



**Indian Health Service
National Pharmacy and Therapeutics Committee
NPTC Fall Meeting Update
-October 2015-**



The Indian Health Service (IHS) National Pharmacy and Therapeutics Committee (NPTC) held its fall quarterly meeting on October 29th, 2015 via teleconference. Eleven of 12 IHS Areas were represented. CDR Dorothy Sanderson, MD, IHS Chief Clinical Consultant for Internal Medicine, provided a clinical review of the management of insomnia. Affiliates from the Federal Bureau of Prisons and United States Coast Guard provided input and updates on their clinical experiences and future meeting topics. The NPTC continues to value the relationships with clinical experts from the field and with our federal partners. Additionally, the NPTC appreciated the opportunity to host the teleconference from the IHS Oklahoma City Area Office in Oklahoma City, Oklahoma.

The NPTC received both a clinical and pharmacoeconomic presentation on the topic of insomnia management.

The resulting action from the meeting was as follows:

1. A comprehensive, therapeutic review of insomnia and available treatment options was provided to the Committee. Primary literature, clinical practice guidelines and recommendations from professional organizations were presented included the American Academy of Sleep Medicine, American Academy of Family Physicians, Group Health Cooperative, British Association of Psychopharmacology and the National Institute for Health and Care Excellence. Medication classes assessed included the benzodiazepines (BZD), BZD receptor agonists (“Z” drugs), melatonin receptor agonists, orexin receptor antagonists and miscellaneous agents including antidepressants, antihistamines and herbal products. Relevant IHS medication utilization, procurement and demographic data from the IHS National Data Warehouse were also analyzed. Current NCF medications for potential use in insomnia treatment (off-label) include amitriptyline, clonazepam, lorazepam and trazodone. As a result of the clinical evaluation, **the NPTC voted to REMOVE trazodone from the NCF**. A formulary brief will be developed and disseminated, providing a review of relevant guidelines and findings from the presentation which guided the NPTC decision.

*The next NPTC meeting will be held in Dallas, TX on February 2-3rd, 2016. The agenda will focus on vitamins/nutritional supplements and include therapeutic reviews in the areas of dentistry, hematology, obstetrics, women’s health and wound healing. Additionally, a class review of the neuraminidase inhibitors (oseltamivir, zanamivir and peramivir) for the prevention and treatment of influenza infection will be presented.

If you would like to recommend a topic for future NPTC discussion, please go to the NPTC website and complete the [Formulary Request Form](#) or send an email at IHSNPTC1@ihs.gov.

For more information about the NPTC, please visit the [NPTC website](#). Check out the new webpage!!