

Improving Vitamin D Levels in Cystic Fibrosis Patients: A Follow-Up Study on the Efficacy of Video Observed Therapy

AUTHORS: MIRNA GERGES^{A,B}, CARLY NICHOLS^A, SARAH SUTHERLAND^A, DR. MICHAEL COLDWELL^{A,B}, DR. MEREDITH CHIASSEON^{A,B}



DALHOUSIE
UNIVERSITY

FACULTY OF MEDICINE

AFFILIATIONS: A. NOVA SCOTIA HEALTH B. DALHOUSIE UNIVERSITY, FACULTY OF MEDICINE

BACKGROUND

Patients with Cystic Fibrosis (CF) often require vitamin D (VD) supplementation due to malabsorption from pancreatic insufficiency. The Adult CF Clinic in Halifax, Nova Scotia, Canada, initiated a video observed therapy (VOT) program to help increase serum 25-hydroxyvitamin D (25-OHD) levels in patients with VD deficiency.

METHODS

21 of 26 patients participated in the VOT program in 2022, receiving either 20,000 IU or 50,000 IU of vitamin D3 weekly, depending on their initial serum level. Follow-up bloodwork was conducted post-program to measure 25-OHD levels. A chart review in 2024 assessed the most recent 25-OHD levels of the participants.

RESULTS

81% of participants maintained or improved their 25-OHD levels, with no instances of vitamin D toxicity. The most recent tests showed that 83% of these patients had 25-OHD levels within the target range.

CONCLUSION

The VOT program effectively improved and maintained serum 25-OHD levels in patients with CF. This study suggests that practical strategies may support sustained adherence.

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Presented by Mirna Gerges**

Evidence of Conflict of Financial Interest

	Co-author	Conflict disclosures
1	Mirna Gerges	No conflicts of interest
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4	Michael Coldwell	No conflicts of interest
5	Meredith Chiasson	No conflicts of interest