



BLOOD LINE

THE *voluntary* BLOOD DONATION JOURNAL

2020 | 54

Promoting Voluntary Blood Donation

SHRINKING BLOOD DONOR POOL

Blood need and Blood safety

The vision of Safe blood transfusion services in India gained priority with the realisation of spread of HIV through blood transfusion and the subsequent Public interest litigation leading to the landmark judgment by the Honourable Supreme court on the ban on professional blood donation. Since then the thrust for voluntary Blood donation has been constantly delivered by blood banks, blood donor organisers, Government and Non-Government organisations. India needs more than 12 million donations per annum while our annual blood collection is just above 10 million units.

Shrinking Blood donor pool:

The Voluntary blood donation in NACO supported blood banks shows gradual increase from year 2006 to 2015 then a decline to 77% in 2016-2017(till November 2017). Voluntary blood donation in India has been mainly through organisation of blood donation camps by various donor groups, business organisations and institutions. The blood need has been rising steadily owing to the increased demand from increased longevity of aging population, increase in road traffic accidents, early diagnosis and increased prevalence of malignancies. The rise in demand of blood does not match the number of blood units collected through voluntary blood donation and always a deficit is experienced. Increase in the number of blood banks with unequal spatial distribu-

tion leads to less share of voluntary blood donors for individual blood banks. Bias in allocation of blood donation camps by Blood donation camp organisers leads to surplus blood units in some blood banks and scarcity in the remaining blood banks, paving way to business and profiteering. New deferral guidelines and inconsistencies between the rules and guidelines lead to loss of donors who were earlier eligible to donate. Misconceptions that blood is sold for profit, as believed by a significant proportion of people discourages them from blood donation. Blood donation must be made a satisfying experience. Donors Subjected to painful phlebotomy, donors who were not adequately managed during donor adverse reactions may carry a negative experience about blood donation.

Measures to expand Blood donor Pool

Conversion rate of replacement donors or family donors to regular voluntary donors must be actively carried out by blood banks. Recruitment of eligible individuals as voluntary blood donors must pick up pace. Individuals joining employment, or college students joining their college must be educated and provisions be made for enrolment in blood donor club. A blood donor club must be formed independently or as part of NSS or NCC and must be functioning. Blood donor club shall be constituted in business establishments and the blood donor recruitment drives shall be made as a part of corporate social responsibility. To ensure equal availability of blood



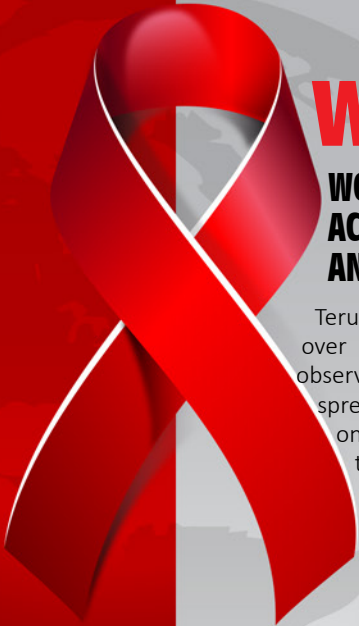
Dr. T. Ravindra

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units to all blood banks, there shall be participation from the nearby blood banks to provide education to prospective blood donors during recruitment drives. Voluntary repeat blood donors must be adequately recognised not only by the blood banks and hospitals but also by the government organisations, educational institutions and business establishments. Community should be educated about the blood need and the current requirement or deficit of blood units for the community. Information and education about the functioning of blood banks and the processes involved in blood processing during blood donation or donor recruitment drives may help them understand the facts behind recovery of processing fee. Blood donors must be ensured a satisfying blood donation experience. Blood bank personnel must exhibit a professional and pleasing attitude. The ambience of the blood donation area, the blood bank personnel's conduct must be conducive for a pleasant blood donation experience



WORLD AIDS DAY 2019

WORLD AIDS DAY (WAD) IS CONSIDERED AS AN OPPORTUNITY FOR ORGANIZATIONS ACROSS THE WORLD TO SPREAD AWARENESS ABOUT HIV – AIDS AND CELEBRATE AND SUPPORT GLOBAL EFFORTS TO PREVENT HIV INFECTIONS.

Terumo Penpol over the years observes WAD to spread awareness on blood donation by mobilizing students and organizations.

We celebrated WAD 2019 with a four-day awareness program for students. The awareness sessions mainly touched upon topics such as voluntary blood donation and HIV – Aids. The sessions were held between 25th and 29th of November. The culmination of the program was inaugurated by Adv. V K Prasanth, the newly elected MLA of Vattiyoor-kavu at Saraswathi Vidyalaya School.

As part of the awareness week, blood donation camps were organized at RKD NSS HSS, Christian College and Saraswathi Vidyalaya on the 25th, 27th and 29th respectively. The awareness sessions were held at RKD NSS HSS, Govt. HSS Medical College, Saraswathi Vidyalaya and Christian College, Kattakada.

RKD NSS HSS



A blood donation camp and awareness session was organized at Raja Kesavadas NSS Higher Secondary School, moderated by Dr. Vinu Rajendran, Gokulam Medical College. The NSS volunteers of the school participated in the talk. Post the session a Quiz program was organized with blood donation as theme and 10 mugs were given away as gifts for the students. A total of 35 donations happened during the camp.

GHSS MEDICAL COLLEGE



The students of Govt. Higher Secondary School, Medical College benefitted immensely from an awareness talk by Mr. Sam Chadran, Senior Executive, I & D. The session was corroborated with a Quiz competition that was participated enthusiastically by the students. The session also acted as a motivational talk for many students.

CHRISTIAN COLLEGE, KATTAKADA



The session was moderated by Mr. K P Rajagopal, a flag bearer in the field of voluntary blood donation and the founding member of Kerala Blood Donors Society. Later that day, a Quiz competition was also organized for students.



World Aids Day observance concluded in an emphatic fashion at Saraswathi Vidyalaya School. The school housed a blood donation camp and an awareness session which was inaugurated by Mr. V K Prasanth MLA of Vattiyookavu. This was the final event of the five day awareness sessions scheduled across

educational institutions in Trivandrum. Mr. T S Mani was the guest of honor at the event, apart from speaking at the event, he was kind hearted enough to donate blood. Dr. Amitha R, Asst Professor, SCTIMST moderated the awareness session which was participated enthusiastically

by the students of the school. These actions are providing dividends as the one of these schools conducted a camp after the session which had a massive turnout. The teachers informed us that the awareness session we organized played as a major factor in getting them those numbers.

JAIDEV RAUT - NATIONWIDE CYCLE JOURNEY TO SPREAD THE MESSAGE OF VOLUNTARY BLOOD DONATION

Jaidev Raut, a social worker riding a cycle across India to promote voluntary blood donation was felicitated at SCTIMST and Medical College Hospital Blood Bank upon his arrival at Trivandrum today. Starting from West Bengal he crossed Orissa, Andhra Pradesh and Tamil Nadu before reaching Trivandrum. We were fortunate to help him by helping him find an accommodation at Sree Ramakrishna Ashrama Hospital, Sasthamangalam.

Dr. Debashish Gupta, HOD, Blood Bank, Sree Chitra Institute for Medical Sciences and Technology and Dr. Meena, HOD, Medical College Blood Bank conveyed their appreciation and gave a token of appreciation to Jaidev. Receiving the felicitation he said that his major objective is to make our country 100% self-sufficient on blood adequacy. He is supported by District Red Cross Society, Kolkata. Both the events were coordinated by Terumo Penpol.



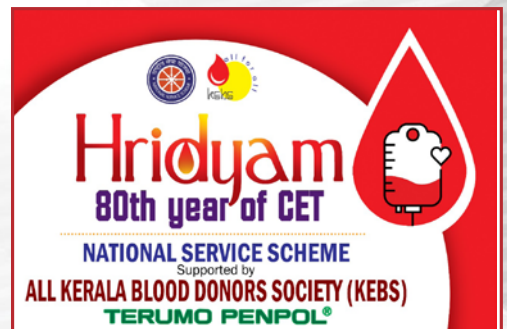
CET ORGANIZING 80 BLOOD DONATION CAMPS WITH THE SUPPORT OF TERUMO PENPOL

One of the most promising educational institute of Trivandrum, College of Engineering, is celebrating its 80th year and as part of the celebrations the NSS unit of CET has initiated a program called "Hridyam" that aim at organizing 80 blood donation camps over a span of an year.

The blood donation camp for a specific day will be allotted to a specific classroom and an awareness session will be conducted at the selected class one day prior to the camp so that the students adhere to the

criteria required to donate blood. There are a total of 44 classes and once three months is passed the cycle repeats.

They will be seeking support from Medical College, RCC and SCTIMST Blood Banks. Terumo Penpol will be partnering with this program along with All Kerala Blood Donors Society. Good luck to the NSS volunteers at CET who have been unconditional in the support towards Voluntary Blood Donation.



FAREWELL TO U SURESH, FOUNDER MEMBER, ALL KERALA BLOOD DONORS SOCIETY

U Suresh, former PSC member and a prominent activist passed away at the age of 60 in Trivandrum. He was a leader in the field of Voluntary blood donation and was responsible in bringing together individuals and organizations in the field of voluntary blood donation to start a collective known as All Kerala Blood Donors Society. An astute gentleman, Suresh was one of the major reasons why Terumo Penpol got involved with KEBS and it was because of his guidance and leadership we sustained our association. Suresh was always the go to person for KEBS and the blood donation activities of Terumo Penpol, be it the innovative ideas he comes up with or the motivation he generates.

This is a terrible loss for the blood donation fraternity.
It is really sad and hard to believe that our

friend, who was more like a mentor, had passed away. He had always been there for us and played a really significant part in promoting voluntary blood donation.

Today, we really missed him because it's hard to believe that a person who took things on him just to save us from silly mistakes and the one who won so many hearts is no longer with us today.

Suresh was a great person, always helpful, always caring, and always the first one to stand up to situations. Apart from having a great personality Suresh absolutely loved to help people around him. We were proud of Suresh because he made us proud all the time.

Before being a PSC member, Suresh worked with State Bank of Travancore

Son of Mr. Bhaskaran Panicker, a prominent communist leader who was one of the founders of the newspaper Janayugam, Suresh was a vociferous reader and a prolific writer. He penned two books.

He is survived by his wife Sreedevi and his two daughters Gayathri and Gatha.



EVERYTHING YOU NEED TO KNOW BEFORE DONATING BLOOD



It is estimated that every two seconds a person needs blood. The demand versus supply gap when it comes to blood donation is huge in our country. It is important to understand that blood cannot be manufactured. Hence, this immense requirement can only be fulfilled by voluntary blood donation.

Blood donation is a straightforward act, but before you donate blood, it is important to be aware about a few things- Blood is a complex tissue which is made up of various components like red blood cells, white blood cells, platelets and plasma. When you donate blood, it is separated into blood components like red cells, platelets, plasma and cryoprecipitate. From each unit of whole blood, various components can be derived. Thus, it is said that 1 unit of blood can save about three lives. Donors can donate the whole blood or only donate specific blood components. Special equipment is used for the purpose of donating only certain blood components, in a process which is called apheresis.

Typically only one unit (about 450 ml) is withdrawn from each donor. The reason there is a limitation on how much blood

a person can donate in one go is because there is a limited amount of blood in each one's body which depends upon various factors such as weight, age and height of the person. When a person donates 1 unit, that much amount and its components can be recovered by the body within a span of few hours to weeks without affecting the health of the donor.

Not everyone is eligible to donate blood. As a rule, only people who are above 18 years of age are allowed to donate blood in India. Other essential criteria is body weight which should not be less than 45 kg and overall health which means that one shouldn't be sick with any kind of bacterial, fungal or viral infection. Pregnant and breast-feeding women should not donate blood.

Before donating blood, it is important to have a wholesome meal at least 2-3 hours prior so that blood sugar level stays stable. To compensate for the loss of fluids from the body, one should stay hydrated with juices and water to avoid low blood pressure. After donating blood, caffeinated beverages should be avoided, and foods which are rich in iron and Vitamin C should

be consumed.

The blood which you donate will be utilised by accident victims, people suffering from critical blood disorders like sickle cell, haemophilia, and even cancer patients. Thus, all donated blood is tested for diseases like HIV, hepatitis, syphilis and other infections to make sure that these blood diseases do not get transmitted from one person to another.

Donating blood is a noble act which saves many lives. On average, a person can donate blood after every 3 months. However, this limitation varies for different blood components, as in case of platelets one can donate them after every 3 days but only 24 times in one year. Make a habit of donating blood regularly and encourage others to do the same. In our country, where there is critical shortage of donated blood, each donation matters.

By Dr Mohit Chowdhury, Consultant, Transfusion Medicine, Molecular Biology and Transplant Immunology, Indraprastha Apollo Hospitals

Source :Times of India Newspaper

THANK YOU MESSAGE FROM THE MOTHER OF THE RECIPIENT

The message below is one of the most powerful TBCT have ever received from a patient or family member. It can stand by itself as 2020's first issue of "Best of Thank the Donor." As if the story wasn't powerful enough by itself, please note that the mom is expressing her Attitude of Gratitude™ for care given to her baby 18 months ago. Our good work lives on and on. Hopefully the young man below will be one of the many blood recipients alive to carry our caring efforts directly into the 22nd Century!

Message: On July 15th, 2018 I started that Sunday just like any other Sunday. I got ready and went to church, I was 36 weeks pregnant. During praise and worship, my baby loved the music. My husband is the worship leader at our church, so I always thought he loved listening to his daddy sing and play. That morning he wasn't moving, so after the second song, I started to push on my stomach trying to see if I could 'wake him up'. He never moved, after my husband came and sat down and I told him that I thought something was wrong because our baby wasn't moving. After church we went to eat, and I made sure to eat a bunch because he ALWAYS got hiccups after I ate. On the way home, I told my husband again that something wasn't right. I went home and did everything I could to make him move. I started to pray

and felt a sudden sense of urgency, almost fear. We loaded up and went to the emergency department, from there, I was sent up to labor and delivery. They got me hooked up the fetal monitor and I got to hear his heartbeat, now here is when our story changes. I don't know what your faith is or if you believe in anything, but the rest of our story is nothing short of a miracle.

Our nurse had taken care of us before and was really kind and listened to our concerns, she left and came back into the room and tried several methods to get my baby to respond. After the third failed attempt she said we were going to have a baby that day. She called the on-call doctor and told him he needed to come up there, then she prepped me for a C-section. The OBGYN said he felt comfortable taking my baby at 36 weeks gestation, but you could see him weighing the choice. Within 1 hour of walking into the hospital, I was being wheeled into the OR. Once on the table it all went very fast, once the doctor said, "Baby out" the room went silent. I work in the hospital that my son was born in and anytime the staff is quiet, it's never good. It seemed like forever before my nurse came over to tell my husband not to take pictures, I was trying to listen and figure out what was happening. After a few more minutes,

our nurse came back and said that my baby wasn't breathing very well and needed to be intubated. They took my baby and husband and rushed to the NICU. I looked over when he went passed me, he was as white as the blanket. I kept praying and trying to hold it together. This is where you enter our story, and you'll never know how much your donation means to my family and me. When my son was born, he was missing 70% of his blood, the NICU staff was calling down to the lab yelling for STAT blood, saying they needed it before he was born. In our story, minutes mattered. He ended up getting 5 transfusions over two days, plus plasma and other blood products. Because you donated, I got to take my son home 32 days later. We've never met, but I am eternally grateful for you and the gift you gave us. Over our time in the hospital, we learned that if we waited 20 more minutes to go to the hospital, he wouldn't have made it, if the blood bank didn't have your blood, he wouldn't have made it. So, from the bottom of my heart, thank you for being a huge reason my baby is alive.

John

Thank the Donor™



TRAVELLED ABROAD? BLOOD BANKS ASK DONORS

KOZHIKODE: Blood banks in the district have implemented a mandatory precautionary measure to prevent transmission of infections. They have commenced double screening of donors and have stopped collecting blood from people who had recently arrived from abroad and have a history of travel to foreign countries. The decision was taken on the basis of a directive of the Kerala State Blood Transfusion Council to blood banks in the state to ensure the transfusion of safe blood following the novel coronavirus alert in the state. Blood banks in Kozhikode have commenced special screening of donors. Those in the government sector, affiliated to the Kerala State AIDS Control Society, in the district are at Kozhikode Government Medical College Hospital (KGMCH),

Kottaparamba Government Women and Children Hospital and Beach Government General Hospital. According to officials, the blood bank at KGMCH can store 700 units of blood per day, including all components of blood. The one at Kottaparamba can hold around 200 units. Dr A Lajini, medical officer and in-charge of the blood bank at Kottaparamba hospital, said that besides the routine screening authorities are also checking the travel history of donors to ensure that only safe blood is collected. "Those with a recent history of travel abroad are not being allowed to donate blood," said Dr Lajini. Dr Archana Rajan, district nodal officer of transfusion services, said we are doubling down on screening of all donors. "We have also directed all the blood banks in the district to

stop collecting blood from persons arriving from abroad," she said. Elaborating the screening process, Dr Archana said blood banks provide counselling to each potential donor. "Only those who are healthy and free from disease and successfully complete the screening process are approved for donation," said Dr Archana, adding that they have established a network of donors to ensure the regular supply of blood at KGMCH in the coming days. Dr P P Pramod Kumar, district AIDS control officer, said a direction has been issued to all blood-donor forums, groups and NGOs that conduct blood donation camps to double-check the travel history of donors before referring them.

EVERY DROP MATTERS

The regulatory framework must be reformed to ensure access to safe and sufficient blood

A ready supply of safe blood in sufficient quantities is a vital component of modern health care. In 2015-16, India was 1.1 million units short of its blood requirements. Here too, there were considerable regional disparities, with 81 districts in the country not having a blood bank at all. In 2016, a hospital in Chhattisgarh turned away a woman in dire need of blood as it was unavailable. She died on the way to the nearest blood bank which was several hours away. Yet, in April 2017, it was reported that blood banks in India had in the last five years discarded a total of 2.8 million units of expired, unused blood (more than 6 lakh litres).

Vigil after collection

To prevent transfusion-transmitted infections (TTIs), collected blood needs to be safe as well. Due to practical constraints, tests are only conducted post-collection. Thus blood donor selection relies on donors filling in health questionnaires truthfully. The collected blood is tested for certain TTIs such as HIV and if the blood tests positive, it has to be discarded. However, these tests are not foolproof as there is a window period after a person first becomes infected with a virus during which the infection may not be detectable. This makes it crucial to minimise the risk in the first instance of collection. Collecting healthy blood will also result in less blood being discarded later.

Blood that is donated voluntarily and without remuneration is considered to be the safest. Unfortunately, professional donors (who accept remuneration) and replacement donation (which is not voluntary) are both common in India. In the case of professional donors there is a higher chance of there being TTIs in their blood, as these donors may not provide full disclosure.

In the case of replacement donation, relatives of patients in need of blood are asked by hospitals to arrange for the same expeditiously. This blood is not used for the patient herself, but is intended as a replacement for the blood that is actually used. In this way, hospitals shift the burden of maintaining their blood bank stock to the patient and her family. Here again, there could be a higher chance of TTIs because



replacement donors, being under pressure, may be less truthful about diseases. VDO.AI

The regulatory framework which governs the blood transfusion infrastructure in India is scattered across different laws, policies, guidelines and authorities. Blood is considered to be a 'drug' under the Drugs & Cosmetics Act, 1940. Therefore, just like any other manufacturer or storer of drugs, blood banks need to be licensed by the Drug Controller-General of India (DCGI). For this, they need to meet a series of requirements with respect to the collection, storage, processing and distribution of blood, as specified under the Drugs & Cosmetics Rules, 1945. Blood banks are inspected by drug inspectors who are expected to check not only the premises and equipment but also various quality and medical aspects such as processing and testing facilities. Their findings lead to the issuance, suspension or cancellation of a licence.

In 1996, the Supreme Court directed the government to establish the National Blood Transfusion Council (NBTC) and State Blood Transfusion Councils (SBTCs). The NBTC functions as the apex policy-formulating and expert body for blood transfusion services and includes representation from blood banks. However, it lacks statutory backing (unlike the DCGI), and as such, the standards and requirements recommended by it are only in the form of guidelines.

This gives rise to a peculiar situation — the expert blood transfusion body can only issue non-binding guidelines, whereas the general pharmaceutical regulator has the power to license blood banks. This regulatory dissonance exacerbates the serious issues on the ground and results in poor coordination and monitoring.

Towards a solution

The present scenario under the DCGI is far from desirable, especially given how

regulating blood involves distinct considerations when compared to most commercial drugs. It is especially incongruous given the existence of expert bodies such as the NBTC and National AIDS Control Organisation (NACO), which are more naturally suited for this role. The DCGI does not include any experts in the field of blood transfusion, and drug inspectors do not undergo any special training for inspecting blood banks.

In order to ensure the involvement of technical experts who can complement the DCGI, the rules should be amended to involve the NBTC and SBTCs in the licensing process. Given the wide range of responsibilities the DCGI has to handle, its licensing role with respect to blood banks can even be delegated to the NBTC under the rules. This would go a long way towards ensuring that the regulatory scheme is up to date and accommodates medical and technological advances.

Despite a 2017 amendment to the rules which enabled transfer of blood between blood banks, the overall system is still not sufficiently integrated. A collaborative regulator can, more effectively, take the lead in facilitating coordination, planning and management. This may reduce the regional disparities in blood supply as well as ensure that the quality of blood does not vary between private, corporate, international, hospital-based, non-governmental organisations and government blood banks.

The aim of the National Blood Policy formulated by the government back in 2002 was to "ensure easily accessible and adequate supply of safe and quality blood". To achieve this goal, India should look to reforming its regulatory approach at the earliest.

Kevin James and Shreya Shrivastava are Research Fellows at the Vidhi Centre for Legal Policy, New Delhi

Source : The Hindu News



DOES DONATING BLOOD MAKE YOU WEAK?

Blood and blood products are unique and precious resources because they cannot be manufactured and are obtainable only from individuals who donate blood. Transfusion of blood and blood products helps save millions of lives every year. It helps patients suffering from life-threatening conditions live longer and with a higher quality of life. There is a constant need for regular blood supply because blood and its components can be stored for only a limited time before use. This year, World Blood Donor Day will once again be celebrated around the world on 14 June. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and also to raise awareness of the need for regular blood donation. The theme of this year's campaign is "Safe blood for all".

Blood is the most precious gift that anyone can give to another person, which is "the gift of life". The age at which people are eligible to donate is between 18-65 years old with a minimum of 45kg weight. However, a blood donor is accepted only if he is found to be fit and healthy by the doctor

after the examination.

The popular misconception that a person becomes weak by donating blood is wrong. On the contrary, there are several benefits of blood donation. Recent research has demonstrated that repeated blood donation is effective in reducing blood pressure, blood glucose, low-density lipoprotein/high-density lipoprotein ratio, heart attacks and strokes. Blood donation helps in lowering the risk of cancers of throat, liver, lungs, intestine, and stomach. Regularly donating blood helps in weight loss and burn fat up to 650 calories. Donating blood helps in stimulating the generation of new blood cells and so people feel re-energized by giving blood on a regular basis.

Apart from all these benefits, a donor gets a mini blood test done before donating blood which includes Haemoglobin level test, blood grouping, pulse, temperature, blood pressure and body weight. After the blood is collected it is tested for 5 major diseases. These are-Hepatitis B, Hepatitis C, HIV, Syphilis and Malaria. Apart from

the basic serological tests we also do a NAT (Nucleic Acid Amplification Test) which detects a recently infected blood donor by further reducing the window period. The donor is immediately informed if any of these tests are found to be positive with a free consultation with an expert.

As per WHO, just 1% of the nation's population is sufficient to meet its overall requirements of safe blood transfusion. In such a scenario, there is a high importance of 'World Blood Donor Day' (14th June), when nations make even more dedicated efforts to create awareness about the importance of voluntary blood donation. So, let us take a pledge to be a voluntary, non-remunerated regular donor and make a dynamic move in the road to achieving 100% voluntary blood donation in our country through this selfless gesture.

(With inputs from Dr. Abhinav Verma, Consultant, Transfusion Medicine, Max Hospital, Vaishali)

Source : Times of India Newspaper

HELPING NATURE IS IN HIS BLOOD

Man with rare phenotype flies to city to donate to a patient

A man possessing an extremely rare blood phenotype called the Bombay blood group flew down to the city to donate his blood to a woman with the same phenotype.

Ganesh Lokhande (33) paid for his trip to the city out of his own pocket. His selfless act won the hearts of the hospital staff, not to mention the family of M. Sangeeta (38), the patient.

Mr. Lokhande is one of around 200 people in India to possess the Bombay blood group. The young businessman from Pune feels it is his responsibility to donate blood whenever someone with the same phenotype is in need.

He has donated blood 30 times so far, as those with the rare phenotype would otherwise be unable to get blood due to a shortage of donors.

Ms. Sangeeta's relatives contacted vari-

ous blood banks in Visakhapatnam, but they had expressed helplessness as they had no supply of the Bombay blood group. They then went to Life Share Blood Bank on Sampath Vinayak Temple Road. "Sangeeta's relatives were dejected to know that we too were not in a position to help them though they were ready to give their own blood in exchange. I was touched by their plight and made attempts to contact different donors and volunteer groups and finally zeroed in on Mr. Lokhande and he readily agreed," said Dr. D. Sumana, director of Life Share Blood Bank.

Mr. Lokhande, who has studied up to Intermediate, runs a small business, supplying products required by various industries in Pune. His father, who also has the same blood group, owns a welding shop. "I learnt about my rare blood group when I went to donate blood in 2000. I learnt that there were only around 200 persons with



this blood group in India. I made it a habit to donate blood regularly," Mr. Lokhande said.

"I underwent bariatric surgery and could not donate blood for some time. This is my first blood donation after the surgery. I had gone to Jharkhand, Hyderabad, Jaipur, Ahmedabad and other places on my own expense in the past to donate blood," Mr. Lokhande said.

Source: The Hindu

WHAT IS LIKE TO DONATE PLATELETS ?

Platelet donation is a little different than a regular whole blood donation. Here's how:

- • • Platelets can only be donated at select American Red Cross Donation Centers and it requires an appointment. They cannot be given at a blood drive.
- • • Platelet donation uses a machine to extract just your platelets and then returns the rest of your blood back to you.
- • • From start to finish, it takes about three hours to donate platelets.
- • • Both arms are used during a platelet donation. This is because blood is drawn from one arm then the platelets are ex-

tracted using a machine, and the remaining blood components are returned to you through the other arm.

- • • You will be able to provide in one platelet donation what would normally be collected from up to five whole blood donations. In fact, some platelet donations yield enough platelets for two or three patients.
- • • You may be able to donate platelets up to 24 times a year compared to a maximum of 6 times a year for a whole blood donation.
- • • Here's a quick illustration of what happens during a platelet donation:

- • • A relatively small amount of blood is drawn from your arm and goes into a machine called a blood cell separator.
- • • This blood is rapidly spun which forces the platelets to separate from the other blood components.
- • • These cells then go into a sterile, single-use plastic bag.
- • • Meanwhile, the rest of your blood – the plasma, red cells and white cells – is returned to you.
- • • single donation of platelets often constitutes several transfusable platelet units.

Letters to the editor



This is fantastic!

*Thank you for sharing this - we need to share more examples to help give our associates ideas they can share with customers- as well as engendering PRIDE in Terumo for those of our team who are not directly in the market.
Warm regards,*

Antoinette
President & CEO
TERUMO BCT

We are so proud of you and the work that you are doing for patients and donors :)

Best regards
Kasia Hein Peters
VP (Value and Health comes)
US Strat Med (Affair)
TERUMO BCT

Could not agree more – you are doing great work, Baby, and are a terrific brand ambassador for Terumo BCT!

Thank you,

Rebecca Sarconi
Sr.Global Internal Communications
Associate and Community Coordinator
TERUMO BCT

Interesting and informative newsletter.

Assoc Prof Graeme Woodfield
University of Auckland
New Zealand

Dear Madam,
All the best and keep it up

Colonel Simon P J

*Thanks, Baby, for sharing the newsletter.
Congrats.*

Warm Regards,

P T George
Vice President | HR & Admin.
V-Guard Industries Ltd.

Dear sir/Madam,
Greetings of the day !

*Thank you for sharing News letter with motivational articles and activities. The sentences '..... Transfusion therapy is a double edged sword' is very truly and important. and the article 'Rajasthan man who donated blood 130 times is hale & hearty' is a good for motivate to other donors.
I will send an article for next issue.
Thanks once again.*

With best regards,

Machakaji Maharjan
Central Treasurer
Blood Donors Association Nepal
(BLODAN)

Dear Baby,

Thanks for sending the blood line journal regularly. The story of a 74 years old Madanlal Bairwa from Rajasthan, in the edition of 2019/53 is very inspiring. Hope people from all walks of life follow his altruistic example and be the life saver by donating blood regularly and voluntarily. It does not matter whether we are rich or poor, but we have a natural free gift given by God to us i.e. the blood in our body, to donate voluntarily. Wishing Madanlal Bairwa all God's blessing.

Dr. Hughbert Dkhar
Laboratory Director and Incharge Blood Bank, Nazareth Hospital
Shillong, Meghalaya.

With reference to above we are very pleased to receive a copy journal. Blood Line the voluntary blood journal. we are interested in having copies of old issues above journal. We are also interested in subscribing for above journal.

We request you to kindly send hard copies to our IMA BLOOD BANK RAICHUR. Kindly do the need full,

Thanking you,

Dr.M.B.Patel
Medical Officer
IMA Blood Bank Raichur.

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