

## Position statement on prescribing of vitamin D for maintenance

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 14th December 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

**From 8th January 2018**  
**Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) no longer supports the prescribing of vitamin D products used in maintenance therapy**

### Decision

- The decision to stop vitamin D products used in maintenance applies to ALL patients across Barking and Dagenham, Havering and Redbridge, where the below listed exceptions do not apply

### Exceptions

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue. These include:

- Prescribing in known vitamin D deficiency
- Prescribing for patients with disease related deficiency (specialist conditions) e.g. chronic renal failure
- Prescribing of vitamin D in calcium and vitamin D combination products (these products should not be prescribed for vitamin D deficiency or maintenance)

### This decision was made because:

- BHR CCGs believe vitamin D supplements to maintain levels should be bought from a pharmacy, supermarket or health food shop
- Patients should be advised to increase their vitamin D intake via their diet, as a part of eating a healthy, varied and balanced diet
- GPs still have the ability to prescribe for patients for vitamin D deficiency
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before