Neuroscience based Nomenclature

Joseph Zohar1,2


Abstract

Current psychopharmacological nomenclature remains wedded to earlier period of scientific understanding, failing to reflect contemporary developments and knowledge, does not help clinicians to select the best medication for a given patient, and tending to confuse patients as they are being given a drug with a different name compared to their identified diagnosis (e.g. “Antipsychotic” for depression).

Four major colleges of Neuropsychopharmacology (ECNP, ACNP, Asian CNP, and CINP together with IUPHAR) proposed a new pharmacologically-driven nomenclature focusing on Pharmacological Target and Mode of Action. It includes also 4 dimensions of additional information: 1—Approved Indications; 2—Efficacy and side effects; 3—Practical note; and 4—Neurobiology. Several surveys in four different continents were conducted in order to examine satisfaction with the current psychopharmacological nomenclature, as well as test the NbN. A significant proportion of the participants in the surveys were in favor of the proposed nomenclature.

It seems that clinicians found the available nomenclature system dissatisfactory and many times confusing for them and the patients. The proposed nomenclature seeks to up-end current usage by placing Pharmacology and Mode of Action rather than indication as the primary driven force.

In the session examples of using the NbN in key medications will be presented and discussed.