

# An audit of vitamin D screening during pregnancy

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## Introduction

The Choosing Wisely Australia initiative endorses guidelines which state vitamin D screening should be offered to selected antenatal women. We aimed to assess adherence to local guidelines in our audit population.<sup>1</sup>

## Methods

Local guidelines recommend antenatal vitamin D screening in women with limited exposure to sunlight; dark skin; a pre-pregnancy BMI  $\geq 40$  with consideration of season and climate.<sup>1</sup> Serum vitamin D  $<50\text{nmol/L}$  requires supplementation though a repeat blood test is not required.<sup>1</sup> Ethnicity and occupation were recorded as representation of dark skin and limited exposure to sunlight respectively. 378 women attending consultant-led antenatal clinics at Fiona Stanley Hospital (FSH) in July 2018 were retrospectively analysed.

## Results

336 of 378 women had at least one vitamin D screening test (89%).

Table 1: Vitamin D screening results

Patient group	Normal Vitamin D level ( $\geq 50\text{nmol/L}$ )	Low Vitamin D level ( $< 50\text{nmol/L}$ )
All screened women (n=336)	212 (63%)	124 (37%)
Women initially screened at FSH (n=77)	58 (75%)	19 (25%)

Our hospital ordered 133 tests of which 56 were repeat tests. 63 of 336 women screened had  $\geq 2$  tests (19%), 50 of whom had  $\geq 1$  test at our hospital.

Ethnicity and occupation were listed for 84 (22%) and 235 (62%) women respectively. 42 women had a BMI  $\geq 40$  (11%), of whom 36 were screened (86%).

## Discussion

Vitamin D deficiency risk in the audit population was difficult to analyse due to inadequate documentation. Results highlight the importance of further antenatal vitamin D screening education. To further decrease unnecessary screening, it may be useful to move vitamin D from the 'routine' to the 'as required' screening section in the National Woman-Held Pregnancy Record.

1. King Edward Memorial Hospital Obstetrics and Gynaecology. Vitamin D deficiency in pregnancy clinical practice guideline. Jul 2016.