

<b>DATE:</b>	2022 January 10
<b>TO:</b>	All Healthcare Professionals in Calgary Zone, Central Zone, and South Zone
<b>FROM:</b>	Clinical Biochemistry, South Sector, Alberta Precision Laboratories (APL)
<b>RE:</b>	<b>Updated reporting comments and reference intervals for 25-Hydroxy(OH) vitamin D</b>

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### Key Message

- Effective **January 12, 2022**, an updated provincial reference interval and reporting comment for 25-OH vitamin D will be implemented in Calgary Zone, Central Zone, and South Zone.

### Why this is important

- The new reference interval and reporting comment represents provincial standardization efforts and aligns with a recent US Preventative Service Task Force evidence report and systematic review on screening for vitamin deficiency in adults (JAMA 2021, Vol 325, No 14).
- Strong evidence continues to support against population-based screening for vitamin D deficiency. Requests for vitamin D testing will continue to be restricted to specific clinical criteria using the the vitamin D requisition.

	<b>New state</b>	<b>Previous state</b>
Reference interval	50 – 200 nmol/L	80 - 200 nmol/L
Reporting Comments	<p>Recommendations for interpreting levels based on bone disease risk:</p> <p>&lt;25 nmol/L: severe deficiency possible            25-49 nmol/L: moderate to mild deficiency possible            50-200 nmol/L: sufficient levels            &gt;200 nmol/L: toxicity possible</p> <p>USPSTF recommendation statement: JAMA 2021, Vol 325, No 14</p>	<p>Result Interpretation as Follows:</p> <p>Severe Deficiency: &lt;25.0 nmol/L            Moderate to Mild Deficiency: 25.0-80.0 nmol/L            Optimum Levels: 80.0-200.0 nmol/L            Toxicity Possible: &gt;250.0 nmol/L</p>

### Action Required

- Be aware of changes to the 25-OH vitamin D reference interval and reporting comments.

### Questions/Concerns

- Jessica Gifford, PhD, Clinical Biochemist, 403-770-3779, [Jessica.Gifford@albertaprecisionlabs.ca](mailto:Jessica.Gifford@albertaprecisionlabs.ca)

### This bulletin has been reviewed and approved by

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