NHS
Suffolk and
North East Essex

Position Statement for Medicines of Low Value

GLUCOSAMINE AND CHONDROITIN

Summary

The Suffolk and North East Essex Integrated Care Board (SNEE ICB) does not support the prescribing of any glucosamine and/or chondroitin products on prescription in line with NHS England's national guidance on medicines of low clinical value.

All glucosamine and/or chondroitin products are classed as "Double Red" i.e., no prescribing in primary or secondary care

There are no patient exceptionalities identified

Glucosamine and Chondroitin are nutraceuticals which are used to improve pain associated with osteoarthritis.

The BNF states the following about glucosamine: *"The mechanism of action is not understood and there is limited evidence to show it is effective."*

NICE CG177: Osteoarthritis care and management has the following "do not do" recommendation: *"Do not offer glucosamine or chondroitin products for the management of osteoarthritis"*

Due to the recommendation from NICE and due to the lack of evidence as advised by the BNF, NHS England have advised against the prescribing of such products.

DEPRESCRIBING ADVICE

- **Deprescribe glucosamine and/or chondroitin for all patients who have these products on repeat or acute**
- Patients should be advised of the lack of robust evidence to support its ongoing use and the products are unlikely to help their condition.
- Patients should be made aware that these cannot be prescribed by GP practices under any circumstances
- Consider reviewing their condition with one or more outcomes where appropriate
    - Appropriate lifestyle advice
    - Considering OTC purchase of licensed medicines
    - Prescribing licensed medicine
- Patients who continue taking glucosamine and/or chondroitin products medicines should have them recorded on the clinical system as they may interact with licensed medication such as warfarin and acenocoumarol

Produced by the SNEE ICB Medicines Optimisation Teams (MOT) in collaboration with East Suffolk and North Essex NHS Foundation Trust (ESNEFT) and West Suffolk NHS Foundation Trust (WSFT) version 1.0

Approved by the SNEE Integrated Medicines Optimisation Sub-Committee (IMOC) November 2022 for review November 2024

NHS
Suffolk and
North East Essex

NEW PATIENTS

- **Do not prescribe glucosamine and/or chondroitin products under any circumstances**
- Patients should be advised of the lack of robust evidence to support its use and the products are unlikely to help their condition
- Patients should be made aware that these cannot be prescribed by GP practices under any circumstances
- Patients who initiate any glucosamine and/or chondroitin products themselves should have these recorded on the clinical system as they may interact with licensed medication such as warfarin and acenocoumarol

FURTHER SUPPORT

- National Patient Information Leaflets have been developed and can be supplied to patients to help support the deprescribing of these products (click here)
- Patients who wish to seek further clarification can be directed to Patient Advice and Liaison Service (PALS) via:
    - E-mail: sneeicb.pals@nhs.net
    - Telephone: 0800 389 6819

Reference

NHSE. (2019, June). *Items which should not routinely be prescribed in primary care.* Retrieved from https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf

NICE. (2014, February). *Osteoarthritis: care and.* Retrieved from NICE: https://www.nice.org.uk/guidance/cg177/resources/osteoarthritis-care-and-management-pdf-35109757272517

NICE. (2022, July). *Glucosamine.* Retrieved from BNF: https://bnf.nice.org.uk/drugs/glucosamine/

Produced by the SNEE ICB Medicines Optimisation Teams (MOT) in collaboration with East Suffolk and North Essex NHS Foundation Trust (ESNEFT) and West Suffolk NHS Foundation Trust (WSFT) version 1.0

Approved by the SNEE Integrated Medicines Optimisation Sub-Committee (IMOC) November 2022 for review November 2024