



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



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ERRATUM TO THE ADULT HOSPITAL LEVEL STANDARD TREATMENT GUIDELINES AND ESSENTIAL MEDICINE LIST, 2019, 5TH EDITION.

Please note the following corrections to the Adult Hospital Level (AHL) Standard Treatment Guidelines (STGs) and Essential Medicine List (EML), Chapter 8: Endocrine Disorders. This correction will be reflected in the 2024, 6th Edition.

The dose of Vitamin D (Calciferol) for the primary prevention of osteoporosis to reduce the incidence of hip fractures in institutionalised frail elderly patients has been corrected in the AHL chapter 8: Endocrine Disorders as indicated below:

8.12 OSTEOPOROSIS

MEDICINE TREATMENT

Primary prevention

In institutionalised frail elderly patients, supplementation with calcium and vitamin D may reduce the incidence of hip fractures:

- Calcium, elemental, oral, 1 000 mg daily.

AND

Vitamin D (Calciferol), oral, 800 units daily ~~or 50 000 units weekly~~ 50 000 IU of Calciferol every 4 weeks.

The use of high dose intermittent vitamin D supplementation has been found to be associated with an increased risk of falls in the elderly^{1,2}. It is therefore recommended for long term supplementary Vitamin D (Calciferol) dosing to not exceed 50 000 IU every second week.

Erratum dissemination

Provinces and Healthcare facilities are requested to distribute and communicate this information in consultation with the Pharmaceutical and Therapeutics Committees and all other relevant stakeholders.

Kind regards

MS K JAMALOODIEN

CHIEF DIRECTOR: SECTOR WIDE PROCUREMENT

DATE: 20/5/2024

¹ Bischoff-Ferrari HA, Dawson-Hughes B, Orav EJ, Staehelin HB, Meyer OW, Theiler R, Dick W, Willett WC, Egli A. Monthly high-dose vitamin D treatment for the prevention of functional decline: a randomized clinical trial. JAMA internal medicine. 2016 Feb 1;176(2):175-83.

² Sanders KM, Stuart AL, Williamson EJ, Simpson JA, Kotowicz MA, Young D, Nicholson GC. Annual high-dose oral vitamin D and falls and fractures in older women: a randomized controlled trial. JAMA. 2010 May 12;303(18):1815-22. doi: 10.1001/jama.2010.594. Erratum in: JAMA. 2010 Jun 16;303(23):2357. PMID: 20460620.