

IN THE JOURNALS

In children with fractures, supplementation compliance improves when vitamin D levels are obtained

Minkowitz B, et al. *J Pediatr Orthop*. 2019;doi:10.1097/BPO.0000000000001363.

April 17, 2019

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According to recently published results, supplementation compliance increased in children with fractures when 25 vitamin D levels were obtained.



“This study shows how either performing surgery on fractures or checking a blood test improves supplementation compliance by making bone health personal and tangible to children,” **Barbara Minkowitz, MD**, told *Healio.com/Orthopedics*. “Getting labs from a child makes them take vitamins more seriously regardless of the result of the blood test.”

Researchers assessed supplementation compliance in 1,818 fracture patients with known vs. unknown 25 vitamin D levels. Patients were between 2 and 18 years old. Adherence to supplementation was self-reported by the patient or caregiver as either “yes,” with a minimum of 4 days per week, or “no.” Investigators analyzed compliance related to fracture severity based on the abbreviated injury scale, 25 vitamin D levels and age.

Results showed patients with 25 vitamin D levels were more compliant than those without these levels. Investigators noted 83% of patients with an abbreviated injury scale score of 3 were compliant compared with 49% of patients with an abbreviated injury scale score of 1 or 2. As age increased, compliance increased. – *by Monica Jaramillo*



Disclosures: The researchers report no relevant financial disclosures.

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