

## Vitamin D and care homes guidance - updated 15 January 2021

### SUMMARY POINTS

Full document available here: <https://www.gov.uk/government/publications/vitamin-d-for-vulnerable-groups/vitamin-d-and-care-homes-guidance>

- 4-months supply of vitamin D supplements will be provided by Department of Health for residents in residential and nursing care homes.
- This will be received in residential/nursing homes as direct delivery and **no prescription needs to be requested/provided by GP to supplement vitamin D, either now, or upon completion of the supplied course.**
- Vitamin D will be supplied in a liquid form as oral drops to be administered as two drops once a day delivering 10 micrograms (400iu) of vitamin D over a period of 4 months.
- Some patients will be excluded from the vitamin D supplementation based on medical grounds (see below) therefore, care providers may seek final clarification from registered GP.
- Where queries are received in the practice, those can be forwarded to Medicines Management Team for advice if supplementation with vitamin D would be clinically safe and appropriate for individual residents.
- Decision on supplementation and patient's consent to take vit D needs to be recorded in Care Plan of each individual resident as per the care provider policies.
- Where vitamin D is provided to an individual, the supplementation needs to be recorded on the administration chart as per care provider policies – usually, handwritten entry countersigned on the paper MARs or manual entry on electronic record.
- **MEDICAL EXCLUSIONS** from supplementation – where further advice will be required from GP: patient is under care of renal/endocrinology/cancer specialist, high vitamin D levels, kidney stones (including past history), hyperparathyroidism, cancer, kidney disease, sarcoidosis, swallowing difficulties or tube fed patients.
- **Patients already prescribed and currently taking vitamin D (colecalfiferol or ergocalciferol) treatment, either alone, or in combination with calcium (i.e. Accrete D3, Adcal-D3, Calceos, Cacit D3, Calci-D, CalcichewD3, Evacal D3, Kalcipos-D, Natecal D3, Sun-Vit D3, TheiCal D3, etc) should not be offered additional vitamin D supplementation.**