5.1 QUICK REFERENCE GUIDE – MATERNAL VITAMIN D DEFICIENCY

**Maternal Vitamin D Deficiency**

- At Risk Mother
  - Veiled
  - Dark-skinned
  - Treated for Vit D def.
  - Limited sun exposure

**Mild deficiency (25-50nmol/L)**

**Moderate – severe deficiency (<25nmol/L)**

- **Formula fed?**
  - Formula contains ~400 IU/L Vitamin D (RDI ~ 400 IU/day)

- **Breast fed?**
  - Breast milk contains ~250 IU/L Vitamin D (RDI ~ 400 IU/day)

- **Treat**
  - 1000 IU Vitamin D daily: (*Bio-logical* Vit D solution 1000 IU/0.2mL) for 3 months
  - Provide GP Review Letter

**Follow Up**

- Discuss with mother, the option to have Vitamin D status checked by GP
- Provide GP Review Letter with advice regarding:
  - Maternal screening for Vitamin D deficiency
  - Infant screening for evidence of Rickets of infancy
    - Especially infants of ‘High risk’ mothers
    - Timing of onset occurs from 6 – 18 months