

Adult Vitamin D Assessment and Treatment Overview

Serum 25-OH Vitamin D measurement recommended for:

1-Patients confirmed or suspected bone disease (osteomalacia, osteoporosis, Paget's disease) or affected by clinical conditions where Vit D is required as per secondary care specialist guidance, eg. Melanoma, fertility.

2-Patients with abnormalities in the biochemistry bone profile, eg. Low calcium, raised ALP, raised PTH.

3-Patients with symptoms that could be attributed to vitamin D deficiency e.g. Unexplained widespread or localised bone pain and tenderness, unexplained muscle weakness and pain and at least one **RISK FACTOR**:

. Reduced exposure to sunlight e.g. due to being housebound, having skin covered when outside or routine use of high factor sunscreen.

. Dark skin.

. Over 65s, (particularly with a history of falls or in care home not already prescribed Ca + Vit D)

. Pregnant + breastfeeding women, especially teenagers and younger women

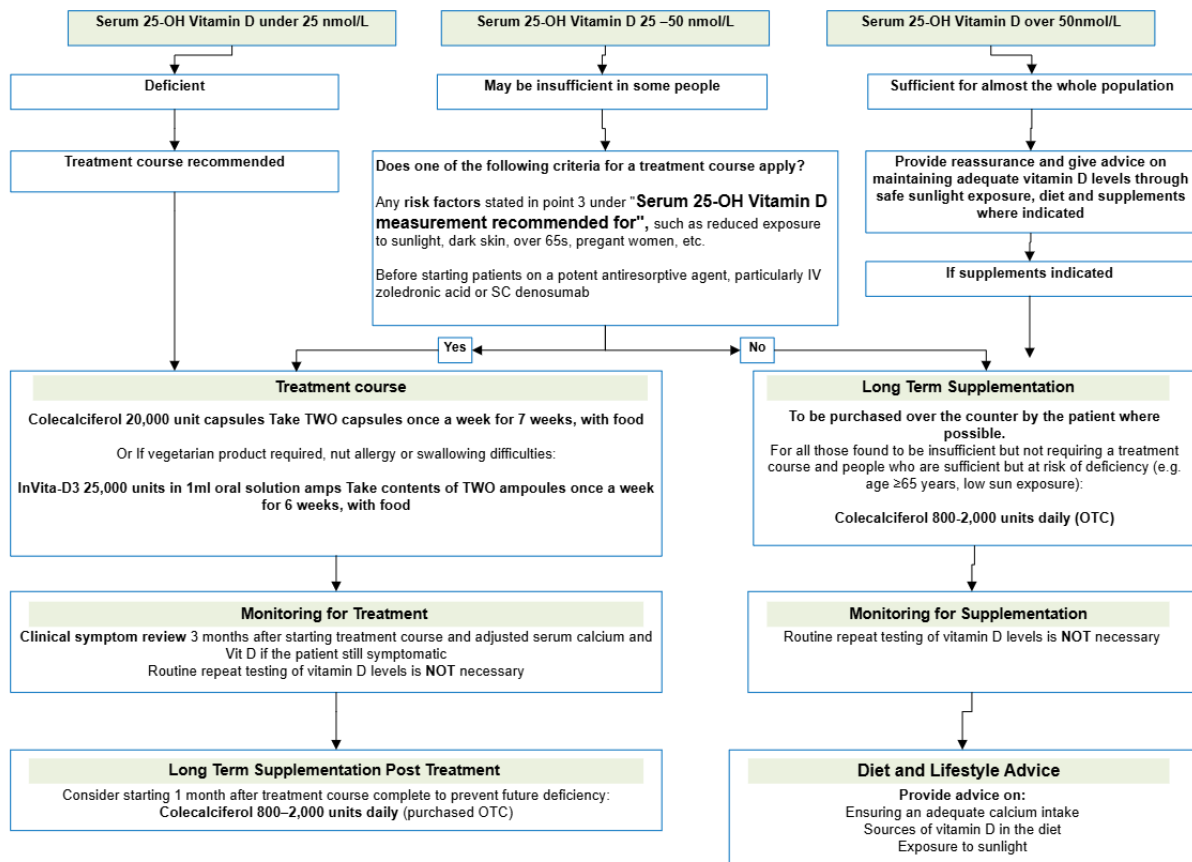
. Obese people i.e. BMI>30.

. Those who may have fat malabsorption e.g. Coeliac disease, CF, Crohns or bariatric patients.

. Those taking medication that may increase vitamin D catabolism e.g. anti-epilepsy drugs, glucocorticoids, systemic anti-fungal drugs such as ketoconazole, cholestyramine, rifampicin, HIV drugs.

4-Before starting patients on a potent antiresorptive agent, particularly IV zoledronic acid or SC denosumab.

Assesment and Management of Vitamin D levels



Advice- Seek advice from secondary care if:

Use usual 'advice and guidance' route.

Chronic liver or kidney disease (CKD 4 or above)

Primary hyperparathyroidism

History of renal stones

Hypercalcaemia / metastatic calcification

Patient with chronic granuloma forming disorders (sarcoidosis or TB), chronic fungal infections or lymphoma.

Referral criteria - Consider referral if:

Consider referral to Endocrinology if:

1. Patients with known METABOLIC BONE PROBLEMS, including osteoporosis, are unable to achieve 25 (OH) vitamin D levels of 50 nmol/L or greater despite appropriate loading and **maintenance therapy for more than 6 months**.

2. Patients with malabsorption, on medication affecting Vit D catabolism or BMI >40kg/m2 who are unable to achieve 25(OH) vitamin D levels of 50 nmol/L or greater despite appropriate loading and **maintenance therapy for more than 6 months**.

3. Patients who are **UNABLE TO TOLERATE** oral vitamin D3 (colecalciferol) preparations.

4. Patients with symptoms of OSTEOMALACIA and are unable to achieve 25(OH) vitamin D levels of 50 nmol/L or greater despite appropriate loading and **maintenance therapy for more than 6 months**.

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