

REGIONAL MEMORANDUM

No. **268-2016**

TO : ALL REGIONAL OFFICE EMPLOYEES

FROM : 
BEATRIZ G. TORNO, Ph.D., CESO IV
OIC-Office of the Regional Director

SUBJECTS : **8th Mass Blood Donation Activity**

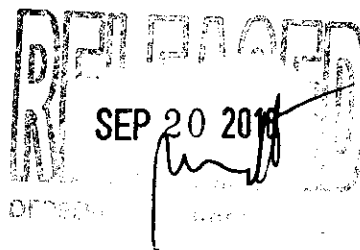
DATE : September 19, 2016

In support of the implementation of the National Voluntary Blood Services Program for blood safety and adequacy, quality care and patient safety. The municipality of La Trinidad, Benguet will be conducting the 8th Mass Blood Donation Activity with the theme "**Safe Blood For Saving Mothers – Give Blood For those Who Give Life**" on September 22, 2016 at the Municipal Gymnasium from 8:00 am up to 3:00 pm.

In this regard, this Office is humbly requesting any volunteers to donate blood for this activity. Attached herewith is an information brochure on blood donation.

For information and dissemination.

ESSD/ty/caw



FREQUENTLY ASKED QUESTIONS ABOUT VOLUNTARY BLOOD DONATION

"SHARE LIFE, GIVE BLOOD"

Goal of Voluntary Blood Service Program:

Blood safety and adequacy, quality care and patient safety.

Human blood for transfusion is the only form of treatment that cannot be **manufactured**. It is only possible if blood from kindhearted people is available. Blood donors are considered as modern heroes who care enough to share their blood and spend their time in order to save another person's life.

Who receives donated blood?

From a single blood donation there are 3 main components that can be derived. Each component will be used for specific patient need.

The people who can benefit from your donated blood are:

- Patients suffering from severe blood loss
- Leukemia patients
- Dengue patients
- Mothers giving birth with complications
- Major trauma patients
- Transplant patients
- Kidney Failure patients, ETC.

Donating blood is a very simple procedure that will take a few minutes of your time. At the same time blood donation will give you the following benefits.

- Your bone marrow will be stimulated to produce new and active cells which in turn make the blood forming organs function more effectively.
- You will have personal health check – you will know your blood type, hemoglobin and blood pressure.
- More volunteer blood donors would meet supply of blood.
- It is something that will make you feel good about yourself.

When can we donate?

- A healthy person may donate every three months

Who are qualified to donate blood?

- You must be 18 to 65 years old , male or female
(16 and 17 may donate provided with parent's/Guardian's consent)
- You must be at least 110lbs, or 50 kgs.
- Your hemoglobin level must be at least 125g/l (not anemic)
- Your blood pressure must be between:
Systolic: 90-160 mmhg Diastolic: 60-100 mmhg
- Pulse Rate = 50 to 100 beats/min.

What happens to my donated blood?

- Each unit of blood collected will be examined for 5 transfusion transmissible infectious diseases namely HIV, Malaria, Syphilis, Hepatitis B and Hepatitis C before it is **transfused** to patients.

How to donate blood?

- Have your weight taken.
- Register and honestly answer the questions in the donor's registration form.
- Your blood type and hemoglobin will be checked (if you are anemic or not)
- You will be examined by a physician.
- You will now donate 450cc of blood for 5-10 minutes.
- After blood extraction, rest 5 to 10 minutes.
- Drink plenty of fluids.
- You may go back to usual activities.

Before Donating Blood:

- Have enough rest and sleep
- No alcohol intake at least 24 hours
- No medication for at least 24 hours
- Eat light meals, avoid fatty foods
- Drink plenty of fluids like water and juice

After donating blood:

- Increase fluid intake like water and juice
- Avoid stooping down
- Avoid strenuous activities like: lifting heavy objects, driving big vehicles such as bus and trucks, operating big machines
- Apply pressure at the punctured site.
- If there is swelling and discoloration at the punctured site, apply cold compress for 24 hours then hot compress for the next 24 hours.
- If there is dizziness, just lie down with feet elevated. Drink plenty of fluids preferably something sweet. It will pass in a few minutes.
- If still you do not feel well, please inform the Health Office or the Phil. Red Cross Benguet Chapter

Can a person who just had his/her tooth extracted donate blood?

- He/she will be temporarily deferred for 1 year.

Can a person who has a high blood pressure donate blood?

- If he/she has continuously drinking maintenance medicines for six months, he/she can donate

Can a person who has a in her menstrual period donate blood?

- Can donate 1 week after her menstrual period

Can a person who has tattoo donate blood?

- Provided the tattooing procedure was done aseptically, he/she may donate one year after the procedure. This is the same with ear piercing, acupuncture and other procedures involving needles.

If I need blood can I withdraw my blood?

Blood Donor	If you need Blood
Free blood	Free blood (no more Replacement)
Free Laboratory Procedure HIV, Malaria, Syphilis, Hepatitis B & Hepatitis C	Pay Laboratory Procedure HIV, Malaria, Syphilis, Hepatitis B & Hepatitis C
Free Blood Bag	Pay Blood Bag

If I am not qualified to donate blood, how can I help?

- By being a blood donor advocate.
- Share what you have learned on blood donation so that there will be more voluntary blood donors.

Status of availability of blood at Philippine Red Cross – Benguet Chapter

- Benguet Province needs about 300 units of blood every month, or 3,600 units every year.
- There is a shortage of blood because there are insufficient VOLUNTARY blood donors.
- As a support for the availability of blood,

The municipality will conduct its Eight Municipal Voluntary Blood Donation Activity on September 22, 2016 at the Municipal Gymnasium from 8:00 am to 3:00 pm