

BLOOD LINE

The Voluntary Blood Donation Journal | Issue 66 | 2022

How Blood Donors Can Prepare Themselves For Blood Donation

Blood donation is one of the most satisfactory service one can ever do. The blood centers as well as the needy patients are always grateful for the contribution made by regular voluntary blood donors. With the advent of various information, education and communication programmes adopted by the government organizations, NGOs and volunteers across the country, the zeal to donate blood by the volunteers has increased like never before. Such highly motivated individuals, when they come for blood donation, how disappointed they would be if they are rejected due to some reasons? The criteria for blood donation have been laid down by NACO and it is followed by blood centers across the country. One must note that the rejection or the deferral is either for the safety of patients or donors or both. The reasons for not accepting a donor can be temporary or permanent. If it is temporary, one should wait for the completion of deferral period and then donate blood. The deferral reasons can be broadly classified as avoidable and unavoidable. The best way to prepare for a blood donation lies in being aware of the avoidable reasons of deferral and taking proper measures. Let's be aware of some common preventable deferrals in this article.

- 1. One should be feeling healthy in their own subjective manner.**
- 2. Age must be between 18-65 years, weight above 45kg.**
- 3. 3 or 4 months must be completed since last blood donation for males and females respectively.**
- 4. One should not be feeling febrile**
- 5. One should be free from any active infections including but not limited to cold, cough and sore throat, fungal infections in any part of body and any wound which is not healed.**
- 6. Best time to donate is 45 minutes after and within 4 hours of having a meal.**
- 7. Avoid donation if you are a chronic alcoholic.**
- 8. Avoid alcohol consumption the day prior to your scheduled donation.**
- 9. Sleep is an important factor the night before the day of donation and it must be adequate.**
- 10. If an individual has a high-risk behavior (Injectable drug users, sex workers, persons with multiple sex partners), they should not donate blood.**
- 11. Hypertensive patients can donate blood provided they are free from cardiac, renal and eye complications and the drug or its dosage is not altered in last 28 days**
- 12. Diabetic patients taking oral drugs can donate blood if the drug or dosage is not altered in last 4 weeks and they are free from neurological, blood vessel problems and infections.**
- 13. Important points for women**
 - One can donate 12 months after delivery and 6 months after an abortion.
 - One should not donate during period of menstruation or lactation.
- 14. Avoid donation if you have an asthmatic attack or if you are an asthmatic taking steroids.**

15. One can donate blood 2 weeks after recovering from chickenpox, 1 month after COVID – 19, 3 months after malaria, 4 months after Zika / west Nile Virus, 6 months after dengue / chikungunya, 12 months after typhoid and 2 years after being cured from tuberculosis.

16. Surgery issues

- If you had a major surgery or received a blood transfusion, wait for 12 months
- If you had any minor surgery, tooth extraction or any dental procedure under anesthesia, wait for 6 months.

17. Vaccination and Blood Donation

- Should donate after 14 days if you have taken COVID – 19, typhoid, cholera, papillomavirus, influenza, pneumococcal, diphtheria and tetanus vaccines.
- Should donate after 28 days if you have taken measles, Hepatitis A vaccines or anti tetanus, anti-venom, anti -diphtheria, anti -gas gangrene serum.
- Should donate after 1 year if you have taken Anti rabies vaccination or immunoglobulins.

18. Medications

- Can donate if you have taken oral contraceptives, analgesics, vitamins, allopurinol or cholesterol lowering tablets.
- Can donate 3 days after taking aspirin or other NSAIDS, 7 days after taking ketoconazole, mebendazole, 2 weeks after taking antibiotics, ticlopidine, clopidogrel, piroxicam and dipyridamole, 1 month after acitrecin and finasteride, 8 weeks after exposure to radioactive contrast material and 6 months after last dose of dutasteride.

19. Do not donate blood if you have undergone open heart surgery, cancer surgery, suffering from any cardiac conditions, convulsions and epilepsy, schizophrenia, Grave's disease, malignant thyroid disorders, Hepatitis B and C, Chronic liver failure, HIV infection, syphilis, gonorrhea, Leishmaniasis, leprosy, chronic kidney disease, autoimmune disorders, polycythemia vera, bleeding disorders, malignancy, hemoglobinopathies and recipients of organ, tissue and solid organ transplants.

These are the general guidelines that if followed, will prevent the donors from getting rejected during a blood donation screening. It is better to contact the respective blood center through a telephonic conversation in case of any queries well in advance. The donors and the blood centers have to join hands in understanding these points and interact, so that the ultimate aim of everyone is achieved i.e to provide the safest blood possible to patient



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TERUMO PENPOL observed World AIDS Day in association with NSS CET

As a part of observation of World AIDS Day 2022, an awareness lecture session on the topic 'HIV and Blood donation' and a quiz session on HIV was conducted at College of Engineering (CET), Trivandrum on December 1st of 2022. The programme was organized by TERUMO PENPOL and NSS CET. The lecture session was delivered by Dr. Vinu Rajendran, Assistant Professor, Dept. of Transfusion Medicine, SCTIMST, Trivandrum. Felicitation was done by NSS Programme Officer Dr. Bringle C Das. Zestful participation were there from the students of CET for the lecture session and quiz.



47th Annual National Conference of Indian Society of Blood Transfusion & Immunohematology- Transcon 22 B was conducted at Jammu during 11-13th November 2022.

The 47th Annual National Conference of Indian Society of Blood Transfusion & Immunohematology- Transcon 22 B was conducted at Jammu during 11-13th November 2022. Various ISBTI Awardees of the 45th, 46th and 47th annual national conference was honored during the conference.

Few of the award winners are as follows:

Dr. Debasish Gupta, Professor and Head, Dept. of Transfusion Medicine, Sree Chitra Tirunal Institute for Medical Sciences & Technology, Trivandrum received the ISBTI Oration award (47th annual conference). He also received the Lifetime achievement award (46th annual national conference) for his outstanding contribution to the field of Transfusion Medicine.



Heartiest Congratulations to Dr Debasish Gupta, for receiving the much coveted 2 awards simultaneously - ISBTI Lifetime Achievement Award and ISBTI Oration Award, at the recently concluded ISBTI National Conference (Transcon) at Jammu!!! In his 36 years of illustrious and multi-faceted career, Dr Gupta has been a doctor par excellence, highly respected teacher, a curious researcher, expert consultant to union & various state governments in matters related to Blood Transfusion Services, a social leader who worked towards creating awareness about blood donation among the general public,the list goes on ! These coveted awards deservingly adorn his accomplishments.*

Dr. Amita R, Associate Professor, Dept. of Transfusion Medicine, Sree Chitra Tirunal Institute for Medical Sciences & Technology, Trivandrum has received JR Jolly Award (46th annual national conference) for the contribution in voluntary blood donation.

JG Jolly Award



Dr. Vinu Rajendran, Assistant Professor, Dept. of Transfusion Medicine, Sree Chitra Tirunal Institute for Medical Sciences & Technology, Trivandrum has received the JR Jolly award (46th annual national conference) for the contribution in academics and research. He also was awarded the second prize in poster presentation. (47th annual national conference).



Ms. Sindhu MS, Technical Assistant, Dept. of Transfusion Medicine, Sree Chitra Tirunal Institute for Medical Sciences & Technology, Trivandrum was awarded the ISBTI travel fellowship (47th annual national conference) for her research work.

ISBTI Travel Fellowship



Dr Sherin & Dr Arun Nayak of Jubilee Mission Medical College and Research Institute, Thrissur secured 3rd position in the Postgraduate quiz (47th annual national conference). MVR Cancer Centre was awarded the ISBTI Institutional award (47th annual national conference)

Dr Leya Johny, Junior Resident, Dept. of Transfusion Medicine, Trivandrum Medical College received the Post Graduate Fellowship award for her research work. (47th annual national conference)



JR Jolly Award

Dr. Shaiji PS, Associate Professor, Dept. of Transfusion Medicine, Govt. Medical College, Kollam has received the JR Jolly award (45th annual national conference) for the contribution in academics and research.



HD Shourie Award

Dr. Chitra James, Associate Professor, Govt. Medical College, Kottayam were awarded HD Shoure award (45th annual national conference) for her significant contribution in voluntary blood donation.

LETTERS TO THE EDITOR



"An excellent issue and what long way Transfusion has come in Kerala since I visited so many years ago. Good work and writing!

Assoc Prof Graeme Woodfield CNZM
Auckland University, NZ

Dear Madam,
Good Morning from Nepal.

Thanks a lot to you along with your entire team of BLOODLINE Journal for publishing the journal regularly and for sending it regularly.

It is my pleasure to know that many more activities were conducted on the occasion of National Blood Donor Day 2022. Among those programs I am very happy with the Painting competition. We believe that this program helps to show their hidden talent and to know about voluntary blood donation from school level.

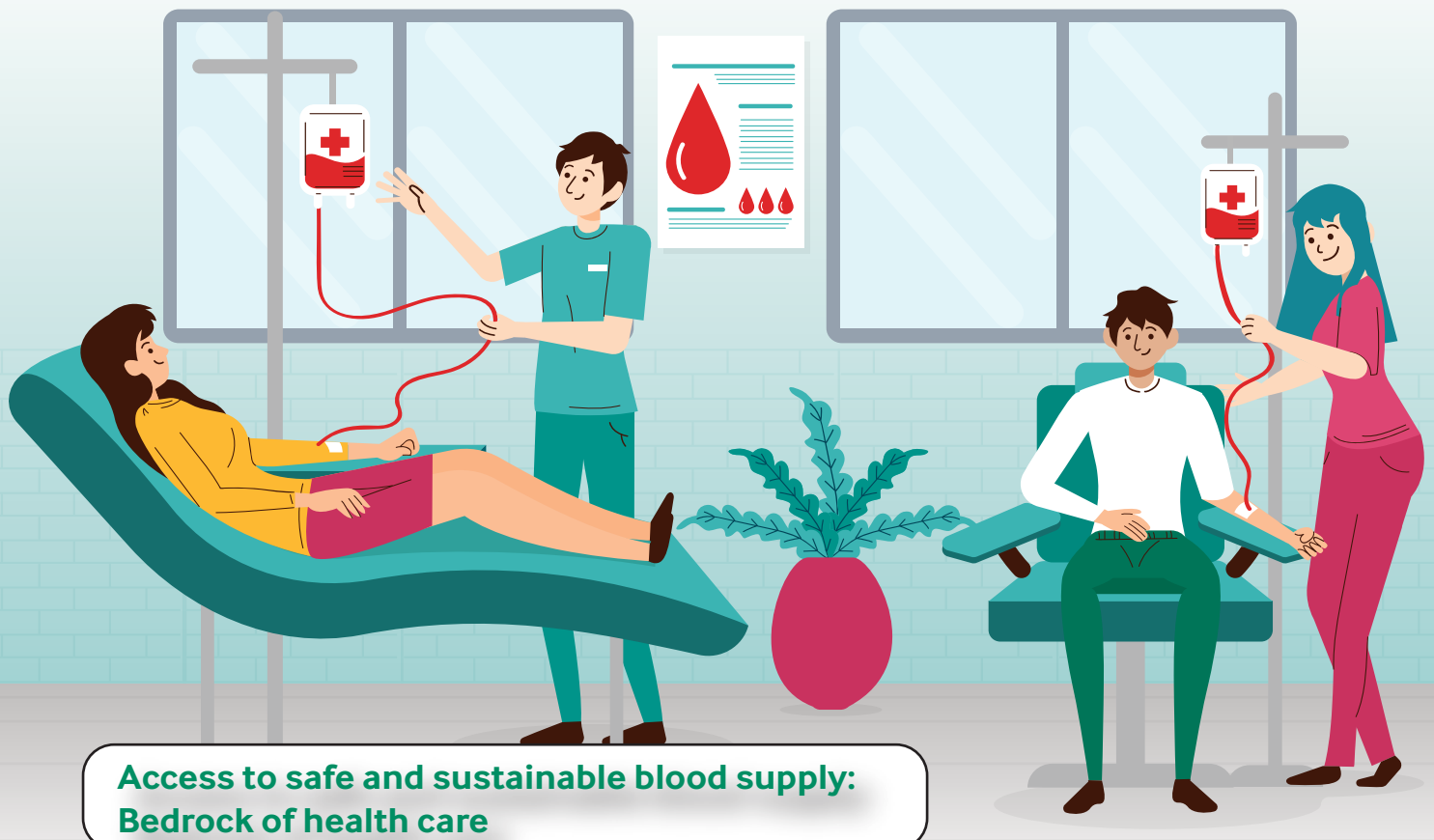
Thanks once again for sending the journal.

Machakaji Maharjan
Central Treasurer
Blood Donors Association Nepal (BLODAN)



"Thank u , It has come good "

Unnikrishna Panicker
Former Drugs Controller



Access to safe and sustainable blood supply: Bedrock of health care

With a vision to ensure access to quality health care services without incurring financial hardships, the Government of India plans to achieve Universal Health Care for all by 2030. This goal closely ties in with the realization of many Sustainable Development Goals (SDGs) like SDG 3 (Good health and well-being), SDG 8 (Decent work and economic growth), and SDG 10 (Reduced inequality). Therefore, to achieve Universal Health Care, the current health systems are being strengthened. Simultaneously, several health programs have been deployed to induce better outcomes for nutrition, reproductive and child health and to lower the burden of communicable and non-communicable diseases.

Access to a safe and sustainable blood supply is crucial to the achievement of Universal Health Care in India. With a heavy burden of diseases like anemia, hemophilia, cancer, sickle cell diseases, and thalassemia that require a regular blood transfusion, it was estimated that 1.38 crore blood units were required in 2019-20. However, as there was a deficit of more than 10 crore blood units against the requirement, several health outcomes could have been adversely impacted. Further, the country's blood systems were strained during the COVID-19 pandemic. As voluntary non-remunerated blood donors dwindled due to the lockdown-induced restrictions and fear of infections, there was a fall in the voluntary non-remunerated blood donation rates (VNRBD) by over 100%. This accentuated the misery of patients and their kin who had to travel long distances for blood transfusions.

The blood management ecosystem of India faces two key barriers that prevent it from achieving self-sufficiency. Firstly, myths and beliefs are prevalent in erroneous notions about blood donation. Despite several informative campaigns by the government over the years, many people are still misinformed and believe that blood donation would weaken the immune system, reduce the blood volume in the body, and lead to decreased manhood, etc. The prevalence of such misinformation needs to be challenged at the grassroots so that a sustainable voluntary donor base is cultivated. The civil society organizations (CSOs), industries, schools & colleges, and the citizenry must also build on the government's existing efforts and spread the word about the benefits and importance of regular VNRBD.

Secondly, there is also a pressing need to improve the storage and infrastructural facilities of the existing blood centers and simultaneously deploy innovative ways of collecting and transporting blood units. This becomes more important when seen against the fact that over 2.75 lac blood bags were discarded in 2021 by blood centers all over the country. In cognizance of these shortcomings, already some steps have been initiated by the government to improve the country's blood management paradigm.

In an attempt to limit the wastage of blood units and streamline the functioning of blood centers all over the country, the second edition of the National Standards for Blood Centers and Blood Transfusion Services was recently released. The standards contain elaborate provisions on all aspects of transfusion services and blood banks with particular emphasis on the recruitment of personnel, adherence to good laboratory practices & quality management systems, waste management, and blood storage facilities, amongst others. Further, there has also been a push to increase the involvement of technology in strengthening the country's blood management systems. Building on the e-Rakt Kosh portal – a centralized blood bank management system, the Co-WIN platform will be repurposed to enable blood donation. The platform will inform the users about upcoming blood donation camps and a list of blood banks nearby.

For a country as geographically diverse as India, adopting the hub & spoke model for blood collection can transform the country's blood management. Also advocated in the National Blood Policy of 2002, in the hub & spoke model, blood is collected and processed at large blood banks and then distributed to smaller blood banks and storage centers. While the large blood banks act as the hubs, the smaller blood banks act as spokes to these hubs in this arrangement. The adoption of the hub & spoke model of blood collection grounded in effective legislation would curb wastage by the efficient utilization of blood. Further, it would make blood and its products accessible in districts without blood banks. The latest parliamentary data revealed 63 districts without a blood bank in India.

In the 75 years post-independence, tremendous progress has been made on various health indicators, including life expectancy at birth, sex ratio, infant mortality rate (IMR), and maternal mortality rate (MMR). India's health paradigm would be further strengthened if Universal Health Care for all is achieved by 2030. As the country treads on this ambitious path, it must remedy the shortcomings of its blood management ecosystem as access to a safe and sustainable blood supply is a pre-requisite for Universal Health Care. The Centre and the states must exhibit cooperative federalism so that in the next coming decades, lives are not lost due to a want of blood. Further, the citizenry also needs to play an active role in mobilizing collective action towards demystifying myths and mobilizing greater VNRBD.

Dr K Madan Gopal Senior consultant, Health, NITI Aayog

Looking Back and Moving Forward: TERUMO Blood And Cell Technologies - Associate Blood Donations through From The Heart

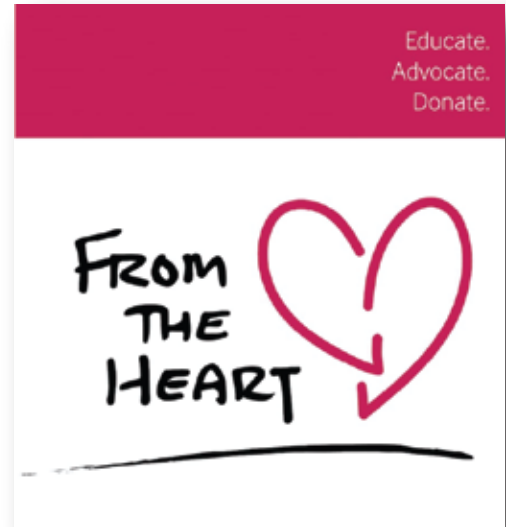
Just over a year ago, From the Heart TEAM of TERUMO Blood and Cell Technologies set an ambitious goal: 30,000 blood donations over the course of 2022. While we ended up just shy of that goal, we are so proud of the 24,930 donations from blood drives around the globe hosted by Terumo Blood and Cell Technologies. Our team in India contributed a huge percentage of these donations, and we are so grateful for the work our team there has done to raise awareness of the importance of blood donation.

As we move into 2023, we are determined to reach our 30,000-donation goal. It's ambitious. It's also vital. There is a worldwide shortage of blood, and someone needs blood every two seconds. That is why we aren't shying away from setting the same big goal this year.

As the year progresses, be on the lookout for blood drives hosted by our regional offices. If you aren't able to make those, look at options for donating at blood centers near you. Regardless of which option you choose, be sure to your decision to donate blood so we can count it towards our overall goal

.Terumo also has its associates throughout the world continuously facilitate and engage in activities to promote blood donations while aiming to contribute to blood transfusion treatments.

Let's continue to have a life-saving impact as we move into 2023!



Odisha education minister, wife donate blood on marriage anniversary



Volunteers donate blood at a camp organised by Samir Ranjan Dash at Capital Hospital in Bhubaneswar on Saturday

BHUBANESWAR: School and mass education minister Samir Ranjan Dash and his wife, Sangeeta Dash, on Saturday celebrated their 23rd marriage anniversary by donating blood. They also requested their friends and relatives to join them in the noble cause and attend a blood donation camp organised on the occasion.

This may seem unique to some, but it has been a way of life for this couple. "We have been donating blood and organising camps for the same on important days of our lives such as birthdays and anniversaries for the last several years.

We can help save the lives of others in this way. I am thankful to all those friends who came forward and donated blood today despite the Covid-19 scare," Dash said. Both Dash and his wife had caught Covid-19 a month ago and have fully recovered. As many as 55 units of blood were collected in the camp organised at Capital Hospital on Saturday

Source: timesofindia.indiatimes.com

BE HERO Donate Blood



New Year & Birthday Special Family Blood Donation by Paul Augustine (Head, Dept. Of Surgical Oncology, RCC) & Dr Regi Paul (Professor, Gokulam Medical college & Director, Snehita Women's Health Foundation) to help two poor patients whose bystanders were really struggling for getting blood donors... Happy Birth day Dr. Regi and thank you both for supporting Birthday Blood Donation Challenge!!

We encourage other people to join and to give as much blood as possible because we are saving people of this nation when we do so. Hence we must make sure to donate at least twice a year. Please invite your friends and family to join the blood donation campaign because demand remains the same but the supply is reduced significantly .It's not just about giving blood, it is about saving a nation."



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