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Serum Vitamin D Levels of Patients Living with Human Immunodeficiency Virus

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ABSTRACT

Objective: To assess serum vitamin D levels in patients living with the human immunodeficiency virus followed up at an Escola Hospital in Recife-Pernambuco. **Material and Method:** This is a descriptive cross-sectional study, carried out between the months of May and December 2018. The population was composed of patients living with the human immunodeficiency virus/acquired immunodeficiency syndrome who had the serum vitamin D levels measured in the last year. The reference values for sufficiency of this vitamin were considered adequate when they were equal to or greater than 30 ng / mL, as suggested by the Brazilian Medical Societies. For statistical analysis, data were entered into the Microsoft Office Excel program. The research project was approved by the Ethics and Research Committee, obtaining a Presentation Certificate for Ethical Appreciation, number: 76950417.9.0000.52.01. **Results:** The sample consisted of 64 patients, with an average age of 40.0 ± 10.3 years, with only 4.7% of the population formed by the elderly. Regarding clinical and treatment characteristics, the most prevalent route of transmission was sexual (84.4%), with an infection diagnosis time greater than five years (68.3%). Regarding serum vitamin D levels, insufficiency was found in 35.9% of participants. **Conclusion:** With the present study, it was possible to verify that there is an expressive percentage of patients with vitamin D deficiency, emphasizing the importance of periodic dosage of serum levels of this vitamin, due to the physiological changes characteristic of the disease itself and types of drugs used in therapy.

Keywords: Human immunodeficiency virus. Vitamin D. Vitamin D deficiency.

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