

POSITION STATEMENT

Prescribing of Vitamin D for the treatment, maintenance following treatment, prophylaxis of deficiency and insufficiency states and prevention of COVID-19

Recommendations:

The prescribing of high-dose vitamin D (colecalfiferol 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 'Do Not Prescribe'**

Adults (including women who are pregnant or breastfeeding), young people and children over 4 years should **consider** taking a daily supplement between October and early March. The prescribing of Vitamin D and Vitamin D testing are **not recommended – RAG status 'Do Not Prescribe'**

Adults, young people and children over 4 years should **consider** taking a daily supplement throughout the year if they have little or no sunshine exposure or if they have dark skin. The prescribing of Vitamin D and Vitamin D testing are **not recommended – RAG status 'Do Not Prescribe'**

Do not offer a vitamin D supplement to people to treat or prevent COVID-19 – **RAG status 'Do Not Prescribe'**

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

NICE has developed a guideline that covers vitamin D use in the context of COVID-19:

<https://www.nice.org.uk/guidance/ng187>

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:

(please note: these guidelines are recommended as a source of clinical information **only**, prescriptions should only be issued in Lancashire and South Cumbria for the management of deficiency or insufficiency as defined in the statements above. Patients must be directed to purchase OTC for all other indications.)

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] Royal Osteoporosis Society, "Vitamin D and bone health: a practical clinical guideline for patient management," National Osteoporosis Society, Bath, 2020.
- [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.
- [4] NICE COVID-19 rapid guideline: vitamin D (NG187). Accessed via: <https://www.nice.org.uk/guidance/ng187/resources/covid19-rapid-guideline-vitamin-d-pdf-66142026720709> [accessed online: March 2023]

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
Version 3.2	September 2021	NICE COVID Rapid review guideline added.	AG
Version 3.3	April 2023	References reviewed. Clarification on when to prescribe added.	AG.

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Midlands and Lancashire Commissioning Support Unit,
Jubilee House, Lancashire Business Park, Leyland, PR26 6TR
 Tel: 01772 644 400 | www.midlandsandlancashirecsu.nhs.uk