

# Care Home Newsletter

## Vitamin D Special



**Welcome to this Vitamin D Newsletter Special! The team thought we would share some helpful hints to help you manage your resident's supplements that have been provided by the DHSC.**

### What do we need vitamin D for?

Vitamin D contributes to healthy bones, teeth & muscles.



Too little can cause bone pain, muscle weakness & increased risk of falls.

Too much however can cause a build-up of calcium in the body (hypercalcaemia), which weaken bones and adversely affect the kidneys & heart.

### Where does vitamin D come from?

It is available in some foods, in small quantities. However, the body predominantly creates its own Vitamin D when the skin is exposed to sunlight.



Sometimes, it is necessary to take a Vitamin D supplement if the body is unable to obtain sufficient through the diet or skin.

### So why do we need to give Vitamin D supplements to our residents?



For our residents, due to the increased amount of time spent indoors throughout the Coronavirus pandemic, it is unlikely they will have had sufficient sunlight exposure to produce enough Vitamin D through their skin. And so, to reduce the risks associated with too little Vitamin D, the Government are providing a free four-month course of Vitamin D to all care home residents in England.

The full Government guidance can be read [here](#). Please contact MOCH with any queries.



**Correct Vitamin D Dose:**  
TWO (2) drops = 400 units = 10 micrograms





**SAFETY FIRST!**



Before administering the Vitamin D to your residents, please check the two safety points below:

**Pre-existing medical conditions.**

If any of these apply to your resident, do not start the vitamin D supplement, and contact the MOCH Team or the resident's GP (non-urgently) for advice. See **Box One** below for list of conditions.

**Already Taking Vitamin D**

Vitamin D is in many other prescribed and Over-The-Counter (purchased) medicines. If your resident is taking any of the medicines in the list in **Box Two**, do not give them the Vitamin D from the Government.

**Recording Administration**

We suggest recording administration of the Vitamin D supplements on the resident's existing MAR chart:

**Medication Administration Record (MAR)**

MO/YR	Start/Stop Date	01/2021	Facility Name: Blossom Care Home																				
Medication	Hour	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Vitamin D (coleciferol) Supplement 5micrograms/drop Give TWO drops once daily	Start	08:00 am																					
		01/01/21																					
	Stop																						
		31/04/21																					

The full Government guidance can be read [here](#). Please contact MOCH with any queries.



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### **BOX ONE – Pre-existing Medical Conditions**

- a. Allergy to vitamin D or colecalciferol
- b. High calcium or vitamin D levels, now or in the past
- c. Kidney stones, now or in the past
- d. Too much parathyroid hormone (hyperparathyroidism)
- e. Cancer, as some cancers can lead to high calcium levels
- f. Severe kidney disease
- g. Sarcoidosis
- h. The resident is currently being managed by a hospital renal (kidney), endocrinology, or cancer specialist.

### **BOX TWO - MEDICINES THAT CONTAIN VITAMIN D**

- a. Colecalciferol  
May be prescribed by the brand names Fultium D3, Invita D3, Stexerol D3, Desunin, Plenachol  
May be contained in over-the-counter supplements and multivitamins. Check the ingredients list.
- b. Combined Calcium & vitamin D tablets or sachets  
May be prescribed as Calcium carbonate with colecalciferol tablets  
May be prescribed by brand name e.g. Accrete D3, Adcal D3, Calcichew D3 & D3 Forte, Calceos, Calci-D, Evacal D3, Natecal D3, TheiCal D3, Calfovite D3
- c. Ergocalciferol  
May be prescribed as Calcium and ergocalciferol tablets
- d. Alfacalcidol  
May be prescribed by the brand names One-Alpha or AlfacalEss
- e. Calcitriol  
May be prescribed by the brand name Rocaltrol.
- f. Cod liver oil supplement

This is not an exhaustive list of all medicines which contain vitamin D, in case of any doubt contact the MOCH Team or the resident's GP for advice (non-urgently).