Serum vitamin D in nursing students before and after a winter term

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Abstract. We report serum 25-hydroxyvitamin D (25(OH)D) in 140 nursing students at the start of the spring term. Many students were below the commonly used threshold of 20 ng/mL (50 nmol/L).

Methods

All 152 students in the second year were invited; 140 gave a sample in January 2018. Serum 25(OH)D was measured by immunoassay. Results are reported in ng/mL, as the laboratory delivers them.

Synthetic example for the course Introduction to agentic AI. Not a real study; authors, places and numbers are invented.

Results

Table 1. Serum 25(OH)D at the start of term (n = 140).

Measure	Value
Participants (n)	140
Mean 25(OH)D (ng/mL)	21.6
SD (ng/mL)	7.9
Median 25(OH)D (ng/mL)	20.8
Below 20 ng/mL (%)	46

Students who reported a holiday in a sunny country during the winter had higher values.

Discussion

Almost half of the students were below 20 ng/mL. A supplement in winter may be worth recommending to this group.

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