

## Position statement on the prescribing of Glucosamine and/or Chondroitin

Following the NHS England guidance 'Items which should not routinely be prescribed in primary care: Guidance for CCGs (version 2, June 2019) the following changes to prescribing have been agreed across Barking and Dagenham, Havering and Redbridge.

**From 17th September 2019**  
**Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) no longer supports the prescribing of Glucosamine and/or Chondroitin**

### **Decision**

- The decision to stop Glucosamine and/or Chondroitin applies to ALL patients across Barking and Dagenham, Havering and Redbridge. BHR CCGs have agreed NO exceptions to this recommendation

### **This decision was made because:**

- The British National Formulary (BNF) states the following about glucosamine, "The mechanism of action is not understood and there is limited evidence to show it is effective."
- The National Institute for Health and Care Excellence (NICE) Clinical Guideline 177: Osteoarthritis care and management has the following "do not do" recommendation: *Do not offer glucosamine or chondroitin products for the management of osteoarthritis*
- If patients want to continue using Glucosamine and/or Chondroitin, they are widely available to purchase at reasonable cost at supermarkets, pharmacies and other retailers
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before

### **Reference:**

NHS England and NHS Improvement. Items which should not routinely be prescribed in primary care: Guidance for CCGs. Version 2, June 2019. Publishing approval reference 000608 <https://www.england.nhs.uk/publication/items-which-should-not-be-routinely-prescribed-in-primary-care-guidance-for-ccgs/>