

Medicines Optimisation intervention brief

Medicines Optimisation Incentive Scheme 18/19 – NHSE (Items which should Not be routinely Prescribed in primary care) Interventions

TITLE?
INP1.5 Deprescribe glucosamine and chondroitin preparations
WHAT?
In December 2017 NHS England ¹ issued the following recommendations regarding glucosamine and chondroitin preparations: <ul style="list-style-type: none"> • Prescribers in primary care should not initiate glucosamine and chondroitin for any new patient. • CCGs should support prescribers in deprescribing glucosamine and chondroitin in all patients.
WHY?
<ul style="list-style-type: none"> • NICE does not recommend the use of glucosamine or chondroitin products for the treatment of osteoarthritis.¹ • Apart from Dolenio (glucosamine sulfate) and Alateris (glucosamine hydrochloride), glucosamine products are unlicensed. • The evidence for using glucosamine hydrochloride is poor and the evidence for using the sulphate is not strong enough to warrant recommending that it should be prescribed on the NHS.¹
WHO?
<ul style="list-style-type: none"> • All patients prescribed preparations containing glucosamine and chondroitin.
TIPS?
<ul style="list-style-type: none"> • Some patients may wish to purchase glucosamine. If this is the case a three month trial is reasonable to determine if there is to be any improvement and that taking a single daily dose of 1500mg is preferred over divided doses.¹ • The following groups of patients should <i>not</i> take glucosamine and/or chondroitin:^{3,4} <ul style="list-style-type: none"> ○ Those with seafood allergies ○ Those prescribed taking warfarin ○ Cytotoxic agents • Glucosamine and/or chondroitin should be used <i>with caution</i> for patients taking the following agents:⁴ <ul style="list-style-type: none"> ○ Antiplatelets – effect may be potentiated by glucosamine ○ DOACs – effect of glucosamine on these agents is not known ○ Treatment for diabetes – glucosamine may affect glucose control ○ Treatment for hypercholesterolaemia – glucosamine can increase blood lipids⁵
HOW?
<ul style="list-style-type: none"> • Search for all patients prescribed preparations containing glucosamine and chondroitin.



- Contact each patient according to the process agreed with an individual practice.
- Remove the item from the repeat prescription list and add an explanatory note to the patient consultation record.
- Some patients may need a full medication review to optimise treatment of osteoarthritis. This needs to be determined on an individual basis.

SO WHAT?

- NHS England recommendations implemented.

FURTHER INFORMATION

1. Items which should not routinely be prescribed in primary care: Guidance for CCGs. NHS England December 2017 <https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-prescribed-in-pc-ccg-guidance.pdf>
2. NICE Clinical Guideline 177. Osteoarthritis: care and management. February 2014 <https://www.nice.org.uk/guidance/cg177>
3. Current problems in pharmacovigilance. MHRA. Vol 31 May 2006
4. Glucosamine – what are its drug interactions? UKMi Q&A June 2017 https://www.sps.nhs.uk/wp-content/uploads/2017/08/UKMI_QA_Glucosamine_interactions_update_Jun-17.pdf
5. Summary of Product Characteristics for Alateris December 2014 and Dolenio August 2015
6. WHCCG Policy Statement reference no. [PS004](#)

