

Risk Factors

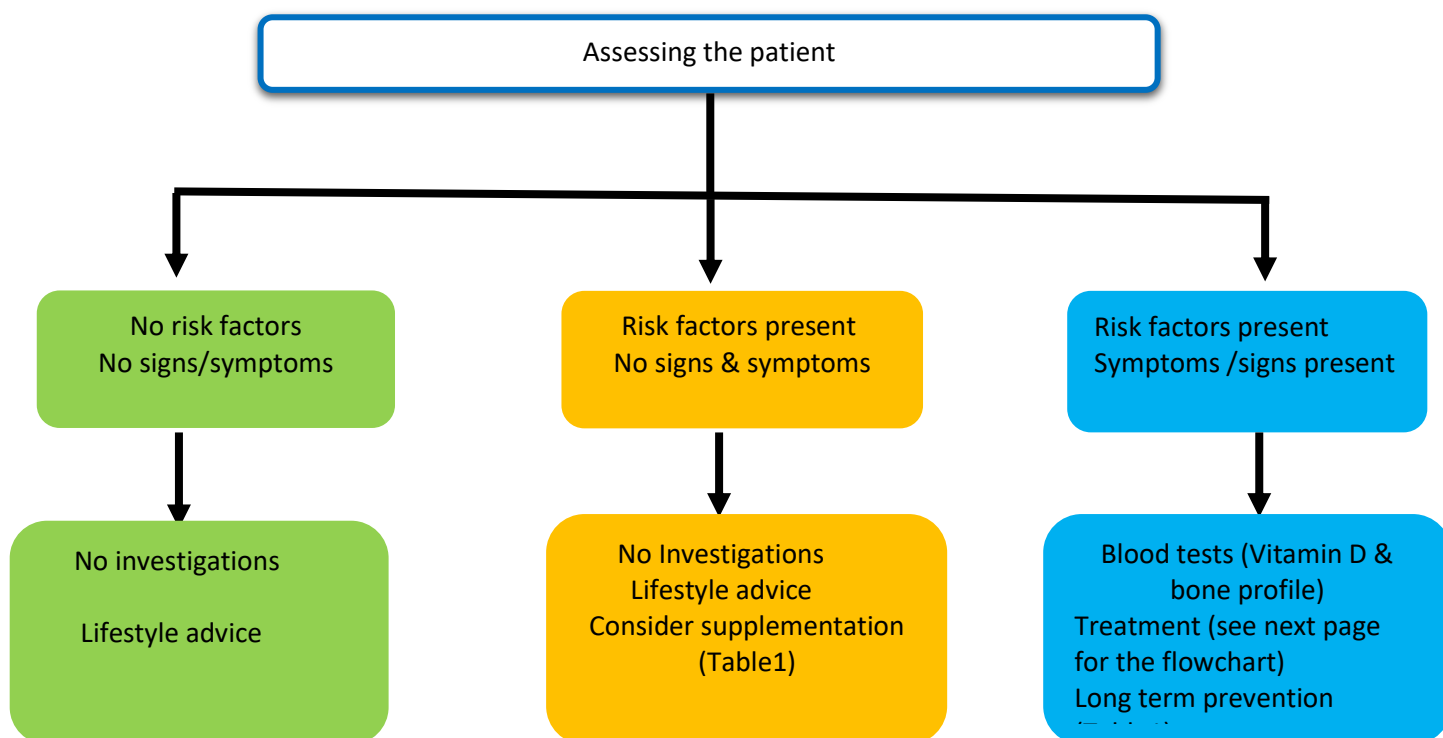
- Increased demand (Infants, Twins)
- Reduced sun exposure
- Poor diet, Vegans
- Dark skin pigmentation
- Intestinal malabsorption(Coeliac, Crohns)
- Drugs-Anticonvulsants, anti TB

Symptoms / Signs

Infants : seizures, tetany, cardiomyopathy

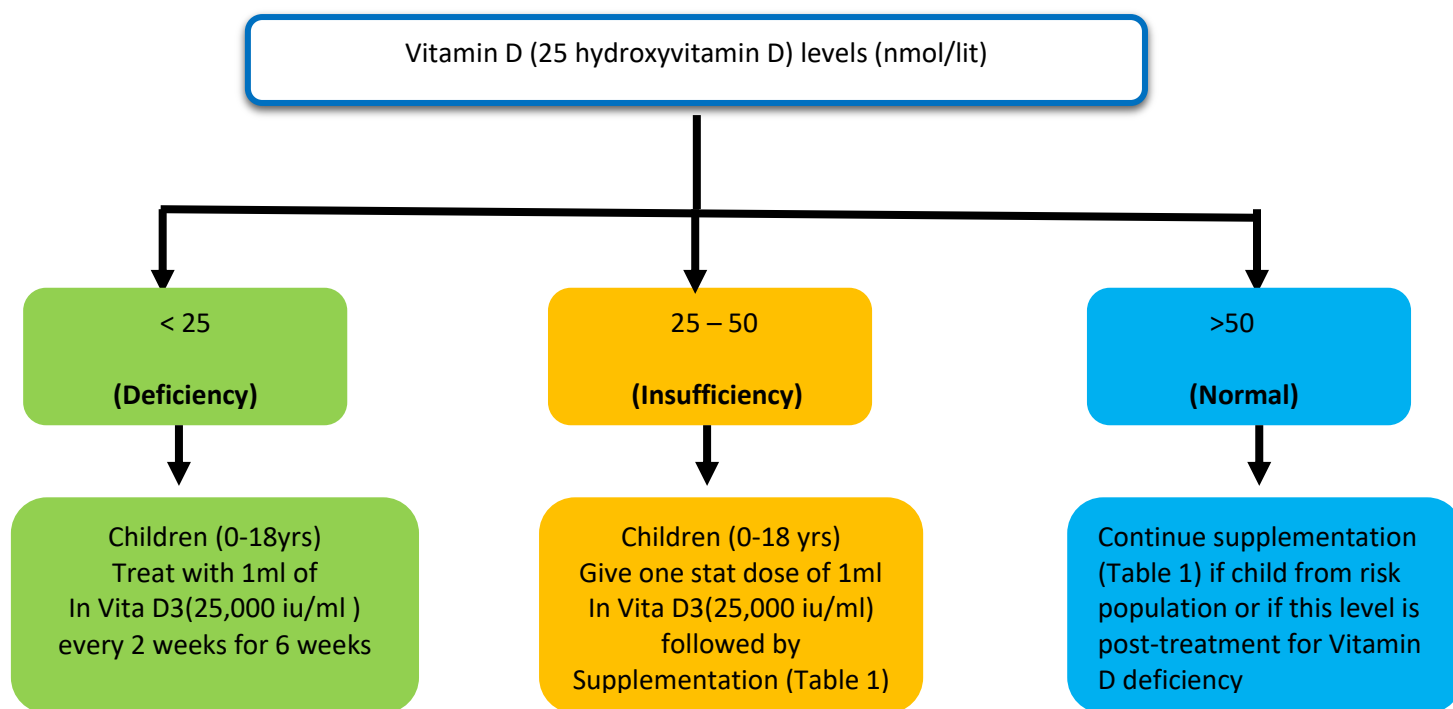
Children: aches & pains, myopathy causing delayed walking, rickets with bowed legs, knock knees, poor growth and weakness.

Adolescents: Aches and pains, muscle weakness, bone changes of rickets



If there is clinical suspicion of Rickets please refer to Paediatricians. In the absence of clinical signs of rickets, children at risk and with symptoms of aches and pains/ non-clinical weakness should preferably have their vitamin D levels checked during the summer months.

Standard Preventions Doses (Table 1)		
Age	Dose	Available OTC Preparations
Newborn upto one month	300-400units daily	Abidec, Dalivit, Healthy start vitamins
1 month – 18 yrs	400units-1,000units daily	Healthy start Vitamins(up to 4 yrs)Abidec ,Dalivit,Boots high strength vitamin D,Holland and Barrett Sunvite D3, Baby D



Monitoring and follow up of children on high dose Vitamin D

A clinical review one month after starting treatment is recommended. Repeat Vitamin D levels and Bone profile after 3 months of starting treatment in cases with deficiency levels (<25 nmol/lit) of Vitamin D or if the bone profile on initial testing was abnormal. It is recommended that children with symptomatic Vitamin D deficiency should continue supplements until completion of growth or unless lifestyle changes (Diet/sun exposure) are assured. If there is no improvement in the levels or bone profile after completing the course please discuss with the Paediatricians.

Resources

- 1) www.rcpch.ac.uk , www.healthystart.nhs.uk
- 2) www.gov.uk/government/publications/vitamin-d-advice-on-supplements-for-at-risk-groups
- 3) www.rnoh.nhs.uk/clinical-services/paediatric-adolescents/vitamin-d-children
- 4) DTB vol 44 number2 Feb 2006 edition

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This guideline has been approved by the Slough CCG Board-June 2014