



## INDIAN HEALTH SERVICE National Pharmacy & Therapeutics Committee

**\*\*Spring 2026 NPTC Meeting Update\*\***

**=April 2026=**



The Indian Health Service (IHS) National Pharmacy and Therapeutics Committee (NPTC) held its Spring 2026 meeting on April 28-29<sup>th</sup>, 2026 in Sacramento, CA. Eleven IHS Areas were represented. Leslie Stewart, MD, IHS Chief Clinical Consultant for Infectious Diseases, provided subject matter expertise during the meeting. An affiliate from the U.S. Department of Defense (DoD) provided information on formulary updates, clinical experiences, and meeting topics from their respective agency. The NPTC values the relationships with executive leadership, field experts and subject matter experts and appreciates the opportunity to host this formulary management meeting at the California IHS Area Office.

The Spring Meeting agenda included clinical reviews of (1) Human Immunodeficiency Virus (HIV) Treatment Guidelines, (2) Oral Health Updates, (3) Hypertension Guidelines, (4) Beta Blockers, (5) Obstructive Sleep Apnea, and (6) Autism Spectrum Disorder.

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

1. A pharmacotherapeutic review of HIV Treatment Guidelines was provided. Medication(s) listed on the IHS National Core Formulary (NCF) relevant to this review include(s) abacavir/dolutegravir/lamivudine (Triumeq<sup>®</sup>), bicitegravir/emtricitabine/tenofovir alafenamide (Biktarvy<sup>®</sup>), dolutegravir (Tivicay<sup>®</sup>), emtricitabine/tenofovir disoproxil fumarate (Truvada<sup>®</sup>), and raltegravir (Isentress<sup>®</sup>). The review highlighted the recent release of the U.S. Department of Health and Human Services Antiretroviral Agents guidelines, updated in September 2025. IHS population health and procurement data were also shared, offering insight into agency utilization. Following review and deliberation, the NPTC voted to **REMOVE (1) abacavir/dolutegravir/lamivudine (Triumeq<sup>®</sup>), (2) dolutegravir (Tivicay<sup>®</sup>) and (3) raltegravir (Isentress<sup>®</sup>)** from the NCF.
2. A pharmacotherapeutic review of Oral Health Updates was also delivered to the NPTC. This was the Committee's first evaluation of this topic and focused on fluoride supplementation. Medication(s) listed on the IHS NCF relevant to this condition include(s) oral fluoride, (any formulation). Guidance from the U.S. Centers for Disease Control and Prevention, Food and Drug Administration and Office of Minority Health were shared, as were findings from multiple, published meta-analyses of fluoride safety and efficacy. Agency pharmacoeconomic trends added scope to the review. As a result, the NPTC made **no modifications** to the NCF.
3. A pharmacotherapeutic review of Hypertension Guidelines was presented at the meeting. Medication(s) listed on the NCF relevant to this review include(s) amlodipine, atenolol, bumetanide -OR- torsemide, carvedilol (Immediate Release), chlorthalidone, diltiazem, doxazosin, furosemide, hydrochlorothiazide (HCTZ), lisinopril, lisinopril/HCTZ, losartan, losartan/HCTZ, metoprolol succinate, metoprolol tartrate, prazosin, propranolol, and spironolactone. The NPTC last reviewed this topic in May 2022, and as such, focused on recent guidelines from the American College of Cardiology/American Heart Association. Agency data on procurement and pharmacovigilance were included. The NPTC voted to **ADD (1) labetalol (for hypertensive disorders of pregnancy) and (2) nifedipine (Extended Release)** to the NCF.

4. A drug class review of Beta Blockers was also detailed. Medication(s) listed on the NCF relevant to this review include(s) atenolol, carvedilol (Immediate Release), metoprolol succinate, metoprolol tartrate, and propranolol. Recent trials studying beta blockers in various clinical scenarios were detailed, including patients receiving beta blockers for hypertension (add-on/combo therapy) and myocardial infarction (+/- reduced ejection fraction heart failure). Analyses of IHS-wide population health and pharmaco-economic utilization trends were also provided. The NPTC made **no modifications** to the NCF.
  
5. A pharmacotherapeutic review of Obstructive Sleep Apnea was presented. This was the first evaluation of this topic for the Committee. Medication(s) listed on the NCF relevant to this review include(s) tirzepatide (Zepbound®). Guidelines from the American Academy of Sleep Medicine and U.S. Department of Veteran’s Affairs/DoD were discussed in detail. Outcomes from published studies of Positive Airway Pressure devices and medication classes (e.g., excessive daytime sleepiness, weight loss) were presented. Population health statistics and pharmaco-economic data were shared. Following the clinical review, the NPTC made **no modifications** to the NCF.
  
6. Lastly, a pharmacotherapeutic review of Autism Spectrum Disorder was provided, also as the first evaluation of the topic for the NPTC. Medication(s) listed on the NCF relevant to this review include(s) atomoxetine, amphetamine, aripiprazole, fluoxetine, methylphenidate, and sertraline. Guideline recommendations provided in the presentation included those from the American Academy of Pediatrics, Canadian Pediatric Society, National Institute for Health and Care Excellence, and Society for Developmental and Behavioral Pediatrics. Various comparative drug trial findings (safety and efficacy) were also discussed. Agency population health and pharmaco-economic data were detailed. The NPTC made **no modifications** from the NCF.

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*\*The next scheduled NPTC meeting will be the Summer 2026 Meeting on August 4-5<sup>th</sup>, 2026 in Albuquerque, NM. The meeting agenda will include reviews of (1) Allergic Rhinitis, (2) COPD Guidelines, (3) Disorders of Menstruation, (4) Drug Class Review: Gabapentinoids, (5) GLP-1 Receptor Agonists, (6) Hospice Care Medications.*

**CLICK HERE --- >>> [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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