

MEDICAL CENTER

Protocol: Adult Burn Vitamin Protocol

Category: Clinical Practice
Approval Date: September 28, 2020
Due for review: September 2022

Applicable to

- checkbox VUH, checkbox Children's, checkbox DOT, checkbox VMG Off-site locations, checkbox VMG, checkbox VPH, checkbox Other

Team Members Performing

- checkbox All faculty & staff, checkbox Faculty & staff providing direct patient care or contact, checkbox MD, checkbox House Staff, checkbox APRN/PA, checkbox RN, radio LPN, checkbox Other:

Content Experts

Lead Author: Stuart McGrane, MBChB
Associate Professor of Anesthesiology
Division of Critical Care
Department of Anesthesiology
Medical Director, Burn Intensive Care Unit

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**I. Population:**

The following vitamins should be ordered upon admission for adult burn patients. For patients with >40% TBSA, consider vitamin D upon discharge. <sup>1</sup>

**II. Interventions:**

BURN AREA	Vitamin Recommendation	Adult
<20% TBSA	MVI	Daily
	Vit C	500 mg twice daily
>20% TBSA	MVI	Daily
	Vit C	500mg BID
	Zinc <sup>2</sup>	50 IU daily
	Vit A	10,000 IU daily
	Vit D <sup>1</sup> (cholecalciferol)	1000 IU daily

**III. References:**

1. Klein GL, Herndon DN, Chen TC, et al. Standard multivitamin supplementation does not improve vitamin D insufficiency after burns. *J Bone Miner Metab.* 2009;27(4):502-506. Vit D
2. Chan MM, Chan GM. Nutritional therapy for burns in children and adults. *Nutrition.* Mar 2009;25(3):261-269. Vit D