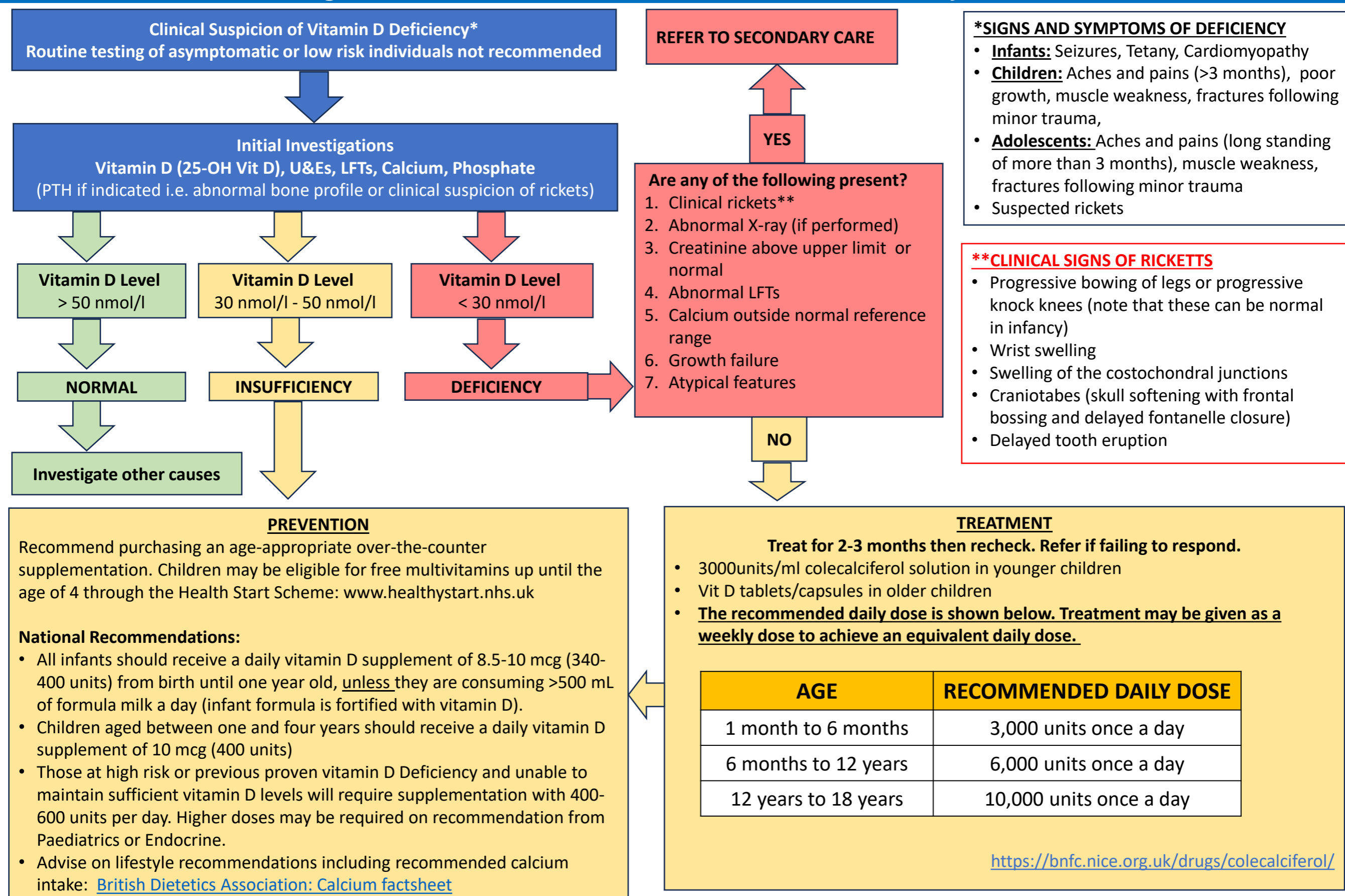


Vitamin D insufficiency and Deficiency in under 16-year-olds



Clinical Assessment / Management Tool for Children – Oxfordshire Patient Pathway



References:
(1) National Osteoporosis Society (2018): VITAMIN D AND BONE HEALTH: A PRACTICAL CLINICAL GUIDELINE FOR PATIENT MANAGEMENT IN CHILDREN AND YOUNG PEOPLE. (2) The Medicines Optimisation Team, Croydon CCG (2019): Guidelines for the Management of Vitamin D Deficiency in Primary Care. (3) National Institute for Health and Care Excellence (NICE) Clinical Knowledge Summary (CKS) (2021): Vitamin D Deficiency in Children <https://cks.nice.org.uk/topics/vitamin-d-deficiency-in-children/>

This guidance has been reviewed and adapted by the Children’s Hospital at Home Working Group, with representatives from Oxford University Hospitals NHS Foundation Trust, Oxford Health Foundation Trust and General Practice, with consent from the Hampshire development groups.

This document was arrived at after careful consideration of available evidence, including, but not exclusively, NICE, SIGN, EBM data and NHS evidence as applicable. This pathway is to support clinicians in decision making and management.

RISK FACTORS FOR VITAMIN D DEFICIENCY

Children and young people at higher risk of vitamin D Deficiency:

- Who have low or no exposure to the sun.
- Who have darker skin pigmentation.
- Exclusively breastfed babies from birth, especially if history of maternal vitamin D insufficiency or deficiency
- 6-12 months taking < 500 mL of formula milk a day.
- With a malabsorption disorder, severe liver or end-stage chronic kidney disease.
- Proven family history
- Obesity
- Poor nutritional intake or dietary restriction
- Some drug treatments such as antiepileptics and corticosteroids

LIFESTYLE RECOMMENDATIONS

Safe sun exposure: Between Early April to the end of September; short periods of exposure of skin that are more often uncovered between 11am and 3pm. Infants less than 6 months should be kept out of direct strong sunlight. [British Association of Dermatologist: Sunscreen Factsheet](#)

Dietary: Oily fish, egg yolks, fortified cereals, yogurts & margarines.

Family: The young person's family will have a similar risk of vitamin D deficiency; Recommend prophylaxis and consider if testing is required.

Consider Paediatric Urgent Care Pathway

Alternatives to hospital admission when GPs are considering referral:

- Oxford Paediatric Advice/Referral Line Tel: 01865 227533, Option 1 for HGH and Option 2 for JRH.
- If no response Tel: 01865 741166, Bleep 9403 for HGH or 1711/4734 for JRH Paediatrician on call
- Children's Community Nursing (CCN) Team via single point of access Tel: 01865 902700

Useful numbers for clinicians in the community

John Radcliffe Hospital Tel: 01865 741166

Horton General Hospital Tel: 01295 275500

Royal Berkshire Hospital Tel: 0118 322 5111

Great Western Hospital Tel: 01793 604020

Stoke Mandeville Hospital Tel: 01296 315000