

# PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

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Page 01

**Blood connects  
us all**

Page 02

**Blood transfusion**

Page 03

**Advantages &  
precautions**

Page 04

**References**

## WORLD BLOOD DONOR DAY



World Blood Donor Day is celebrated every year on 14th June on the birthday of Karl Landsteiner (won the Nobel Prize for his great discovery of the ABO blood group system). This event celebration was first started in the year 2004 aiming to raise the public awareness about the need for safe blood donation (including its products) voluntarily and unpaid by the healthy person. Blood donors are the key role player at this day as they donate life-saving gifts of blood to the needed person.[1]

It was first initiated and established by "the World Health Organization, the International Federation of Red Cross and Red Crescent Societies" in the year 2004.[1]The day focuses on thanking blood donors and highlights the dimension of "sharing" and "connection" between blood donors and patients. [2]

#### ● Main objectives to celebrate this day are as follows [1]

- World Health Organization aims to obtain the sufficient blood supplies from the voluntary and unpaid blood donors all over the world by 2020.
- To say lots of “thanks” to the voluntary and unpaid blood donors all around the world for saving millions of lives.
- To motivate blood donors for safe blood donation for saving the life of mothers and babies (country's future).
- To reduce the death rates (mortality rate) because of insufficient blood supply. Approximately 800 women die due to malnourish pregnancy, childbirth-related complications, severe bleeding during or after delivery and etc.

#### ● What is Blood transfusion?[4]

- Blood transfusion is a medical treatment that replaces blood lost through injury, surgery, or disease. The blood goes through a tube from a bag to an intravenous (IV) catheter and into your vein.

#### ● When is blood transfusion needed?[4]

- Injury or major surgery.
- An illness that causes bleeding, such as a bleeding ulcer.
- An illness that destroys blood cells, such as hemolytic anemia or thrombocytopenia.

#### ● Who can donate the blood?[5]

These are following characteristics cum criterias for the Ideal donor!

- Must be within age group of 18 - 60 years (Adults)
- Must weigh minimum of 45 Kgs (90 Pounds)
- Hb content must be more than 14 Gm% (The blood drop of donor should shrink down in solution of CuSO<sub>4</sub> having a particular Sp.gravity)
- Must have optimum blood pressure viz., in the range of 140/90 to 110/60
- Should not be on any drugs like High Blood pressure, diabetes, Corticosteroids, Aspirin, etc
- Should not be a victim of any disease that can be transmittable through blood transfusions.

#### ● Who can receive the donated blood?[6]

- Following chart explains which blood group containing blood can be received by the recipient:

		Donor's Blood Type							
		0-	0+	B-	B+	A-	A+	AB-	AB+
Patient's Blood Type	AB+	✓	✓	✓	✓	✓	✓	✓	✓
	AB-	✓		✓		✓		✓	
	A+	✓	✓			✓	✓		
	A-	✓				✓			
	B+	✓	✓	✓	✓				
	B-	✓		✓					
	0+	✓	✓						
	0-	✓							

### Why should any one donate the blood - Advantages of Blood Donation[7]

- It improves Cardiovascular Health
- Stimulates production of New Red Blood Cells
- Reduces risk of Cancers
- Burns calories (about 650 calories for every pint i.e. 450 ml of blood given.)
- Free blood analysis!!!

### Is there any side effect of Blood Donation?[7]

- Dizziness (feeling or sensation of a tendency to fall - lightheadedness)
- Tingling in nose and lips
- Chills

These side-effects can be minimized by drinking plenty of water prior to donation, having a well-balanced meal before and after donating blood, and getting plenty of sleep on the night before blood donation.

### What should I do after donating the blood?[8]

#### Take the following precautions:

- Drink an extra four glasses (eight ounces each) of non-alcoholic liquids.
- Keep your bandage on and dry for the next five hours, and do not do heavy exercising or lifting.
- If the needle site starts to bleed, raise your arm straight up and press on the site until the bleeding stops.
- Because you could experience dizziness or loss of strength, use caution if you plan to do anything that could put you or others at risk of harm. For any hazardous occupation or hobby, follow applicable safety recommendations regarding your return to these activities following a blood donation.
- Eat healthy meals and consider adding iron-rich foods to your regular diet, or discuss taking an iron supplement with your health care provider, to replace the iron lost with blood donation.

• **If you get a bruise:** Apply ice to the area intermittently for 10-15 minutes during the first 24 hours. Thereafter, apply warm, moist heat to the area intermittently for 10-15 minutes. A rainbow of colors may occur for about 10 days.

• **If you get dizzy or lightheaded:** Stop what you are doing, lie down, and raise your feet until the feeling passes and you feel well enough to safely resume activities. And remember to enjoy the feeling of knowing you have helped save lives!

### Few Important questions having in Donors' mind:[8, 9]

- What should be the interval between two blood donation?  
Donor must wait at least eight weeks (56 days) between donations of whole blood.
- How much blood can be taken?  
The donor can donate 450 ml at the max at once, after that he has to wait for next six - seven weeks for next donation.
- How long will it take to replenish the pint of blood I donate?  
The plasma from your donation is replaced within about 24 hours. Red cells need about four to six weeks for complete replacement. That's why at least eight weeks are required between whole blood donations.

**To check your knowledge of about Blood Donation, just play quiz available on:**  
<http://www.who.int/campaigns/world-blood-donor-day/2016/quiz/en/>



# References:

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