Assessment of the Impact of a High Dose, Fat-Soluble Vitamin Supplementation Protocol to Treat Vitamin Deficiencies in Children with Chronic Liver Diseases

Abigail Roebker, 2Toshi Yodoshi, 2Derek Owen, 2Qin Sun, 2James Heubi, 2Kathleen Campbell, 2Marialeou Mouzaki

1University of Cincinnati, College of Medicine  
2Cincinnati Children’s Hospital, Department of Gastroenterology

Introduction: Chronic cholestatic liver diseases lead to maldigestion of fat and fat soluble vitamins (FSV) D,E, A and K. At Cincinnati Children’s Hospital Medical Center (CCHMC) there is a protocol to supplement cholestatic patients with high doses of vitamins D, E, and A.

Hypothesis: The CCHMC protocol is associated with normalization of FSV levels in cholestatic patients.

Methods: Retrospective chart review. Inclusion criteria: ages 0-19 years, cholestatic liver disease, high dose supplementation from 12/30/2016-7/22/2019. Exclusion criteria: intestinal failure, parenteral nutrition support. FSV supplementation courses lasting ≤4 weeks were considered a single supplementation event. Descriptive statistics were used. Multivariable modeling was used to predict outcomes of interest.

Results: Vitamin D: 20 patients (22 supplementation events) were identified; 40% with biliary atresia (BA), median age 7.5 years. The median cumulative dose of ergocalciferol was 424,000 IU, with 82% dosed >1 week and 55% prescribed BID dosing. 59% of patients normalized and 18% reached levels >80 ng/ml. Higher log-transformed cumulative dose and higher frequency of dosing was associated with normalization (Odds ratio >1). Baseline total bilirubin was not predictive of response. Vitamin E: 7 patients were identified; 57% with BA, median age 0.83 years. The median cumulative dose given was 2,992 IU with the average duration of dose being 6 days and the frequency of dosing being BID. 86% of patients normalized and 29% reached levels greater than their age-matched reference level. Vitamin A: 7 patients were identified; 43% with BA, median age 1 year. The median cumulative dose was 80,000 IU; average duration of dosing 4 days, and average frequency 1.5 times/day. 86% of patients normalized and 14% reached levels greater than their age-matched reference level.

Conclusions: High dosage supplementation is effective in correcting deficiencies even in severely cholestatic patients. Larger studies are needed to determine predictors of efficacy and toxicity.

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