



INDIAN HEALTH SERVICE National Pharmacy & Therapeutics Committee

****Fall 2024 NPTC Meeting Update****

=November 2024=



The Indian Health Service (IHS) National Pharmacy and Therapeutics Committee (NPTC) held its Fall 2024 meeting on November 13-14th, 2024 in Albuquerque, NM. Eleven IHS Areas were represented. Affiliates from the U.S. Veteran's Health Administration (VA), Department of Defense, Federal Bureau of Prisons, and Coast Guard were invited to provide 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 Fall 2024 Meeting agenda included clinical reviews of (1) Proprotein convertase subtilisin/kexin type 9 (PCSK9) inhibitors, (2) Cough/cold medications, (3) Direct oral anticoagulants (DOACs), (4) Combination medications & adherence, (5) Congenital syphilis, and (6) Postpartum depression.

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

1. A pharmacotherapeutic class review of PCSK9 inhibitors was provided to the Committee. *Medication(s) listed on the IHS National Core Formulary (NCF) relevant to this review include(s) atorvastatin, ezetimibe, pravastatin, rosuvastatin, and simvastatin.* Guidelines from the American College of Cardiology/American Heart Association (ACC/AHA), American Association of Clinical Endocrinologists (AACE), and European Society of Cardiology (ESC) were detailed along with comparative studies of these agents for both primary and secondary prevention. Agency pharmacovigilance and procurement data were also shared. Following the comprehensive review and analysis, the NPTC made **no modifications** to the NCF.
2. A pharmacotherapeutic review of Cough/cold medications was also delivered to NPTC members, focusing on antihistamines, antitussives, decongestants, expectorants, and multi-agent combination products. *Medication(s) listed on the NCF relevant to this review include(s) acetaminophen and ibuprofen.* Recommendations from the U.S. Food and Drug Administration, American Academy of Pediatrics, American College of Chest Physicians, and American Academy of Family Physicians served to guide the review. Cochrane reviews comparing both the safety and efficacy of single- and multi-class products were critiqued. Analyses of IHS pharmacovigilance and drug procurement trends added scope. As a result, the NPTC made **no modifications** to the NCF.
3. A pharmacotherapeutic class review of DOACs for Stroke Prevention in Atrial Fibrillation was provided. *Medication(s) listed on the NCF relevant to this review include(s) apixaban, aspirin, and warfarin.* Clinical guidance for this review included recommendations from the European Heart Rhythm Association, American Geriatrics Society Beers Criteria, ACC/AHA, and European Society of Cardiology/European Association of Cardiothoracic Surgeons. Numerous real-world analyses highlighting comparative safety and efficacy supported the NPTC's previous decision. DOAC use in specific concomitant health conditions were also profiled. Agency-specific pharmacovigilance and procurement data added scope. Ultimately, the NPTC made **no modifications** to the NCF.
4. A pharmacotherapeutic review of Combination Medications & Adherence was also detailed. *Combination medication(s) listed on the NCF are too numerous to name in their entirety here but include common drugs like amoxicillin-clavulanate, carbidopa-levodopa, sacubitril-valsartan, etc.* Findings from multiple retrospective cohort studies and meta-analyses (including Cochrane

Reviews) served as primary sources of clinical guidance for the presentation. Agency data from pharmacovigilance and pharmaco-economic utilization/trends were extremely insightful regarding the current and historical use of these products across the IHS. Following evaluation and committee discussion, the NPTC voted to **ADD (1) Lisinopril-hydrochlorothiazide (any dose, any tablet)** and **ADD (2) Losartan-hydrochlorothiazide (any dose, any tablet)** to the NCF.

5. A pharmacotherapeutic review of Congenital Syphilis was presented. *Medication(s) listed on the NCF relevant to this condition include(s) penicillin G benzathine.* Treatment guidelines from the American College of Obstetricians and Gynecologists, U.S. Centers for Disease and Control and Prevention, and the World Health Organization were profiled. Agency pharmacovigilance and pharmaco-economic data were also shared, again showing no shortages in reasonable treatment availability. As a result of the clinical evaluation, the NPTC made **no modifications** to the NCF.
6. Lastly, a pharmacotherapeutic review of Postpartum Depression was provided to the Committee. *Medication(s) listed on the NCF relevant to this condition include(s) bupropion, citalopram, duloxetine, escitalopram, fluoxetine, paroxetine, sertraline, and venlafaxine.* Meta-analyses (including Cochrane Reviews) and drug-specific outcomes trials were central in the evaluation. Pharmacovigilance and pharmaco-economic utilization/trend data were also presented. Following extensive deliberation, the NPTC made **no modifications** to the NCF. It was determined however that a subsequent review of the topic was warranted.

**The next scheduled NPTC meeting will be the Winter 2025 Meeting on January 28-29, 2025 in Phoenix, AZ. The meeting agenda will include reviews of (1) Antiplatelet Agents, (2) CVD Treatment & Prevention, (3) IHS Pharmaco-economics, (4) Ketamine, (5) Menopause and (6) Type 2 Diabetes Mellitus Guidelines.*

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).*

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