

Vitamin D: Monitoring and replacing on the older persons psychiatric ward

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Abstract:

Vitamin D deficiency is the most common nutritional deficiency in the world. It affects people of all ages, however as we age the ability of the skin to produce vitamin D decreases putting the older population at risk (1). Further risk factors include inadequate dietary and supplemental vitamin D intake, medications such as antiepileptic medication and CKD. Additionally, due to the Covid-19 pandemic people are possibly spending more time indoors. In addition, patients with mental health issues are often found to be deficient in Vitamin D (2). Therefore, considering the above risks, patients on an older persons psychiatric inpatient ward are particularly at risk of being deficient in vitamin D.

Aims:

- Assess whether vitamin D was measured on admission
- Assess what treatment patients are prescribed on the ward or already on.
- Does the prescription follow the trust guidelines, is there a clear start and end date.

Results:

40 patients were measured over a period of three months. Vitamin D measurement and prescribing was sporadic, and guidelines were not being followed.

Conclusion:

Staff education and shared guidance is required.