



# Procedure for Vitamin D Administration in Care Homes- January 2021

A free 4-month individual supply will be delivered for residential and nursing home residents.

For full details see: <https://www.gov.uk/government/publications/vitamin-d-for-vulnerable-groups/vitamin-d-and-care-homes-guidance>

**Dose** = 10mcg (400IU) per day (equivalent to 2 drops of the liquid supplied)

Vitamin D is regarded as a food supplement not a prescribed medicine

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Check each resident's MAR chart and care plan to see if it is suitable to offer Vitamin D supplementation to them.



CHECK if they are already taking or prescribed a supplement/medicine containing Vitamin D e.g.

- Cholecalciferol (D3)
- Ergocalciferol (D2)
- Alone or a combination of the above with calcium

See box 1 for other reasons why Vitamin D supplementation should not be offered.

## NOTE:

Check the MAR sheet for allergies - consult the GP at the resident's next appointment. The Vitamin D cannot be given until authorisation has been received.

## NOTE:

Check for any swallowing difficulties - consult with the SALT, GP, healthcare professional at the resident's next appointment. The Vitamin D cannot be given until authorisation has been received.



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- 2 Give residents the choice as to whether they wish to receive Vitamin D supplementation, explaining the rationale.
- 3 Obtain consent from the resident. Use the information provided in [NHS General Advice on Vitamin D](#) to obtain informed consent. Where the resident is unable to provide informed consent, use the Mental Capacity Act Code of Conduct and framework to obtain a Best Interest decision. Record consent using your existing consent paperwork / policy.
- 4 Consider self-administration and risk assess accordingly with regard to the support required and safe storage.
- 5 Update the care plan to reflect the support given and the most suitable time to administer the Vitamin D.
- 6 Select where you are going to keep the record of Vitamin D supplementation for each resident e.g. on MAR sheet/ in daily notes / on nutrition record (SELECT ONE OPTION).
- 7 Receive the supply and make a record, write the resident's name on the appropriate container and store securely, making sure only authorised staff have access.
- 8 Administer the Vitamin D according to the instructions on the container and time selected.
- 9 Record the date, time, what was administered, how much and who administered it for each resident.



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- 10 Report any side effects or reactions to the GP/healthcare professional.
- 11 For any serious/ life threatening allergic reactions, call 999 and administer first aid.
- 12 Report any errors immediately in the usual way, according to your medicines policy and procedures.

## NOTE:

Any queries or concerns, consult the GP, Pharmacist or relevant healthcare professional.

## NOTE:

Make sure your staff are trained and competent to assist with administration of Vitamin D.

## BOX 1: Reasons for not offering Vitamin D




- ➔ those under the care of a renal, endocrinology or cancer specialist
- ➔ people with high Vitamin D levels
- ➔ people with kidney stones (now or in the past)
- ➔ people with too much parathyroid hormone (hyperparathyroidism),
- ➔ people with cancer (some cancers can lead to high calcium levels)
- ➔ people with severe kidney disease
- ➔ people with a rare illness called sarcoidosis

**For further support or advice, contact us:**

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