

Analysis of the prescription of vitamin D supplements in a social health center

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OBJECTIVE

Study of the consumption and prescriptions of vitamin D supplements alone in a social health center. According to the recommendations for the appropriate use of vitamin D tests and supplements in the general population published in 2021, several bulletins have been published as support tools in routine practice, the analysis carried out being variable.

MATERIAL AND METHODS

Observational, retrospective study of the consumption of vitamin D supplements and cross-sectional analysis of current prescriptions for external intake of vitamin D. All patients institutionalized in a social health center were included.

Regional bulletins: Sacyl, Sescam, Infac	
ANALYSIS	REFERENCE
DEFICIENCY	<10ng/dL
INSUFFICIENCY	10ng/dL-30ng/dL
SUFFICIENCY	30ng/dL-100ng/dL
TOXICITY	>100ng/dL

VARIABLES:

- Age
- Sex
- Posology of vitamin D
- Levels of vitamin D
- Bone pathologies
- kidney pathologies
- Or both pathologies

RESULTS

300 PACIENTS REVIEWED

POSOLOGY	PACIENTS (N=131)	PERCENTAGE
EVERY 28 DAYS	92/131	70,23%
EVERY 21 DAYS	1/131	0,76%
EVERY 15 DAYS	34/131	25,95%
EVERY 10 DAYS	2/131	1,53%
EVERY 7 DAYS	2/131	1,53%

131 were prescribed vitamin D
32 men
99 women
mean age 84,4 years [52-102]

PATHOLOGY	PACIENTS	PERCENTAGE
bone pathology	62	47,33%
kidney pathology	17	12,98%
both pathologies	8	6,11%
Neither kidney or bone pathology	52	39,69%

ANALYSIS	PACIENTS
DEFICIENCY	12
INSUFFICIENCY	90
SUFFICIENCY	27
TOXICITY	0

vitamin D supplement consumption

YEAR	UNITS	INCREASE %
2018	355	
2019	618	174,08%*
2020	892	251,23%*
2021	1321	372,11%*
2022	1964	553,24%*

* Increase with respect to 2018

CONCLUSIONS

- ✓ The consumption has increased exponentially for no apparent reason other than the result of the levels of vitamin D in the tests.
- ✓ In view of the results obtained, it would be advisable to carry out periodic reviews of vitamin D supplementation in institutionalized patients, as well as consider deprescribing them if said contribution is necessary.

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