

Prescribing Clinical Network

Policy Statement	Glucosamine and Chondroitin
Policy Number	PCN 308-2018
Date of Issue	January - 2018
Review Date:	January - 2021 <i>(Unless new published evidence becomes available before this date OR there is new published national guidance e.g. NICE)</i>
Recommendations:	
<p>The Prescribing Clinical Network does not recommend the use of glucosamine and chondroitin</p> <p>Glucosamine and chondroitin will be considered BLACK on the traffic light system and prescribers should:</p> <ul style="list-style-type: none"> • NOT initiate glucosamine and chondroitin in any new patients AND • De-prescribe glucosamine and chondroitin in all patients, in line with NHS England guidance. 	
Key Considerations:	
<ul style="list-style-type: none"> • NHS England guidance 'Items which should not routinely be prescribe in primary care: Guidance for CCGs' - https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-prescribed-in-pc-ccg-guidance.pdf • Glucosamine and Chondroitin are nutraceuticals which used to improve pain associated with osteoarthritis. The BNF states the following about glucosamine, <i>The mechanism of action is not understood and there is limited evidence to show it is effective.</i> • NICE CG177: Osteoarthritis care and management has the following "do not do" recommendation: <i>Do not offer glucosamine or chondroitin products for the management of osteoarthritis</i> 	
Date taken to Prescribing Clinical Network	10 th January 2018
Agreed by PCN members	22 nd January 2018

Surrey (East Surrey CCG, Guildford & Waverley CCG, North West Surrey CCG, Surrey Downs CCG & Surrey Heath CCG), Crawley CCG and Horsham & Mid-Sussex CCG