



HSE BULLETIN

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BLOOD DONATION

Blood transfusion is a core service within health care systems and individuals who donate their blood provide a unique contribution to the health and survival of others. Every country faces an ongoing challenge to collect sufficient blood from safe donors to meet national requirements. The donation of blood by voluntary non-remunerated blood donors is recognized as being crucial for the safety and sustainability of national blood supplies. Systems based on replacement donation by the family and friends of patients requiring transfusion are rarely able to meet clinical demands for blood while paid “donation” poses serious threats to the health and safety of the recipients as well as the donors themselves. The health benefits of donating blood are considerable—but of course, the most important part of the process is helping to save lives. Donating blood is good for you, and it’s even better for all the people who desperately need the help.

Donating one unit of blood may save the lives of up to three people, according to the American Red Cross.

Advantages of Blood Donation

- ✓ Reveal potential health problems
- ✓ Reduce harmful iron stores
- ✓ Lower your risk of suffering a heart attack
- ✓ Reduce your risk of developing cancer (<https://academic.oup.com/jnci/article/100/14/996/917996>)
- ✓ Help your liver stay healthy
- ✓ Help your mental state
- ✓ Boost the production of red blood cell
- ✓ Replenishes blood
- ✓ Lower cholesterol level



Considerations

Before donating blood or blood products, a person should ensure that they meet the requirements.

Some questions to consider include:

- How is their overall health?
- Do they have any existing health conditions, such as hepatitis or HIV?
- Do they meet the age and weight requirements?
- Have they recently traveled or had a tattoo?
- Do they use recreational drugs, especially intravenously?
- If they are donating platelets, have they taken aspirin within the last 48 hours?
- If they have diabetes, do they manage it with medication?

Sometimes, a person can experience side effects after donating blood. Although severe adverse effects are rare, temporary reactions can occur, including

- weakness
- dizziness
- feeling faint
- lightheadedness
- nausea
- bleeding from the needle prick
- bleeding under the skin or bruising

These symptoms usually disappear within 24 hours. Some ways of minimizing these effects after donation include drinking plenty of fluids and eating well-balanced meals over the next 24–48 hours.

Foods that can boost a person’s iron intake include red meat, spinach iron-fortified juices and cereals

Blood Donation Campaign at AIMS HQ Abu Dhabi On 15th March 2022



GIVE BLOOD SAVE LIFE!!!

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