



# BLOOD LINE

THE *voluntary* BLOOD DONATION JOURNAL

2015 | 34

2

World AIDS Day  
Inaugural Ceremony

3

AIDS Day  
Observance

4

Tug Of War To  
Promote Voluntary  
Blood Donation

7

Meet Trivandrum's Blood Thirsty Dracula

## The Expert Speaks

# PLATELETS A LIFE SAVING DRUG



**By Dr. RAFI**

Post Graduate Student  
Dept. Of Transfusion Medicine  
Jubilee Mission Medical College  
Research Institute

**D**engue is a common disease in Kerala, especially during the monsoon season. It is spread by Aedes mosquitoes which carries the dengue virus.

Fever, body pain and rashes are the usual symptoms with which the patient reports to the hospital. Patient may also present with bleeding which is due to reduced amount of platelets. Symptomatic management with fluids and platelets for bleeding are the main mode of treatment.

Platelets are blood products that are collected and prepared from healthy voluntary donors. There are 2 different types of platelet preparations, one is made from whole blood by pooling from 6 different donors, the other mode of preparation is by aphaeresis technology.

The crux is that, we require six different donors to give us an acceptable dose of platelets while preparing from whole blood, where as a single donor can meet the requirement by aphaeresis.

Reduced platelets being a very common complication, has to be treated wisely and timely. Minimizing the number of donors to which the patient is being exposed by aphaeresis technology relieves the risk of Transfusion Transmitted Infections, Alloimmunization and other unknown complications. Single donor platelets also ensure that the patient is transfused the required dose.

Single donor platelets are collected by a sterile kit using an automated instrument. Donors can safely donate up to 24 times per year if he is to donate only platelets by aphaeresis, but only up to 4 times if he has to donate by the conventional whole blood

method. The only disadvantage is its cost. Taking all this into consideration aphaeresis platelets tend to have clear cut benefit above the whole blood derived platelets. So for the wider use of patient friendly interventions like the single donor platelets (SDP), the government has to take initiatives in bringing these costly but patient beneficial technologies into the government hospitals and also to private institutes, so that it can easily reach to the common man.

**PLATELETS ARE BLOOD PRODUCTS THAT ARE COLLECTED AND PREPARED FROM HEALTHY VOLUNTARY DONORS. THERE ARE 2 DIFFERENT TYPES OF PLATELET PREPARATIONS, ONE IS MADE FROM WHOLE BLOOD BY POOLING FROM 6 DIFFERENT DONORS, THE OTHER MODE OF PREPARATION IS BY APHAERESIS TECHNOLOGY.**

# WORLD AIDS DAY INAUGURAL CEREMONY



**Ms. S. Ajeetha Begum, IPS**  
Dy Commissioner of Police  
Law & Order



**Dr. C S B Nair**  
Consultant (R &D),  
TERUMO PENPOL Ltd



**Dr. A.G. Sankaran**  
Principal  
Trinity College of Engineering



**Dr. Mary Mettilda Rose V**  
Vice Principal  
Trinity College  
of Engineering



**Mr. Rakesh R,**  
Asst. Professor  
Department of EEE  
Trinity College of Engineering



**Ms. Geetha P. V**  
Volunteer Secretary NSS  
Department of EC  
Trinity College of Engineering

## Thanks to RED FM Radio for Promoting Safe Blood Donation Message

Red FM Radio was the official Radio Partner of World AIDS Day Event organized by TERUMO PENPOL Limited and Trinity College of Engineering. They had organized various contests for the Students to make the event more attractive and colorful.





## AIDS DAY OBSERVANCE

TERUMO PENPOL Limited observed World AIDS Day in association with Trinity College of Engineering, Trivandrum as a gala event at Trinity College of Engineering, Thiruvananthapuram.

Our main objective was to create awareness about voluntary blood donation and to encourage present and future donors to give blood at regular intervals.

Ms. Ajeetha Beegum, Deputy Commissioner of Police (Law & Order) was the Chief Guest. She delivered a thought provoking and inspiring speech. Dr. CSB Nair shared his story of development of the first blood bag in India and the struggles TPL went through to sell the bag. It was also very informative for the participants.

Govt HSS Peroorkada was the Buddy for Life Contest Winner-They

organized a blood donation camp with their teachers, parents and outsiders and had collected blood from 88 donors.

Mr. K P Rajagopal took an awareness Session on Apheresis Blood Donation for one and a half hours. He spoke about Blood Donation facts in a layman's language and cleared all the doubts of the students. The Stage show by Radio Jockeys of Red FM was very interesting. Red FM radio had promoted the blood donation message for a week .

A Poster Competition on voluntary blood donation was arranged for College Students. The best part of the event was the Tug of War Competition organized for the students between different blood groups.



## PEROORKADA GOVT GIRLS HIGHER SECONDARY SCHOOL WINNER OF BUDDY FOR LIFE CONTEST

As part of World AIDS Day observance, Terumo Penpol organized a 'Buddy for Life' contest for school students. The contest was held to get children to motivate their parents and teachers to donate blood in any government blood bank in Trivandrum. Terumo Penpol offered information on how to organize a blood donation drive and provided free blood donation promotional materials.

TPL requested Students to organize the blood drive at their schools, residential complexes or places of worship and to recruit a group of friends, neighbors, to donate blood and then enlist their help to recruit classmates, teachers, support staff, and parents to donate blood. Prizes for "Buddy for Life Contest" wherein school students were encouraged to recruit as many voluntary blood donors



Peroorkada Govt Girls Higher School with 85 donors was winner of Buddy For Life Contest award.

They had conducted similar programmes, last year too and were the winners for Buddy For Life Contest.

# TUG OF WAR TO PROMOTE VOLUNTARY BLOOD DONATION



As part of World AIDS Day TERUMO PENPOL Limited in association with Trinity College of Engineering organized a Tug of War competition for the students between different blood groups.

The AB Positive Blood group donors from Trinity College of Engineering were the winners under men's category and the O positive donors from Govt Higher Secondary School, Peroorkada were the winners under girl's category.

Winners of Poster Contest on voluntary Blood Donation Receiving The Award from Mr. K P Rajagopalan, General Secretary, KEBS



## CERTIFICATE OF APPRECIATION



Certificate of appreciation awarded to Mr. K K Ravi, Managing Trustee, Akshit Foundation, Coimbatore for promoting voluntary blood donation by Koval Medical Center and Hospital, Coimbatore. Mr. Ravi had motivated 20,000 people to donate blood for the needy and sick patients at KMCH for the past 17 year,



Winners of Poster Contest on Voluntary Blood Donation Organized by Terumo Penpol Ltd as part of World Aids Day Observance receiving the award from Mr. K.P. Rojagopalan, General Secretary KEBS





Dear Baby,  
Thanks for sending regular blood line journal. Thank you very much.  
Your kind act will motivate people to donate blood.

Request you send us material about blood donation hard copies -  
Posters Flex - Boards or any other type.

I am working in Blood bank as motivation in charge.

Regards

**Ravinder Dudeja**

Gen.Sect

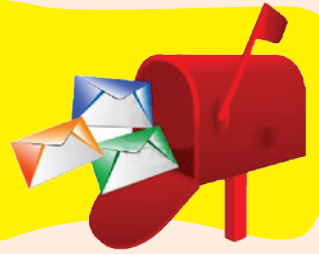
Foundation AgainstThalassaemia Regd.

A15 / F Nehru Ground NearCanara Bank

NIT Faridabad 121001

0129-4019988 / 9868841164

*Letters To  
The Editor*



Dear Baby,

The Blood Line journal is very very attractive in get up and  
down to earth contents.

Congrats!

**Malippuram Khalid**

The Indian Institution of Engineers (Kerala)

## BLOOD DONATION CAMP AT OM SHANTI ENGINEERING COLLEGE, RAJKOT [SREZ]

"After the huge success of traffic awareness programme "Main Gandhi Hoon" OM SHANTI ENGINEERING COLLEGE, RAJKOT (SREZ) organized BLOOD DONATION CAMP on the occasion of Gandhi Jayanti that is on 2nd October, and in that college has donated 1,00,000 (1 lac) c.c. blood to the society. OM SHANTI ENGINEERING COLLEGE, RAJKOT (SREZ) includes the Degree and Diploma colleges have together made effort for this social cause. College believes in aspiring the youth who studies for engineering to be developed completely. College aims at "To make out better Citizens from good Engineers", and to teach this social values, College organized BLOOD DONATION CAMP for teaching and learning this social values. Principal Dr. Mitesh Popat in his address to the students enforced student to take opportunity to give little contribution to the society by DONATING BLOOD.

## Guru Nanak College Chennai Conducts Blood Donation Camp

The NCC Unit of Guru Nanak College and HDFC Bank Ltd organised a Blood Donation Camp on December 5 at Teg Bahadur Auditorium, Guru Nanak College.

The camp was coordinated by NSS programme officers K Jayas-eelan, D Ranjith Kumar, N Sivanesan and M Thiagaraj (NCC Officer), and HDFC Bank officials. It was organised effectively with the guidance of Dr M Selvaraj, Principal and the Management of Guru Nanak College.

The chief guests of the function Dr M Selvaraj and Dr Gunita Arun Chandhok, Director, Shift II, inaugurated the camp and encouraged students to donate blood.

Around 400 students from Guru Nanak College participated and donated blood to General Hospital, Kasturba General Hospital and Government Women's Hospital, in Chennai.



# FOOD AND DRUG ADMINISTRATION SENDS CIRCULAR AFTER HOSPITALS 'ASK PATIENTS TO REPLACE BLOOD ADMINISTERED TO THEM

After receiving complaints from various relatives of patients, who were asked to replace blood by arranging donors, the state Food and Drug Administration (FDA), last week, issued circulars to all public and private hospitals in the city, requesting them to refrain from putting compulsion on patients to arrange donors or replace blood provided by the hospitals.

Among the volley of complaints received by the FDA, the most recent came on May 11 against South Mumbai-based Saifee hospital on behalf of Tahera Saifuddin Abedin, who required blood for low haemoglobin count. According to the complaint, Abedin was administered four units of packed cells (red blood cells) on May 10, and was later told to replace the same by four units of whole blood.

Zahid Khambatti, who filed the complaint on behalf of Abedin, said, "The hospital administered only packed cells, but asked her family to find four donors for whole blood units. The whole blood yields other components like plasma, random donor platelets and cryoprecipitate. The family was troubled

for some time before the hospital finally agreed against a replacement."

Following the complaint, an FDA inspector was sent to the hospital to inquire. Ainy Chooniya from the Saifee hospital's blood bank told Mumbai Newsline, "There was shortage of blood in the bank. We later arranged it on our own and administered her platelets and packed cells. We have never forced any patient to arrange for blood, even when we ran out of stock."

According to FDA sources, another complaint was received against Bandra-based Lilavati hospital for similar reasons on May 10. "We have also received complaints against JJ hospital and Seven Hills hospital in the past two months," a senior FDA official said.

JJ hospital's dean Dr T P Lahane said, "There is no issue of non-availability of blood, and patients are never asked to arrange for donors."

The frequent complaints have raised state health ministry's concerns over patients' woes to arrange blood. State health minister Suresh Shetty said, "Under the National

Blood Policy, hospitals should ideally make provisions to arrange blood supply when required. But, there have been complaints from patients against hospitals in this respect. Blood-on-call scheme has been implemented by the state to ensure easy supply in case of an emergency."

While hospitals are being blamed by patients, a senior FDA official said hospitals also needed to maintain stock in their blood banks and therefore asking patients to provide replacement at a later stage was not legally wrong. "Under the National Blood Policy, professional donation has been banned, and replacement donation is slowly getting phased out. Even hospitals need donors for blood supply," the official said. In 2013-2014, of the 303 inspections conducted by FDA across the state, eight blood banks were found flouting norms under the Drug and Cosmetics Act, 1940. "We suspended licenses of seven banks and cancelled the license of one blood bank in Buldhana," a FDA officer said.

## BLOOD DONATION CAMP ORGANIZED ON 23RD THALASSEMIA DAY

**D**ayanand Medical College and Hospital observed 23rd International Thalassemia Day by organising 15th Annual Medicos Voluntary Blood Donation Camp. As many as 200 units of blood were collected during the camp. Departments of Pediatrics and Transfusion Medicine along with Punjab Thalassemia Welfare Society had organised the event. A

special felicitation ceremony was also held which was formally inaugurated by secretary of DMCH Managing Society- Prem Kumar Gupta along with Sunila Gupta, member, managing society. Zindagi Live Foundation was awarded 'Novartis Trophy' for making significant contribution in providing safe blood for thalassaemic children. Thalassaemic children also performed on stage.



# MEET TRIVANDRUM'S BLOOD THIRSTY DRACULA - MR. K P Rajagopalan



His nickname is that of a monster in a famous gothic novel, created by a certain Bram Stoker - Dracula. All thanks to his 40 year tryst with blood and blood donation. K P Rajagopalan with a playful giggle talks to Yentha about this yeoman selfless service that has earned him this infamous sobriquet of the legendary vampire.

Rajagopalan, now in his 60s, is the general secretary of the All Kerala Blood Donors' Society and the president of Federation of Indian Blood Donors' Organisation. He had been an active donor since 1973, till a few years back when he was diagnosed with diabetes. Rajagopalan has donated blood, a staggering 99 times! Phew!

"The first time I donated blood was during my student days at M G College, for a kid facing a life threatening situation," recalls the veteran blood donor. It was during his time at Law College in 1977 that he actively started to take part in blood donation and attend awareness classes. "The doctors during awareness talks used to

show me as a perfect example of a 'specimen' who is alive 'n kicking even after donating blood several times," he adds with a chuckle.

He recalled how scary the thought of blood donation was back then. It all changed with the first few donations.

"People are afraid to donate blood owing to the absurd fear of losing blood and dying or catching some deadly disease. Folks have this stupid belief that blood in our body will remain the same from birth till death. They are not aware that the blood cells die and regenerate continuously in our body. There is always some reserve which, I believe, is for this noble purpose. Then, there are people who advice others not to donate blood, owing to the so called "ill-effects", despite them having little knowledge about blood or its donation."

It was astonishing to see a person describe methods involved in separating the different constituents of blood and modern machines which are used to achieve this so effortlessly. You may easily mistake this well-mannered, knowledgeable, humble man with a firm voice for a well-accomplished doctor. He is the quintessential retired government servant.

When asked about whether he has met any of those patients that he donated blood for, pat came his reply. "No, never. One should not expect or accept the acknowledgement

of patients. Blood donation is your duty. It is not a business or a help that you are offering to the person in need. Also, what if the patient dies? Then you start to feel guilty of the thought that it was because of you that the death occurred. So, it's better if you don't ask or try to know anything about the patient before or after donation."

The veteran, talked about how young generations can save lives. Trivandrum constitutes one third of the total blood demand in the state. This, Rajagopalan says, can be dealt with, if all the healthy college students in the district can donate blood on a regular basis. Mass blood donation will result in wastage of blood, since 'blood bank-to-blood bank' transfer is not legal and blood cannot be stored for a long time without high-tech storage facilities. So it is important to maintain a regular flow. "The kids should donate when they are still students. After they get jobs and start to enjoy their lives, they get affected by different lifestyle diseases and won't be able to donate blood," he said.

K P Rajagopalan, who retired from govt. service as Lay Secretary and Treasurer of Peroorkada district hospital, believes that blood donation is the reason why he still feels young and vibrant even at this age. He has only one thing to say when it comes to blood donation "Donate blood with a smile on your face."



# 2,100 employees at Technopark have signed up for a voluntary blood donor database as the IT campus marked World AIDS Day

**M**ore than 2,100 employees at Technopark have signed up for a voluntary blood donor database as the IT campus marked World AIDS Day on Monday with a series of action and awareness programmes.

Organised in collaboration with Lords Hospital and healthcare delivery platform mobD, the day-long event, called Go RED, saw on-the-spot blood donation by 42 employees and a walkathon in which more than 500 techies took part.

As a mark of solidarity with people with HIV/AIDS, all workers and visitors to the park wore a red ribbon on Monday. The blood donation camp, held with the help of a unit from the General Hospital, was inaugurated by M Vasudevan, senior manager (Business Development), at Park Centre.

The details of the 2,162 employees who have registered with the database for blood donation has been passed on to Tejus, the

blood donation forum of Park employees. Technopark CEO KG Girish Babu flagged off the walkathon in the evening. Lords Hospital vice-chairman and mobD CEO Harish Haridas and Allianz Cornhill Information Services managing director Rakesh Gupta participated in the walk, along with company CEOs, HR Heads and employees.

Following the culmination of the walkathon at the Technopark amphitheatre, the employees pledged to spread the awareness on HIV/AIDS.

"As one of the largest IT parks in the country, Technopark is proud to help trigger changes by taking part in the global efforts to fight HIV/AIDS," said Technopark CEO Girish Babu.

Winners of the online poster designing contest on the Technopark Facebook page were also announced at the event. Krishna Chand, Rajesh K P and Santhosh Kumar received the first, second and third prizes respectively.

As the official partner of the event, mobD organised health contests exclusively for CEOs and HR heads. These fun-filled contests shared useful tips on healthy lifestyles. The event concluded with the release of 1,000 red hydrogen balloons.



Source: The New Indian Express

## BLOOD LOSS FEARS KEEP WOMEN DONOR FIGURES DOWN

**T**ime has taken them forward in many fields, but social misconceptions are still hindering women from donating blood voluntarily, show the data available with the blood banks in the state. While women are ahead in donating kidneys, their participation in voluntary blood donation is just nominal.

Gynaecologists attribute this phenomenon to lack of awareness and misconceptions regarding the loss of blood during menstruation. Dr Sunil Mathai, secretary of the IMA blood bank in Kochi, said that though healthy women in the 18-45 age group could donate 350 ml of blood in three months, the maximum percentage they are donating could be even less than five. He attributed the lack of enthusiasm among women towards voluntary donation to a misconception. "Women, usually, after their thirties, tend to suffer from anemia and other bone issues. They think that since they are already losing blood during

their menstrual cycle, donating blood may lead to anemia. This is a misconception. Through our blood donation camps and camps by voluntary organisations, some youngsters are coming forward," he said. Women tend to donate blood only in case of emergency, or when their immediate relatives are in need of blood. In 2012, of the 14,658 donors with IMA blood bank, Kochi, only 444 were women. In 2013, of the 14,060, only 429 were women. The city was selected for the highest female

participation in social activities. Gynaecologist Dr Nasser of MIMS hospital, Kozhikode, said there are no issues even if the women donate blood during their menstrual cycle. "Only during pregnancy and the breastfeeding time, do we bar women from donating blood. Considering the cases of anemia also, those with 12.5 hemoglobin count can donate," he said. But women are ahead when it comes to receiving blood.

Source: The New Indian Express