

Vitamin D Requesting

Criteria for requesting:

- A. Patients with signs and symptoms of deficiency
 - Rickets / **osteomalacia**
 - Proximal muscle weakness
 - Longstanding myalgia/arthralgia

- B. Individuals at risk of low Vitamin D levels
 - Pigmented skin **IF SYMPTOMATIC as above**
 - Lack of sunlight exposure/institutionalised patients
 - Hx of malabsorption due to short bowel, IBD, celiac disease, etc.
 - Patient of HAART (Retroviral therapy), **anticonvulsants, rifampicin, cholestyramine or glucocorticoids.**

- C. Patients with low serum calcium and/or phosphate, **raised ALP – No, raised PTH**

When not to request:

- For screening of all patients with pigmented skin
- 'tired all the time'
- Routine 'health checks'

Frequency of testing:

6 months after high dose treatment followed by maintenance as per management below.

- In majority of the cases, repeat testing is not required.
- In symptomatic individuals, testing could be done at 6-12 month interval to check progress as required.

Management

Please see APC guidelines of management of Vitamin D deficiency

<http://www.coventrywarksapc.nhs.uk/Documents/A---Z-Documents-List/Documents-N---Z>

NB: In presence of a normal calcium level- treat with Vit D alone. If deficient in Calcium and Vit D, use Adcal for 6 months and then repeat both tests.