

Vitamin D deficiency

- Children with signs of rickets should be referred to the metabolic OPD at the Women's and Children's Hospital
- If 25-OH Vitamin D is <35 nmol/L give cholecalciferol 100,000 IU in 1ml flaxseed oil stat orally (available on prescription from pharmacy in Gouger St or the Green Dispensary at Beulah Park) and check Vitamin D, PTH and ALP in 2 months time to see if needs another dose.
- Continue to check every 2-4 months until level normalises. (14) (15)
- Children with Vitamin D <35 should be treated as above and continue to be reviewed every 3 months for 12 months after levels have normalised
- If 25-OH Vitamin D is 35-50nmol/L give Ostevit 1,000 IU caplets (Vit D3) 3,000 – 5,000 IU per day for at least 6 – 12 weeks (16) or cholecalciferol 100,000IU stat
 - o There is no need to recheck these patients unless the ALP is elevated or there is clinical indication such as muscle pain.
- If the patient is also hypocalcaemic, calcium carbonate or calcium citrate tablets should be prescribed (1-2g daily in adults, 0.5-1g daily in children).

Source: MIGRANT HEALTH SERVICE:

INVESTIGATION AND TREATMENT OF REFUGEES

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