

POSITION STATEMENT

Prescribing of Vitamin D for the treatment, maintenance following treatment and prophylaxis of deficiency and insufficiency states

Recommendations:

The prescribing of high-dose vitamin D (colecalciferol or ergocalciferol) as a short-course treatment, for the correction of deficiency and insufficiency is recommended only following confirmation by vitamin D assay – **RAG status 'Green'**

The prescribing of Vitamin D for prophylaxis or maintenance following treatment of deficiency and insufficiency is **not recommended – RAG status 'Black'**

Patients that are at risk of vitamin D deficiency should be advised to: increase their exposure to sunlight, increase the intake of food groups that are high in Vitamin D or purchase vitamin D supplements over the counter (OTC). The prescribing of Vitamin D and Vitamin D testing are **not recommended – RAG status 'Black'**

EXCLUSIONS:

This position statement is not intended to affect the management of patients with osteoporosis or osteopenia that are either receiving vitamin D or calcium and vitamin D combination products. Additionally, this guidance is not intended to affect those patients receiving high-dose vitamin D for the management of multiple sclerosis or in hypoparathyroidism.

SCOPE

This position statement covers all single-ingredient preparations of vitamin D prescribed within the Lancashire NHS health economy for the management of deficiency and insufficiency states. **Local protocols should be consulted where they exist.**

FURTHER GUIDANCE

The Royal Osteoporosis Society (was National Osteoporosis Society) have developed a series of clinical guidelines on vitamin D and bone health in both adults and children. These guidelines can be accessed via:

For adults:

<https://strwebprdmedia.blob.core.windows.net/media/ef2ideu2/ros-vitamin-d-and-bone-health-in-adults-february-2020.pdf>

Adults quick reference guide:

<https://theros.org.uk/media/5imnumtq/ros-vitamin-d-quick-guide-november-2018.pdf>

For children:

<https://theros.org.uk/media/54vpztaa/ros-vitamin-d-and-bone-health-in-children-november-2018.pdf>

REFERENCES

- [1] National Osteoporosis Society, "Vitamin D and bone health: a practical clinical guideline for patient management," National Osteoporosis Society, Bath, 2018.
- [2] National Osteoporosis Society, "Vitamin D and bone health: a practical clinical guideline for patient management in children and young people," National Osteoporosis Society, Bath, 2018.
- [3] Royal Osteoporosis Society. Vitamin D and bone health: a practical clinical guideline for patient management. Guidelines. 5th March 2019 [Accessed 4th March 2020]. Accessed via: <https://www.guidelines.co.uk/musculoskeletal-and-joints/ros-vitamin-d-and-bone-health-guideline/454558.article>

Please access this guidance via the LMMG website to ensure that the correct version is in use.

Version Control

Version Number	Date	Amendments Made	Author
Version 2.0	June 2017	Pathway amended. Additional information relating to pregnancy, breast feeding and children added.	AG
Version 2.1	September 2017	Minor changes to position statement and pathway.	AG
Version 3.0	September 2019	Removed out-of-date pathway and additional information. Added reference and links to the new ROS guidance for the management of adults and children.	AG
Version 3.1	October 2020	Links to ROS updated	PT

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