

ANALYSIS OF THE ADEQUACY OF VITAMIN D PRESCRIPTIONS



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BACKGROUND AND IMPORTANCE

In recent years, a considerable increase in vitamin D determinations and supplementation has been observed, although there is uncertainty about its clinical benefit in situations other than osteomalacia and rickets. In addition, according to the Spanish Agency for Medicines and Healthcare Products, serious cases of hypercalcemia have been reported in children and adults associated with the use of cholecalciferol.

OBJECTIVES

To analyse the adequacy of cholecalciferol prescriptions in inpatients to detect medication errors.

METHODS

A retrospective observational study was conducted from January 2018 to July 2019 in a second-level hospital, which included patients who had prescription of cholecalciferol during their hospital admission.

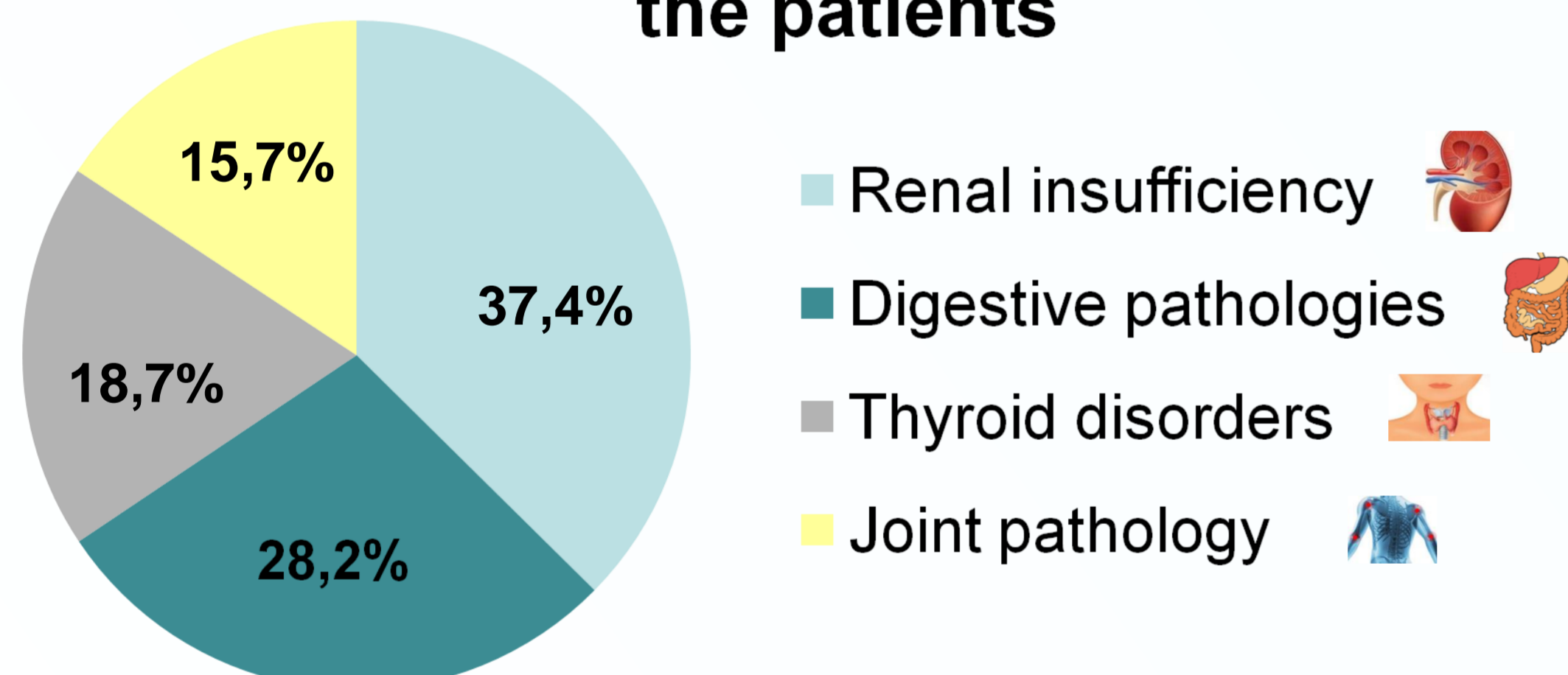
The following variables were recorded: sex, age, pathology, indication, prescribed dose, vitamin D levels to define the degree of deficit, medication error (Yes/No) and type of error, and prescribing service.

Data were obtained from the electronic clinical records (Diraya®) and electronic prescribing software (Prisma®).

RESULTS

•Forty-six patients (56.5% women) were included, with a median age of 71.5 years (range 23-87).

The most frequent pathologies presented by the patients

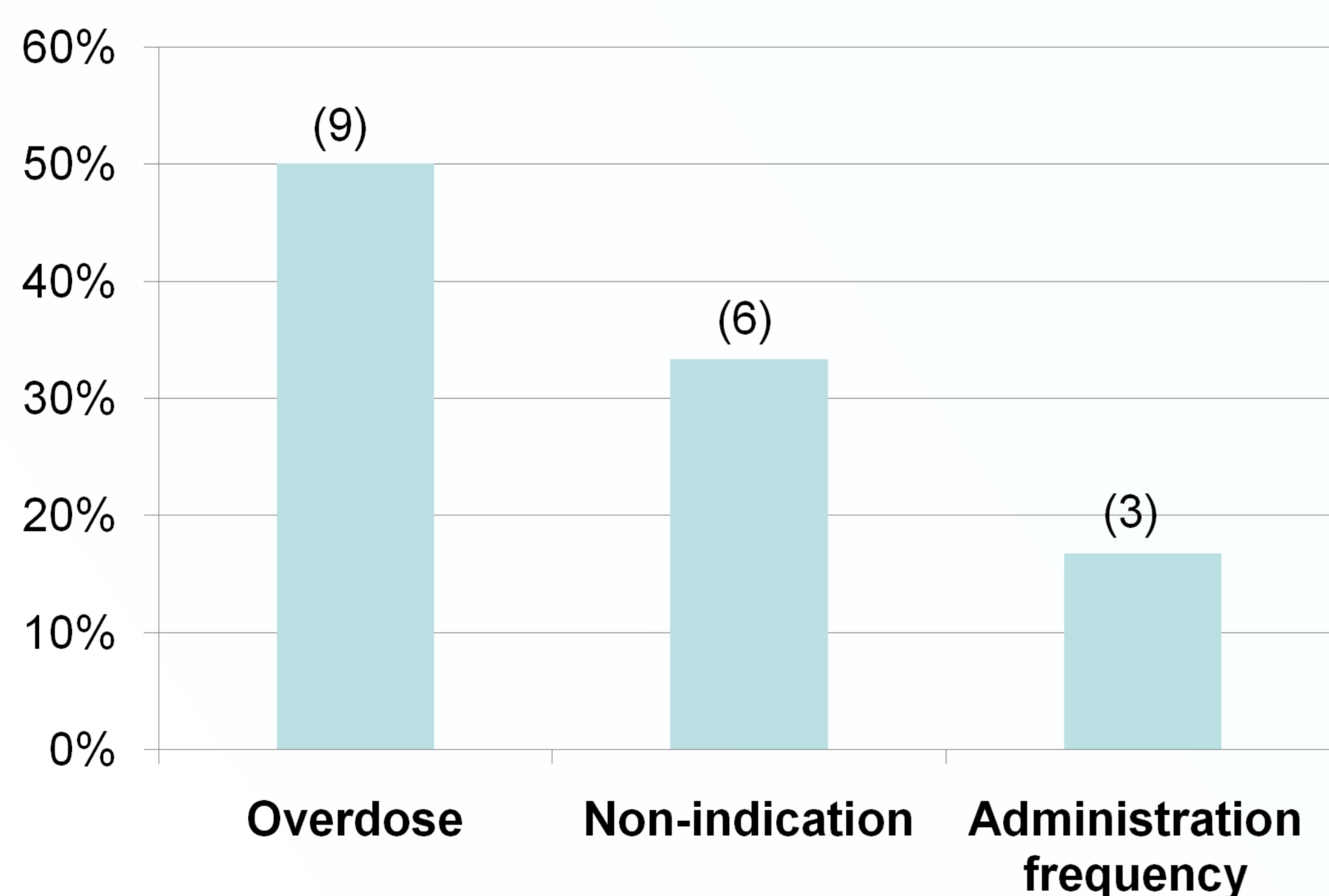


Colecalciferol was prescribed for vitamin D deficiency in 38 (82.6%) patients and as prevention in 8 (17.4%)

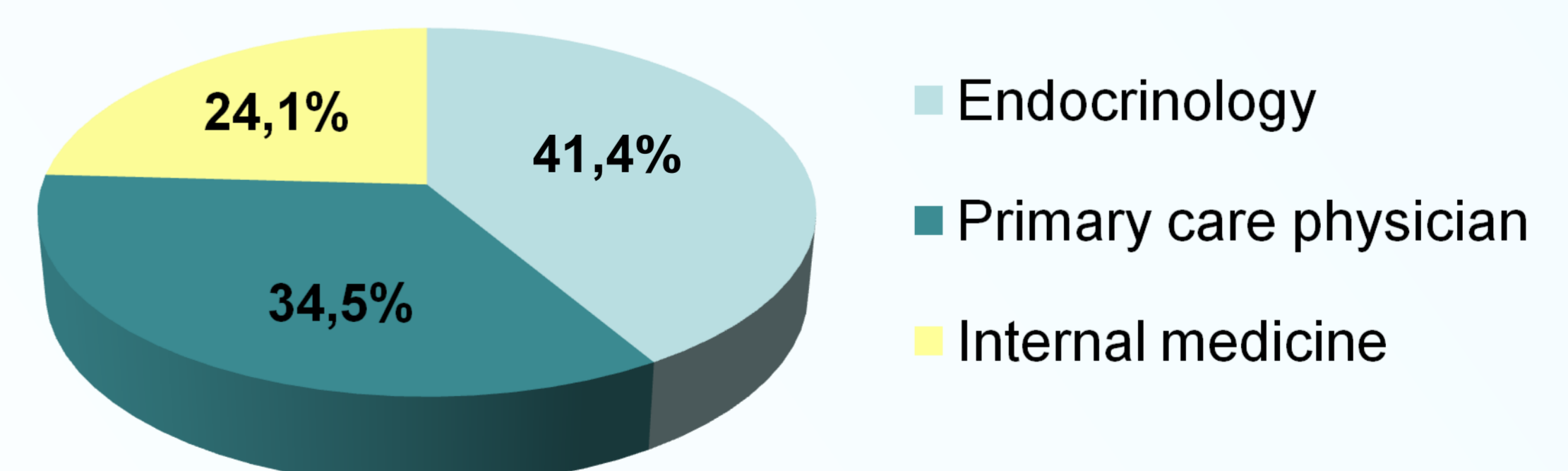
•In 28 (60.9%) patients the dose of cholecalciferol was prescribed according to the summary of product characteristics, with a median of 400 IU.

•In 38 (82.6%) patients serum levels of vitamin D were available at hospital admission: 22 (57.9%) had mild deficit, 11 (28.9%) severe deficit and 5 (13.2%) level in range.

Medication errors

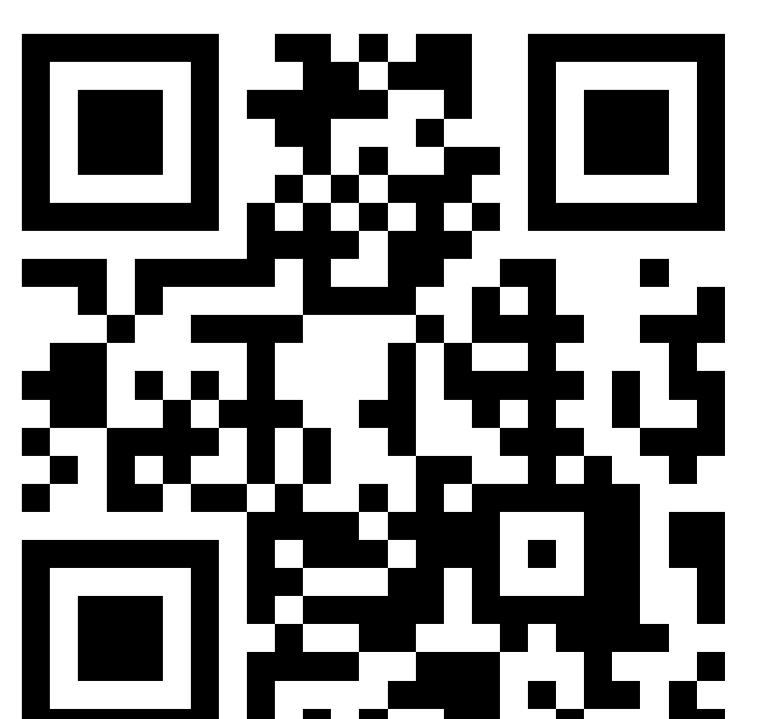


The most prescribing services



CONCLUSION AND RELEVANCE

The causes of non-adequacy of prescriptions in our patients correspond to cholecalciferol overdose and incorrect indication. An area of improvement in the prescription of cholecalciferol has been detected. We will carry out a protocol for the use of cholecalciferol interdisciplinary with the services involved. In addition, the prescriptions with medication errors will be communicated to the physicians (through telephone calls or messages) to avoid serious cases of hypercalcemia and inadequate supplementation.



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