My No: FHB/FD/Unicef/04/2008p

Yr Ref.No. :

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FAMILY HEALTH BUREAU
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Date : 09.10.2009

Regional Director of Health Services

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Vitamin A Megadose Supplementation
Reporting of Adverse Events and Course of action to be taken

With reference to the circular numbered 04-05/2009, dated 25.01.2009, on Vitamin A Megadose Supplementation, and letter numbered FHB/FD/Unicef/04/2008p, dated 15.09.2209, it has been decided to monitor all adverse events that occur following vitamin A megadose supplementation.
At the Maternal and Child Nutrition Subcommittee meeting held at the Family health Bureau on 29.10.2009, chaired by the DDG/PHS II the issue of Vitamin A megadose toxicity and the course of action to be taken was discussed at length. I would be much obliged if you would instruct the MOMCH of your district to bring to the notice of the relevant healthcare staff (including staff of Paediatric wards) the following decisions taken at the MCN subcommittee meeting.

1. To report any suspected adverse events following Vitamin A megadose supplementation to **Director, Maternal & Child Health** using **AEFI form 3** (currently in use to report adverse events following immunization).
2. If any adverse events occur (which are transient and harmless), reassure mother that it is not a life threatening condition but refer to a pediatrician to confirm toxicity due to Vitamin A megadose and exclude other possible causes for similar symptoms but **continue with the next scheduled dose** of vitamin A megadose
3. Incase adverse events **recur** with that particular dose, to refer to a paediatrician who will decide whether to continue with the schedule or not, after confirming that the adverse events are due to Vitamin Megadose supplementation.
4. Instruct the public health staff to inform caregivers specifically not to give the child **Vitamin A containing** syrups/ capsules if they have received Vitamin A megadose supplementation but Multivitamins not containing Vitamin A (syrups/tablets containing iron and other vitamins and minerals) can be given on medical advice at any time irrespective of the date of supplementation.

A list of possible adverse events due to Vitamin A toxicity are attached herewith.

I appreciate your co-operation regarding this.

Director, Maternal and Child Health

o/c

Cc: PDHS ..... Province, for
MO/MCH ..... for necessary action

Vitamin A Toxicity

Acute	Chronic
• **Within 12 – 24hrs**	Headache
Headache	Bone, joint and muscle tenderness
Irritability	Ataxia
Nausea/ vomiting	Loss of hair
Blurred vision/ double vision	Cracking of lips, dry itchy skin
Vertigo	Visual impairment
Peeling of skin	Skin disorders
Raised intra cranial pressure/ hydrocephalus – bulging fontanelle	Periosteal thickening of long bones
• **Second phase – over next few days**	Hypoplastic anaemia , leucopenia
Drowsiness	Hepatic toxicity
Malaise/ Lethargy	
Irritability	
Itchy skin, sore mouth, peeling of skin	
Loss of appetite	
Recurrent vomiting	
Any other unusual event within seven days following administration of Vitamin A mega dose	