

Vitamin D supplementation: information for care homes

PHE/NICE [Guidance](#) recommends that people living in care homes should consider taking vitamin D 10microgram nutritional supplements all year round as part of meeting their nutritional requirements.

You should have processes in place to discuss vitamin D with residents and to support residents to take vitamin D nutritional supplements where they wish to do so or a best interests decision has been made for people who lack capacity.

In line with [NHSE guidance](#) GPs will not routinely prescribe vitamin D 10mcg where it is being taken as a nutritional supplement.

Supporting people to take vitamin D 10mcg daily

- Before supporting a person to take vitamin D 10mcg daily, it is important to check whether it is appropriate for that person. The [DHSC guidance on vitamin D](#) provides information to help identify those residents who may benefit from taking a vitamin D supplement and those who would not. (Any reference to the "free supply" should be disregarded as this is a reference to supply provided in early 2021 during the Covid restrictions)
- You should obtain advice from a relevant healthcare professional for those who potentially could be offered a vitamin D 10mcg supplement. This should be done at a routine visit or appointment.
- The healthcare professional who provides the advice does not need to be the person's GP. You may have been given a contact in the Primary Care Network for routine clinical queries, for example.
- You must make a record of any advice obtained including the name and professional designation of the healthcare professional contacted.
- Vitamin D nutritional supplements should be purchased from a reputable source. Care should be taken when selecting products as many preparations available contain higher amounts than the recommended 10 micrograms (400 units) of Vitamin D. Pharmacists can advise on product selection.
- Vitamin D supplements come in a variety of formulations including tablets, capsules and liquids. The formulation should be chosen to suit the needs and preferences of the person taking them.
- You must record any vitamin D given to a resident. We would suggest the MAR chart as the most practical option. You should write the details of the product as stated on the product packaging (including the amount to be given) onto the MAR chart.

- Vitamin D should be stored safely and in line with the information on the product packaging including at the correct temperature. Keeping it with the person's medication would be a practical option.
- Check the product packaging to see if there is a short shelf life once opened. If there is - put the date of opening on the product. Check regularly that it is still within its useable shelf life.
- Put the name of the person on their individual supply of the vitamin D supplement. Use the person's full name (not just initials which could be confused with another resident).

If you would like further information on supporting people to take vitamin D please contact the Medicines Management Team at hnyicb-ny.rxline@nhs.net