

## P01-367 - VITAMIN D DEFICIENCY IN ELDERLY PSYCHIATRIC PATIENTS: FIRST RESULTS

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**Background:** Elderly people are likely to have inadequate storage of vitamin D. Physical consequences may include pain, loss of bone tissue, decrease of muscle power, increase of fall risk and fractures. Also, among women an association of low vitamin D levels and a higher incidence of mood disorders has been reported. Prevalence of vitamin D deficiency is highest among institutionalized elderly. Elderly psychiatric patients could be at increased risk because of inadequate diet, polypharmacy, diseases that interfere with vitamin D metabolism and less exposure to sunlight due to homeboundness. In July 2008 we started a study on a clinical department of geriatric psychiatry ward with the aim to establish the nutritional and vitamin status (including vitamin D) at and during admission.

**Methods:** All patients admitted to the clinical department of geriatric psychiatry of De Gelderse Roos Mental Health Care Institute (Arnhem, The Netherlands) were included.

**Results:** During six months (July 2008-January 2009) the vitamin D level was established in 50 patients. At admission a vitamin D deficiency was found in 40 patients (80%).

**Conclusion and discussion:** Because vitamin D deficiency could have serious implications, both physical and psychiatric, we recommend routine assessment of vitamin D levels at psychiatric admission. If found too low, supplementation needs to be considered. In further research we will establish whether there is an association between vitamin D deficiency and the occurrence of psychiatric disorders. Also we will investigate if non-deficient patients at admission develop deficiency during admission.