

## Commissioning Statement for **GLUCOSAMINE (WITH OR WITHOUT CHONDROITIN) PREPARATIONS FOR OSTEOARTHRITIS**

Publication Date: July 2023

**Prescribing of Glucosamine (with or without Chondroitin) Preparations for osteoarthritis within Norfolk and Waveney ICS is recommended as**

**BLACK : NOT COMMISSIONED. NO NHS PRESCRIBING IN NORFOLK AND WAVENEY ICS**

### Background

Norfolk and Waveney ICB does not support the prescribing of glucosamine (with or without chondroitin) preparations in osteoarthritis.

Glucosamine (with or without chondroitin) in any form is not recommended by NICE and NHS England.

NICE Guideline CG177 (February 2014, updated December 2020) Osteoarthritis: Care and management states '*Do not offer glucosamine or chondroitin products for the management of osteoarthritis*'.

Glucosamine is an amino monosaccharide, it is a precursor for glycosaminoglycans, and glycoproteins which are a major component of joint cartilage and synovial fluid. Commonly sold forms of glucosamine include glucosamine sulphate and glucosamine hydrochloride.

### Recommendations

- Do not start new patients on any glucosamine (with or without chondroitin) preparations.
- Patients currently being prescribed glucosamine (with or without chondroitin) should be reviewed in the light of NICE and NHS England guidance and stopped.

### Patient Considerations

Those patients expressing a desire to try (or continue taking) glucosamine (with or without chondroitin) should be advised:

- The place of glucosamine in osteoarthritis of the knee remains unclear.
- Although there is evidence of some clinical effectiveness with glucosamine sulphate, it is not considered to be cost effective for prescribing on the NHS.
- To purchase glucosamine over-the counter and they should be advised a decrease in pain severity may take several weeks to occur. If there is no improvement after three months, they should stop taking glucosamine.

This is supported by NHS England as part of the items which should not routinely be prescribed in primary care.

## Prescribing information

Providers commissioned to provide services on behalf of Norfolk and Waveney ICB are reminded that they are required to follow the local joint formulary and prescribing guidance, as detailed in the medicines management service specification of their contract.

## Monitoring of Prescribing

Data on the use of these treatments will be supplied monthly as part of your data pack. If you have any queries, please email [nwicb.medsqueries@nhs.net](mailto:nwicb.medsqueries@nhs.net) with 'service restriction policy' in the subject line.

## References

- NHS England: Items which should not routinely be prescribed in primary care. June 2019: <https://www.england.nhs.uk/publication/items-which-should-not-be-routinely-prescribed-in-primary-care-guidance-for-ccgs/>
- PrescQIPP Bulletin 205: <https://www.prescqipp.info/our-resources/bulletins/bulletin-205-glucosamine/>
- NICE clinical guideline (CG) 177. Osteoarthritis: care and management: <https://www.nice.org.uk/guidance/cg177>

<b>Title</b>	Commissioning Statement for GLUCOSAMINE (WITH OR WITHOUT CHONDROITIN) PREPARATIONS FOR OSTEOARTHRITIS
<b>Description of policy</b>	<i>To inform healthcare professionals</i>
<b>Scope</b>	<i>Norfolk and Waveney Integrated Care System</i>
<b>Prepared by</b>	Norfolk and Waveney ICB Medicines Optimisation Team
<b>Impact Assessment</b> (Equalities and Environmental)	<p><i>Please indicate impact assessment outcome:</i></p> <p><i>Positive impact</i></p> <p><i>Adverse impact - low - action plan completed as per guidance</i></p> <p><i>Adverse impact - medium - action plan completed as per guidance</i></p> <p><i>Adverse impact - high - action plan completed as per guidance</i></p> <p><i>No impact</i></p> <p><b>No policy will be approved without a completed equality impact assessment</b></p>
<b>Other relevant approved documents</b>	Items which should not routinely be prescribed in primary care: Guidance for CCGs, June 2019 <a href="https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf">https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf</a>
<b>Evidence base / Legislation</b>	<p>Level of Evidence:</p> <p><i>A. based on national research-based evidence and is considered best evidence</i></p> <p><b>B. mix of national and local consensus</b></p> <p><i>C. based on local good practice and consensus in the absence of national research based information.</i></p>
<b>Dissemination</b>	Is there any reason why any part of this document should not be available on the public web site? <input type="checkbox"/> Yes / No <input checked="" type="checkbox"/>
<b>Approved by</b>	<i>Norfolk &amp; Waveney Therapeutics Advisory Group (TAG) (Date)</i>
<b>Authorised by</b>	<i>Norfolk &amp; Waveney Drug Integrated Care Board on behalf of the ICS (Date)</i>
<b>Review date and by whom</b>	Medicines Optimisation Team
<b>Date of issue</b>	Oct 2023

Version Number	Author	Purpose / Change	Date
0.1	MO Team	To support prescribing in primary care	Oct 2023