reviewed including those from the American Heart Association/American Stroke Association, Canadian Stroke “Best Practices” Recommendations, and the European Stroke Organization. Agency pharmacovigilance and pharmaco-economic utilization/trend data were also profiled. As a result of the comprehensive evaluation and subsequent analyses, the NPTC made **no modifications** to the NCF.
  
6. Lastly, a pharmacotherapeutic review of Urinary Incontinence was delivered to the Committee. *Medication(s) relevant to this condition and currently named to the NCF include(s) duloxetine, estrogen vaginal cream, and oxybutynin (both IR and ER formulations).* Guidelines from the American Urologic Association, European Association of Urology, European Menopause and Andropause Society, and NICE were central to this review. A myriad of network meta-analyses and comparative RCTs were shared with the committee. Agency pharmacovigilance and pharmaco-economic utilization/trend data added scope. Following review and deliberation, the NPTC voted to **ADD “any Beta-3 agonist”** (i.e., mirabegron or vibegron) to the NCF.

*\*The next scheduled NPTC meeting will be the Summer 2023 Meeting on August 1-2, 2023 in Nashville, TN. The meeting agenda will include reviews of the (1) IHS “E3” Vaccine Strategy, (2) COVID-19 Treatment and Prevention Update, (3) Prevention of RSV, (4) Influenza Treatment and Prevention, (5) Antibiotic Stewardship (IHS Best Practices), and (6) Subcutaneous, depot medroxyprogesterone acetate.*

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===NEW===

(located on the IHS NPTC “Meetings Schedule” webpage)

**Submit Feedback for upcoming NPTC Scheduled Meeting Topics:** *The purpose of this form is to collect feedback and/or recommendations regarding scheduled agenda topics for upcoming National Pharmacy and Therapeutics Committee meetings from Indian Health Service (IHS) clinicians working at Federal, Tribal or Urban Indian Organization programs/sites/facilities. Input on topics for upcoming review can include potential medications for addition or deletion from the IHS National Core Formulary (NCF).*

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 For more information about the NPTC or the National Core Formulary, please visit the [NPTC website](#).  
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