The Association for Clinical Biochemistry & Laboratory Medicine

Better Science, Better Testing, Better Care

Summary of NICE Guidelines

Title	Vitamin D: supplement use in specific population groups
NICE Reference	PH56
Date of Review:	*16 August 2018*
Date of Publication	*26 November 2014 (updated August 2017)*
Summary of Guidance (Max 250 words)	This guidance covers the use of vitamin D supplementation to prevent deficiency, particularly in those at high risk, which includes children <4 years old, pregnant and breastfeeding women, people >65 years old, those with little to no sun exposure (e.g. housebound, those who cover their skin for religious reasons) and those with darker skin. The predominant source of vitamin D is through exposure of skin to sunlight, with dietary sources providing a limited amount. From October to early April sunlight is not at the appropriate wavelength to allow synthesis of vitamin D, therefore individuals rely on body stores and dietary sources. Vitamin D is essential for skeletal growth and bone health, with deficiency causing rickets in children and osteomalacia in adults. The Scientific Advisory Committee on Nutrition (SACN) currently recommend supplements should be made available throughout the year for all aged >4 years old. This guidance recommends that both practitioners' and the publics' awareness of the importance of vitamin D should be increased. Access to supplements for at-risk groups and healthy start supplements should be increased and should be recommended by healthcare professionals. Existing guidance should also be clarified, particularly around formula fed infants and regarding the most beneficial type of supplement (i.e. vitamin D vs vitamin D combined with calcium). Consistency of approach across agencies should also be ensured. Healthcare professionals should not routinely evaluate vitamin D status unless there are symptoms of deficiency, there is a particularly high risk of deficiency or if clinically indicated.
Impact on Lab (See below)	☐ Moderate
Lab professionals to be made aware *Please select/highlight appropriate choices*	✓ Lab Manager ✓ Chemical Pathologist ✓ Clinical Scientist ✓ Biomedical Scientist
Please detail the impact of this guideline (Max 150 words)	Healthcare professionals should not routinely evaluate status unless there are symptoms of deficiency, there is a particularly high risk of deficiency, or if clinically indicated (e.g. oestomalacia). It is not considered cost effective to test all individuals and supplement only those who are deficient.

Impact on Lab

- **None**: This NICE guideline has no impact on the provision of laboratory services
- **Moderate**: This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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