

Primary Care Guidelines for the management of Vitamin D Deficiency in Adults April 2017

<http://nhscroydonintranet.croydonpct.nhs.uk/TeamsAndDepartments/primarycarecommissioning/prescribing/Documents/All%20Other%20Documents/Vitamin%20D%20guidelines%20in%20ADULTS.pdf>

The prevalence of vitamin D deficiency in the UK is 16% and around 50% of the UK adult population have vitamin D insufficiency in winter and spring. Vitamin D is essential for musculoskeletal health.

Nomenclature: The term vitamin D is used for a range of compounds. Vitamin D₂ is known as ergocalciferol. Vitamin D₃ is known as colecalciferol (the recommended International Nonproprietary Name) when referring to the drug and as cholecalciferol when referring to the analyte.

Conversion factors: 10ug (micrograms) vitamin D = 400IU vitamin D
2.5 nmol/L serum 25OHD = 1 ng/mL serum 25OHD

Please refer to Croydon Vitamin D Guidelines for Adults 2017 for:

- 1) **Testing for Vitamin D Deficiency** - please see page 3-4 for further details on testing and recommended investigation

Routine vitamin D testing is NOT recommended to screen the normal population for deficiency. Vitamin D testing should priorities to those where the outcome will alter clinical management

- 2) **Treatment of Vitamin D deficiency** - please refer to page 5-10.
- 3) **Investigation and Treatment of Vitamin D Deficiency and Insufficiency for Adults**
- please refer to Appendix 1, page 11.
- 4) **Croydon CCG Position Statement on the Prescribing of Vitamin D Supplements in Adults**

<http://nhscroydonintranet.croydonpct.nhs.uk/TeamsAndDepartments/primarycarecommissioning/prescribing/Documents/All%20Other%20Documents/Vitamin%20D%20position%20statement%20for%20maintenance%20therapy%20Adults.pdf>

- 5) **Vitamin D Patient Information Leaflet**

<http://nhscroydonintranet.croydonpct.nhs.uk/TeamsAndDepartments/primarycarecommissioning/prescribing/Documents/All%20Other%20Documents/Vitamin%20D%20Patient%20Information.pdf>