Survey
Vitamin D deficiency rickets

Vitamin D deficiency rickets has been a problem in Canada despite guidelines on vitamin D supplementation. The definition of a child with vitamin D deficiency rickets OR severe, symptomatic vitamin D deficiency is as follows:

- Vitamin D deficiency rickets: Low serum 25(OH)D levels (< 25 nmol/L) AND radiographic signs of rickets
- Severe, symptomatic vitamin D deficiency without radiographic evidence of rickets: Low serum 25(OH)D levels (< 25 nmol/L) AND symptoms consistent with vitamin D deficiency (i.e., seizures, hypocalcemia, inability to ambulate) in the absence of any other identified causes.

The Canadian Paediatric Surveillance Program is conducting a one-time survey to assess the extent to which paediatricians are still encountering vitamin D deficiency rickets, and what barriers exist to the proper implementation of supplementation guidelines. Your contribution is greatly appreciated.

1. Are you aware of the Canadian Paediatric Society (CPS) guidelines* on the prevention of vitamin D deficiency rickets through vitamin D supplementation to infants? Yes ___ No ___
2. Do you have a specialty or subspecialty practice that would not include these patients? Yes ___ No ___
3. Given the definitions above, over the past 12 months, have you assessed infants/children/youth ≤ 18 years who meet the above case definition of vitamin D deficiency rickets OR severe, symptomatic vitamin D deficiency? Yes ___ No ___
   If you have not seen any cases or have a specialty/subspecialty practice that does not include these patients, we thank you for participating in this survey.
   
   If yes, specify number of cases in each age range:
   Rickets: 0–2 years _____ 3–4 years _____ 5–8 years _____ 9–12 years _____ 13–18 years _____
   Severe symptomatic vitamin D deficiency without rickets:
   0–2 years _____ 3–4 years _____ 5–8 years _____ 9–12 years _____ 13–18 years _____
4. Were you the health professional most responsible for their care? Yes ___ No ___
   If no, indicate type of health professional most responsible for their care (e.g., paediatrician, family physician, etc.): __________________________________________
5. Of the cases noted above, which clinical features and/or risk factors did patients with this diagnosis have? (Check all that apply.)
   • Clinical features: failure to thrive _____ fractures _____ irritability _____ limpdess _____
     cardiomyopathy _____ respiratory distress _____ skeletal deformity _____ delayed motor milestones _____
     poor dentition _____ delayed dentition _____ hypotonia/weakness _____
   • Risk factors: medium or dark skin _____ family recently immigrant to Canada (last 5 years) _____
     family refugee status in Canada _____ lack of sun exposure _____ dairy-free diet _____
     breast-feeding: exclusive ____ or partial _____ lack of vitamin D supplementation _____
   • Other clinical feature or risk factor, specify: __________________________________________
6. Have you seen any infant/child with rickets who received vitamin D supplementation? Yes ___ No ___
   If yes, was 400 IU of vitamin D provided daily? Yes ___ No ___
7. In your opinion, why are infants/children not receiving adequate vitamin D supplementation? (Check all that apply.)
   Lack of awareness of the CPS recommendations _____ Inability to afford vitamin D supplementation _____
   Missed doses of vitamin D 400 IU/day _____ Vitamin D 400 IU/day given but spit out _____
   Disagreement with the need for supplementation _____, specify: __________________________________________
   Other, specify: _____________________________________________________________________________

* www.cps.ca/en/documents/position/vitamin-d

Please return this survey with your monthly reporting form.
Thank you for your participation.

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