

## Vitamin D for Care Home Residents – Information for Care Home Providers

From January 2021 care homes will receive a free one-off 4 months' supply of a daily Vitamin D supplement from in a liquid preparation, with two drops giving 10 micrograms (400 IU) of Vitamin D. The vitamin D supplements provided are a food supplement and are not a prescribed medicine.

The Department of Health and Social Care has produced guidance for care home providers on the use of these supplements. This guidance can be accessed here: <https://www.gov.uk/government/publications/vitamin-d-for-vulnerable-groups/vitamin-d-and-care-homes-guidance>

The CQC has also published guidance:

<https://www.cqc.org.uk/guidance-providers/adult-social-care/vitamin-d-supplements-supporting-people-who-receive-adult>

Additional local information:

- A GP/Health Care Professional (HCP) will check if it is safe for a resident to take the vitamin D supplement, this will be done at the next appointment. The GP/HCP will check for any medical conditions which may mean a resident will not be offered the vitamin D supplement.  
They will also check a resident's medication list, if they are already prescribed vitamin D they will not be offered the free supplement.  
Starting the vitamin D supplements can be delayed until the information is received.
- Make a record of any advice obtained including the name and role of the HCP.
- Check the ingredient list for the vitamin D supplement against any known allergies.
- The vitamin D supplement provided is vegetarian, halal approved and unflavoured.
- For residents on an enteral tube feed the dietitian will review at the next appointment and advise if the resident can be given the vitamin D supplement or if they already receive an adequate amount in their tube feed.

- Resident's care plans should be updated to reflect whether they will be provided with a daily vitamin D supplement and how they will be supported to take it in line with section 3 of the national guidance.
- Residents will be provided with their own individual vitamin D supplement. The guidance suggests putting the full name of the resident on their individual supplement.
- Staff should record on a daily basis, whether a vitamin D supplement has been offered and taken by a resident as part of their daily care routine. Care home providers can choose where to record the provision of vitamin D supplements, so it aligns with their existing processes and it is the least burdensome approach. For example, this could include a MAR, daily notes or nutrition records. Record the product name as stated on the packaging and document the amount given.
- Vitamin D should be stored safely and in line with the information on the product packaging including at the correct temperature. Keeping it with the resident's medication would be a practical option.
- Check the product packaging to see if there is a short shelf life once opened. If there is - put the date of opening on the product. Check regularly that it is still within its useable shelf life.
- Update your policy to include how vitamin D supplements will be supported.
- If you have any queries email the Medicines Optimisation Team [meds.opt@nhs.net](mailto:meds.opt@nhs.net)