

Vitamin D def in children

Screening Guidelines

Risk factors

check levels before Rx.

Winter / Spring / ↓ Sun Exp → ^{clothing} active sun avoid.

Dark skin / migrant children.

Malabsorption (celiac, pancreatic insuf.)

Exclusive breast feeding. } if other risk factors → Rx 400u/d.

Could give Mum 100,000u cholecalcif.

Chronic liver / renal disease

esp in Mums with risk factors for ↓ Vit D.

Rx aim 50-75.

Vit D
→ > 50 nM → OK
→ 30-50 nM → biochemical insuf.
→ < 30 nM → def.

Prophylaxis

(for those at risk)

< 12m → 400iu/d Vitadol C 0.3ml (10 drops/d) 0.3cc = 400u
1-2y → 150,000iu start in April 3 x 1.25mg cap.
2-5y → 300,000iu start in April 6 x 1.25mg cap.
7.5y → 600,000iu start in April 12 x 1.25mg cap.

open cap and mix with food. the cap contains soya oil

(caution soya / peanut allergy).

Vitadrol C
 (max 0.3cc) → $\frac{0.3cc}{10 \text{ drops}} = 4001u$

Treatment of Vit D def.

Recheck level after 3 months + Ca^{2+} , PO_4^{3-} , ALP.

The stat technique is better.

Vit D } 30-50 → 4001u/d for 3m.
 } < 30 → 20001u/d for 3m

Vitadrol C
 < 3m
 3m - 2y → 150,000u stat (3 x 1.25mg)
 2 - 5y → 300,000u stat (6 x 1.25mg)
 > 5y → 600,000u stat (12 x 1.25mg)

Cholecalciferol
 1.25mg ≡ 50,000u Vit D₃

Cholecalciferol
 contains soya + peanut

Caution allergy

1 drop = 0.1mg Vit D₃
 = 4u.

Alfacalcidol
 2µg/ml ⇒ 80u/ml
 1µg = 40u

Vit D toxicity
 (Rare)

constipation
 abdo pain and vomiting, Headaches
 Bony pain, Growth Restriction.
 Fatigue / behavioural changes
 Renal calculi ± Renal impairment.

↳ admit Paeds / check Ca, PO₄³⁻, Renal function.

Breast fed children
(exclusive).

→ if mum has risk factors for ↓VD then baby at risk. (2x 1.25mg)
→ give Mum 100,000u vit
+ check VD in baby

Identify children w
risk factors

