Associations Between Cholecalciferol Supplementation and Self-Reported Symptoms Among Women With Metastatic Breast Cancer and Vitamin D Deficiency: A Pilot Study

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**OBJECTIVES:** To assess the potential effect of cholecalciferol supplementation to reduce symptom burden for women with metastatic breast cancer (MBC).

**SAMPLE & SETTING:** 11 clinically stable women with estrogen receptor–positive MBC were recruited from a single cancer center for this phase 1, nonrandomized study (NCT02186015).

**METHODS & VARIABLES:** Women with insufficient serum 25-hydroxyvitamin D (25[OH]D) levels qualified to receive high-dose repletion therapy. Clinical and questionnaire data on common symptoms and quality of life were obtained prior to and following supplementation.

**RESULTS:** Serum 25(OH)D increased significantly pre-versus postintervention. Trends for improvements in endocrine symptoms, bone pain, and fatigue were observed following the intervention.

**IMPLICATIONS FOR NURSING:** Women achieved normal serum 25(OH)D levels after eight weeks of supplementation and reported reduced symptom burden. Vitamin D may be a low-cost supportive care therapy; however, future studies should be considered.

**KEYWORDS** vitamin D; metastatic breast cancer; cholecalciferol; pilot study

**ONF, 48(3), 352–360.**

**DOI** 10.1188/21.ONF.352-360