



Summary of NICE Guidelines

Title	Vitamin D: increasing supplement use among at-risk groups
NICE Reference	PH56
Date of Review:	July 2015
Date of Publication	November 2014
Summary of Guidance (Max 250 words)	<p>This guidance is important as many, including healthcare professionals, are unaware that the skin cannot synthesise vitamin D during the winter months and that a balanced diet cannot alone fulfil vitamin D requirements. All healthcare professionals are tasked with increasing use of vitamin D supplements, especially in populations of pregnant/breastfeeding women, children and teenagers, over 65s, those with low/no exposure to the sun, darker skin and obese.</p> <p>This should involve increasing awareness of vitamin D requirements and the importance of vitamin D supplements, increasing access to and availability of supplements, and ensuring that health professionals recommend the use of supplements to all those at risk.</p> <p>Public health officials and the Department of Health should work with community and voluntary groups to identify local needs of their populations and ensure that information and guidance is clear, accessible and relevant. Local authorities should ensure that supplements are available in a good variety of geographical locations and in forms that are appropriate for those on special diets e.g.; halal/kosher who do not eat gelatine. Healthy Start vitamins should also be more widely distributed, in a range of outlets, and supplements should be available on prescription. Public Health England, the Department of Health and local authority commissioners should then monitor the provision and uptake of these supplements.</p> <p>Health professionals should NOT test vitamin D status unless there is clinical reason to do so, e.g.; symptoms of deficiency, osteomalacia, unexplained falls, or the individual is considered to be at a particularly high risk of deficiency.</p>
Impact on Lab (See below)	■ Important
Lab professionals to be made aware	<ul style="list-style-type: none">✓ Laboratory Manager✓ Chemical Pathologist✓ Clinical Scientist✓ Biomedical Scientist
Please detail the impact of this guideline	Vitamin D status should only be tested if an individual has symptoms of deficiency, is at very high risk of deficiency, or if there is a relevant

(Max 150 words)	clinical reason for the request. Relevant clinical reasons for requests include osteomalacia and unexplained falls. Testing in circumstances other than these is considered to be unnecessary and not cost effective, and should not be performed.
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Impact on Lab

- **None:** This NICE guideline has no impact on the provision of laboratory services
- **Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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