

Good Practice Guidance for Care Homes

Advice to Administer Vitamin D Supplement

The Department of Health and Social Care has prioritised a one-off 4 month, free supply to frail and housebound people and those in care homes:

[Vitamin D and Care Homes Guidance DHS&C](#)

Each resident should be offered the supplement where it is safe. There is minimal risk associated with provision of a daily 10 microgram vitamin D supplement. However, there are some rare instances where it should not be offered without having received further advice (see check list below).

Although this Vitamin D supply does not need to be prescribed, this form may be used to provide evidence of the advice of a health care professional (e.g. community pharmacist, community matron, nurse or GP) on the use the supplement. A copy may be held with the administration records for easy reference for staff and visiting healthcare professionals.

Care Home			
Name of Resident			
Date of Birth		NHS ID Number	
Supplement	Vitamin D Drops		
Dose	TWO drops (400iu) to be administered each day		
Duration	4 month's supply has been provided		
Consult GP if:	Resident has any side effects		

Name of person providing advice :			
Role (please tick)			
Nurse	Pharmacist	GP	Other
Date:			
Form Completed by (if different from person providing advice) :			

Checklist for suitability of Vitamin D supplements (based on DHSC guidance above)

Seek advice before offering vitamin D supplements to residents:		Y	N
1	Already prescribed a Vitamin D supplement		
2	With specific medical conditions:		
	Under the care of a renal, endocrinology or cancer specialist		
	Person with high vitamin D levels		
	Person with kidney stones (now or in the past)		
	Person with too much parathyroid hormone (hyperparathyroidism)		
	Person with cancer (some cancers can lead to high calcium levels)		
	Person with severe kidney disease		
	Person with a rare illness called sarcoidosis		
3	Known to be allergic to Vitamin D drops or the ingredients		
4	With swallowing difficulties where they may already have their nutritional needs met e.g. tube fed		