‘Share Life, Give Blood’

Blood donation saves millions of lives annually and helps with the recovery and health of patients who have illnesses or injuries, complex operations or childbirth problems. Blood stocks are also essential in natural and man-made disasters. Some blood types are rare, so promoting the need for rare donor types is also vital.

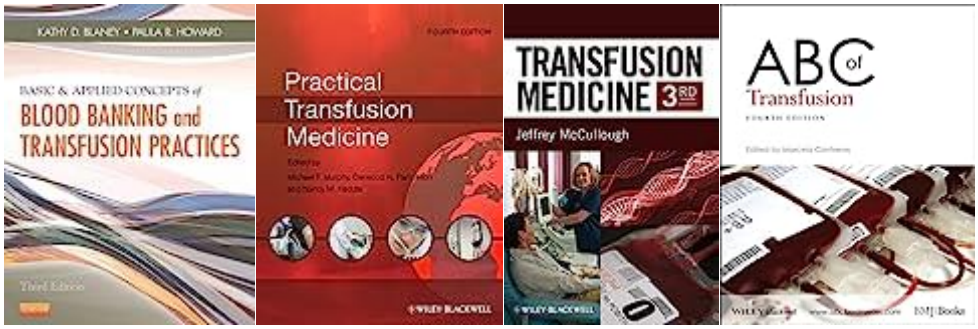
It is also important to encourage younger people, who might be a bit nervous or unsure about giving blood, to feel encouraged to sign up and start donating, so that the donor population doesn’t decline but stays strong. It is also to highlight the need to for donations to be regular in order to keep stocks and quality of blood donations high.

The slogan for 2023 World Blood Donor Day campaign, celebrated on 14 June 2023, is “Give blood, give plasma, share life, share often.” It focuses on patients requiring life-long transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma. It also highlights the importance of giving blood or plasma regularly to create a safe and sustainable supply of blood and blood products that can be always available, all over the world, so that all patients in need can receive timely treatment.

Library Resources:

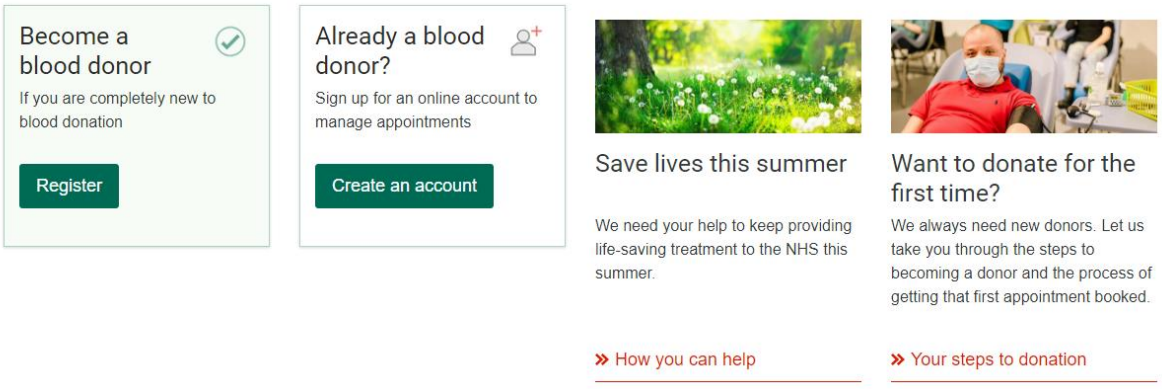
Some eJournals and eBooks available with your OpenAthens account:

Books Available In The Library:



Information For Patients on Blood Transfusion and Giving Blood:

https://www.blood.co.uk/



PATIENT EDUCATION

Blood Transfusion, Adult (Easy to read)

Last revised: June 2, 2023.

A blood transfusion is a procedure in which you receive blood through an IV tube. You may need this procedure because of:

- A bleeding disorder.
- An illness.
- An injury.
- A surgery.

The blood may come from someone else (a *donor*). You may also be able to donate blood for yourself before a surgery. The blood given in a transfusion may be made up of different types of cells. You may get:

- Red blood cells. These carry oxygen to the cells in the body.
- Platelets. These help your blood to clot.
- Plasma. This is the liquid part of your blood. It carries proteins and other substances through the body.
- White blood cells. These help you fight infections.

If you have a clotting disorder, you may also get other types of blood products.

Depending on the type of blood product, this procedure may take 1–4 hours to complete.

Tell your doctor about:

- Any bleeding problems you have.
- Any reactions you have had during a blood transfusion in the past.
- Any allergies you have.
- All medicines you are taking, including vitamins, herbs, eye drops, creams, and over-the-counter medicines.
- Any surgeries you have had.
- Any medical conditions you have.
- Whether you are pregnant or may be pregnant.

What are the risks?

Talk with your health care provider about risks.

- The most common problems include:
    - A mild allergic reaction. This includes red, swollen areas of skin (*hives*) and itching.
    - Fever or chills. This may be the body's response to new blood cells received. This may happen during or up to 4 hours after the transfusion.
- More serious problems may include:
    - A serious allergic reaction. This includes breathing trouble or swelling around the face and lips.
    - Too much fluid in the lungs. This may cause breathing problems.
    - Lung injury. This causes breathing trouble and low oxygen in the blood. This can happen within hours of the transfusion or days later.
    - Too much iron. This can happen after getting many blood transfusions over a period of time.
    - An infection or virus passed through the blood. This is rare. Donated blood is carefully tested before it is given.
    - Your body's defence system (*immune system*) trying to attack the new blood cells. This is rare. *Symptoms may include fever, chills, nausea, low blood pressure, and low back or chest pain.*
    - *Donated cells attacking healthy tissues. This is rare.*

What happens before the procedure?

- *You will have a blood test to find out your blood type. The test also finds out what type of blood your body will accept and matches it to the donor type.*
- *If you are going to have a planned surgery, you may be able to donate your own blood. This may be done in case you need a transfusion.*
- *You will have your temperature, blood pressure, and pulse checked.*
- *You may receive medicine to help prevent an allergic reaction. This may be done if you have had a reaction to a transfusion before. This medicine may be given to you by mouth or through an IV tube.*

What happens during the procedure?

- *An IV tube will be put into one of your veins.*
- *The bag of blood will be attached to your IV tube. Then, the blood will enter through your vein.*
- *Your temperature, blood pressure, and pulse will be checked often. This is done to find early signs of a transfusion reaction.*
- *Tell your nurse right away if you have any of these symptoms:*
    - *Shortness of breath or trouble breathing.*
    - *Chest or back pain.*
    - *Fever or chills.*
    - *Red, swollen areas of skin or itching.*
- *If you have any signs or symptoms of a reaction, your transfusion will be stopped. You may also be given medicine.*
- *When the transfusion is finished, your IV tube will be taken out.*
- *Pressure may be put on the IV site for a few minutes.*
- *A bandage (dressing) will be put on the IV site.*

The procedure may vary among doctors and hospitals.

What happens after the procedure?

- *You will be monitored until you leave the hospital or clinic. This includes checking your temperature, blood pressure, pulse, breathing rate, and blood oxygen level.*
- *Your blood may be tested to see how you have responded to the transfusion.*
- *You may be warmed with fluids or blankets. This is done to keep the temperature of your body normal.*
- *If you have your procedure in an outpatient setting, you will be told whom to contact to report any reactions*