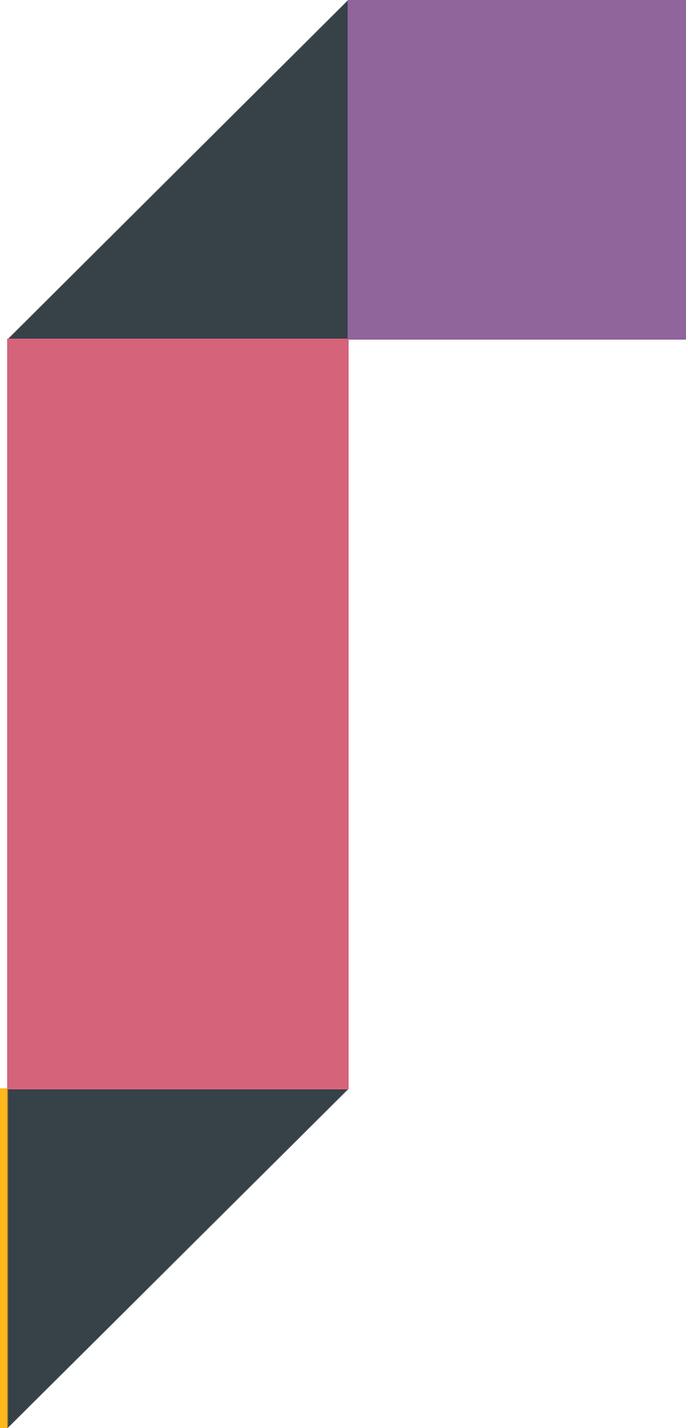




# Volunteer Blood Donation

Healthier communities powered by you.



# Objectives

1. Learn about the healing power of blood
2. Learn about blood components
3. Understand the benefits of whole blood
4. Understand the benefits of apheresis red cells
5. Understand the benefits of apheresis platelets
6. Understand the benefits of apheresis plasma
7. Review ways to make a difference and impact your community

“ ”

**Every 2 seconds someone in the U.S. needs  
blood and or platelets.**

Supply cannot always meet demand because only  
about 3% of age-eligible people donate blood yearly.

# The Impact of Giving

Blood products such as whole blood, red cells, platelets and plasma are essential to the survival of many patients, and they cannot be artificially manufactured or created. When a patient is in need, these life-saving products can only come from one source: voluntary donation by healthy human donors.

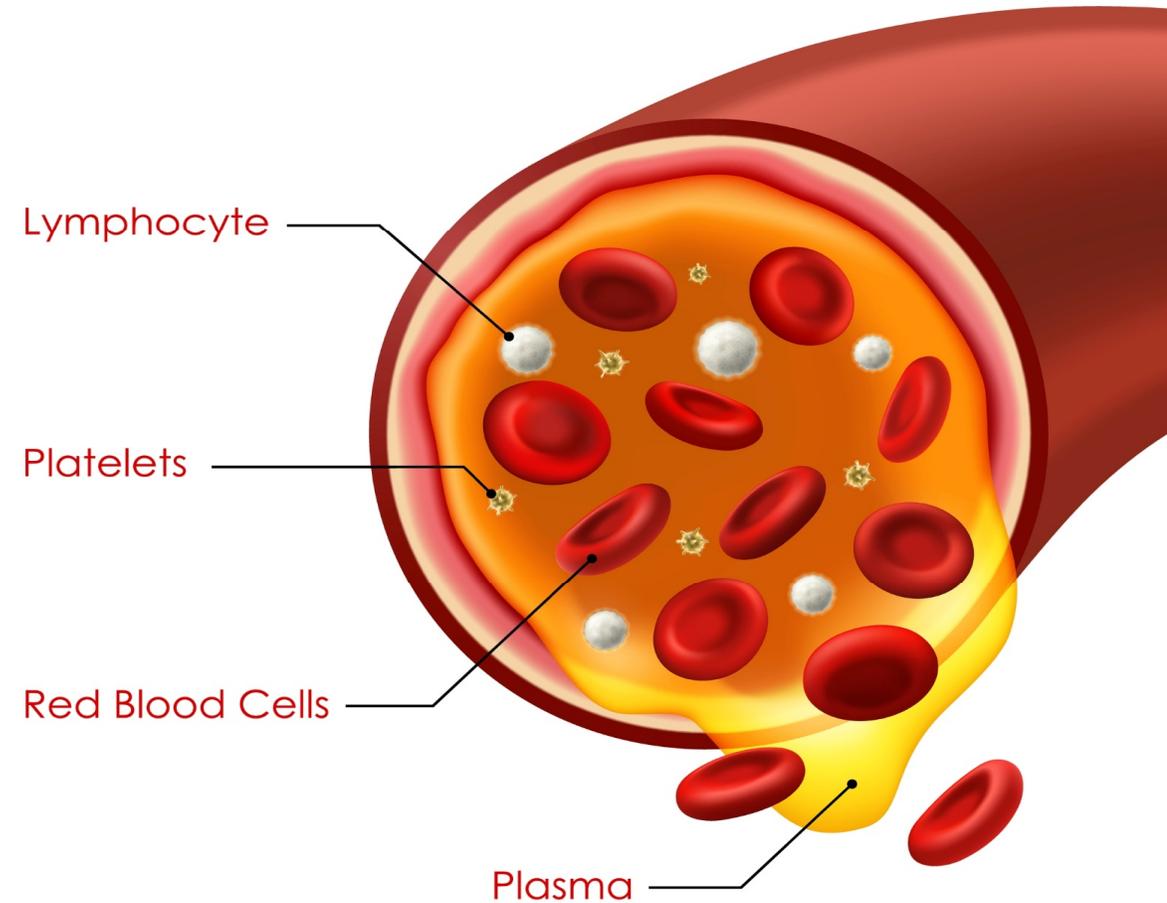


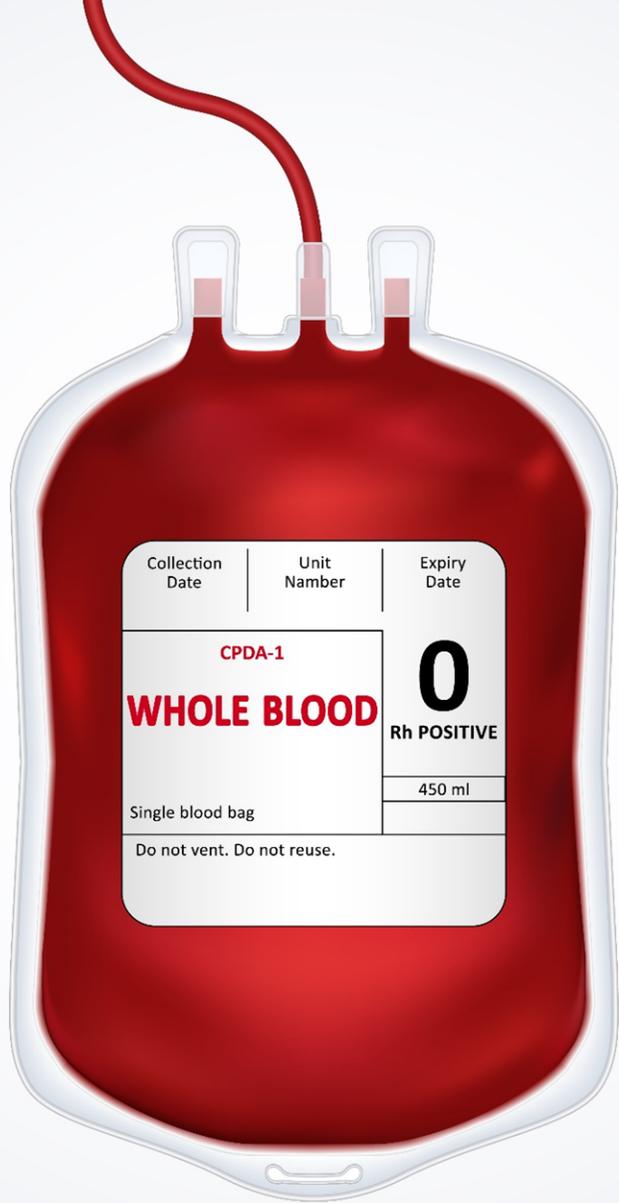
# The Healing Power of Blood

Blood and its components are essential to life.

*Let's learn more:*

## COMPOSITION OF BLOOD





## The Power of Whole Blood:

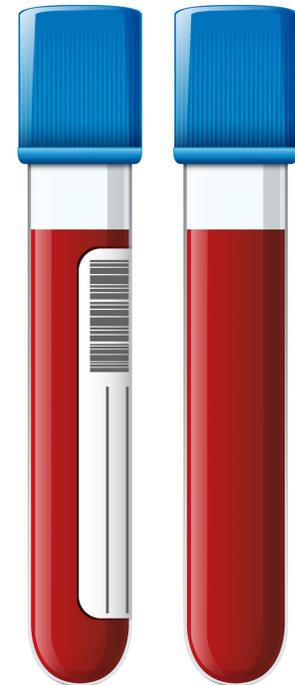
The standard blood donation type, this product consists of red cells, white cells (lymphocytes) platelets and plasma, and may be given to patients in it's original state, or separated into the individual components.



# Whole Blood

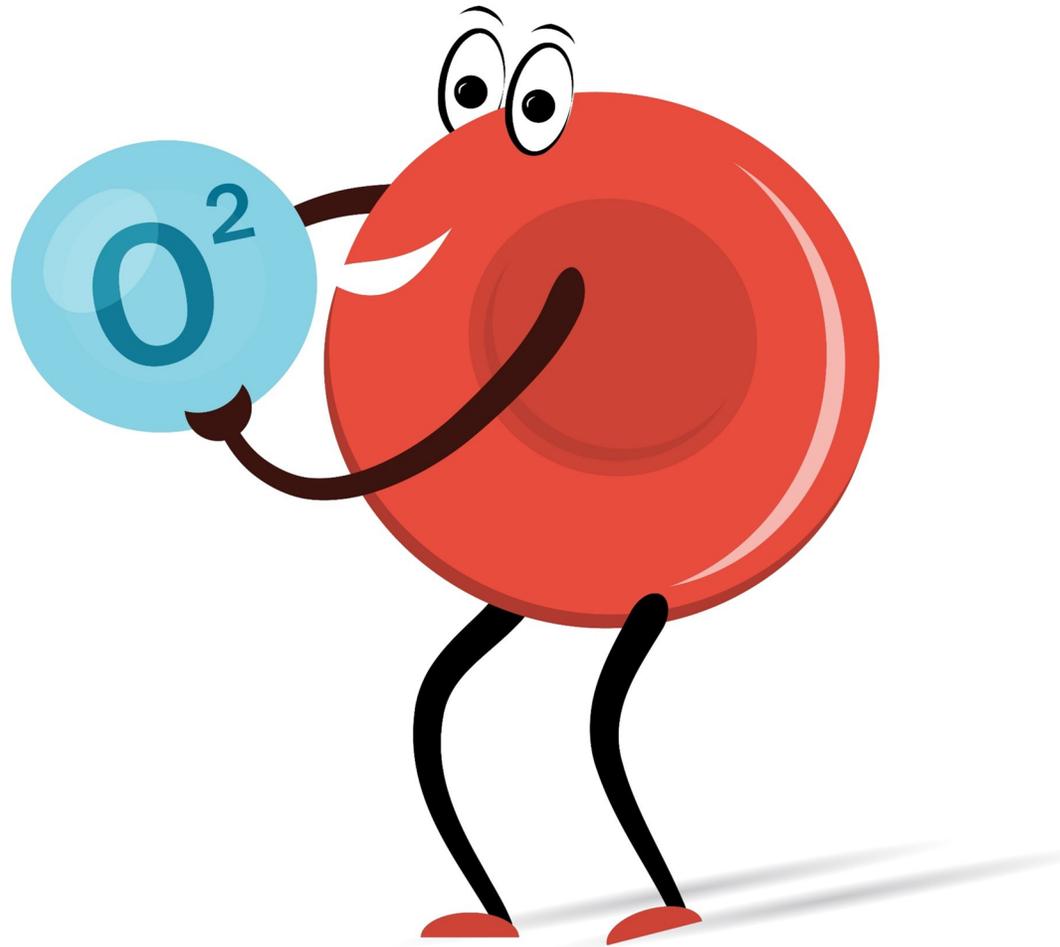
Whole blood in its original state is used for trauma patients, while the individual components can be given for a variety of reasons, from surgery to the treatment of critical illness.

- **Appointment length:** 30 - 45 minutes (yields 1 unit red cells and 1 unit plasma as components, or 1 unit whole blood)
- **Donation frequency:** May give every 56 days
- **Product shelf life:** Whole blood for 21 days; red cell components for 42 days
- **Blood types best suited:** All types\*



\*Type O+ is the only type kept in its original state; all other types are separated into components





## The Power of Apheresis Double Red Cells:

Collected via an apheresis device, this product consists of red cells only, with platelets and plasma returned to the donor.

This donation allows for 2 units of red cells to be given at a single visit (a whole blood donation yields 1 unit).

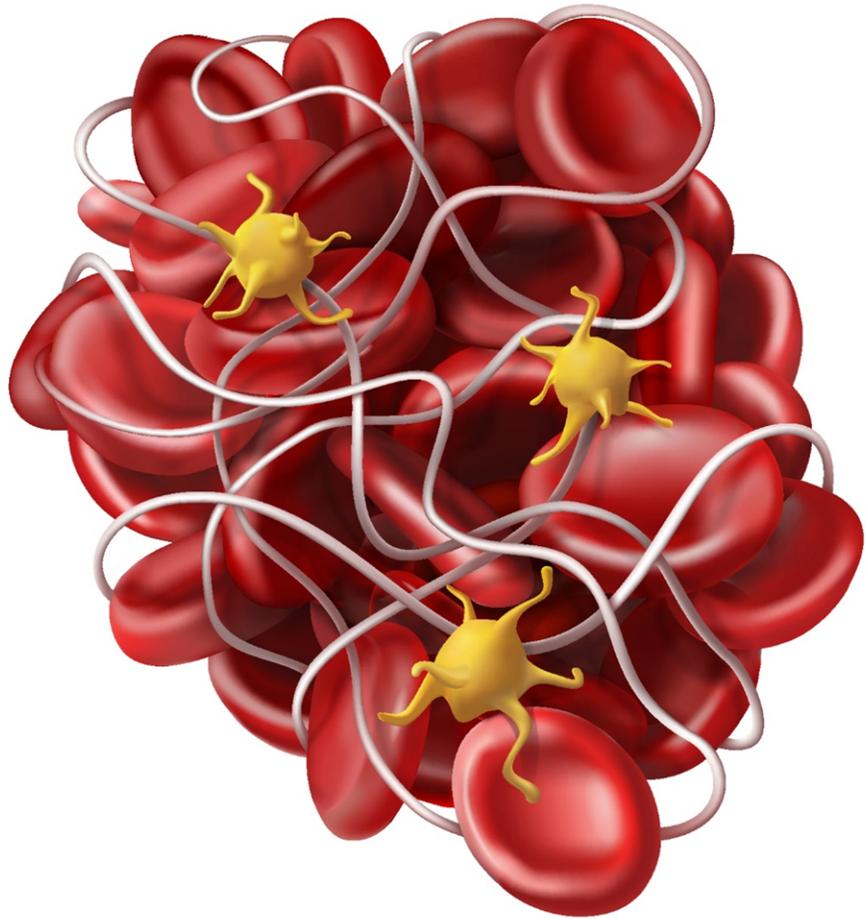


# Red Cells

Red cells carry oxygen to organs and tissues. They may be given to newborns and patients with sickle cell disease, as well as patients experiencing blood loss due to traumas, surgeries, and childbirth.

- **Appointment length:** 45 – 75 minutes (yields 2 units red cells)
- **Donation frequency:** May give every 112 days
- **Product shelf life:** 42 days
- **Blood types best suited:** O, A





## The Power of Apheresis Platelets:

Collected via an apheresis device, this product consists of platelets only, with red cells and plasma returned to the donor.

This donation allows for up to 3 units of platelets to be given at a single collection (it would take 5-7 whole blood donations to yield a single therapeutic dose of platelets).

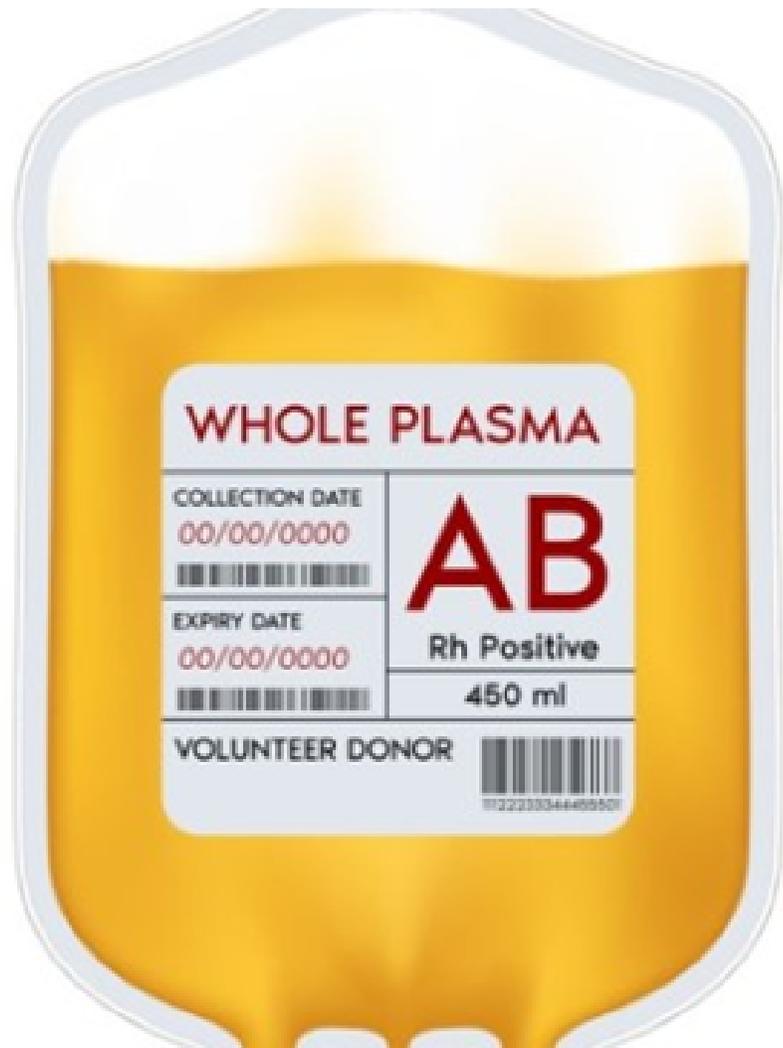


# Platelets

Platelets help control bleeding by forming clots when activated. They are a particularly critical part of treatments for cancer patients and those receiving organ transplants.

- **Appointment length:** 2 - 2.5 hours (yields up to 3 units platelets)
- **Donation frequency:** May give about every 2 weeks, maximum of 24 times a year
- **Product shelf life:** 7 days or less
- **Blood types best suited:** O+, A, B, AB





## The Power of Apheresis Plasma:

Collected via an apheresis device, this product consists of plasma only, with red cells and platelets returned to the donor.

This donation allows for up to 3 units of plasma to be given at a single collection (a whole blood donation yields 1 unit).

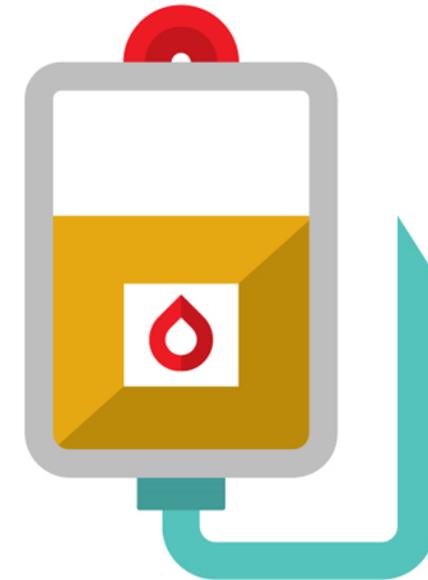


# Plasma

Plasma is the liquid part of blood. It contains proteins and other substances that help the blood clot.

Group AB plasma is used frequently for newborns; group A and group AB are also used for massive transfusions and trauma treatments.

- **Appointment length:** 1.5 – 2 hours(yields up to 3 units plasma)
- **Donation frequency:** May give every 4 weeks
- **Product shelf life:** Frozen for up to 1 year
- **Blood types best suited:** A,AB\*



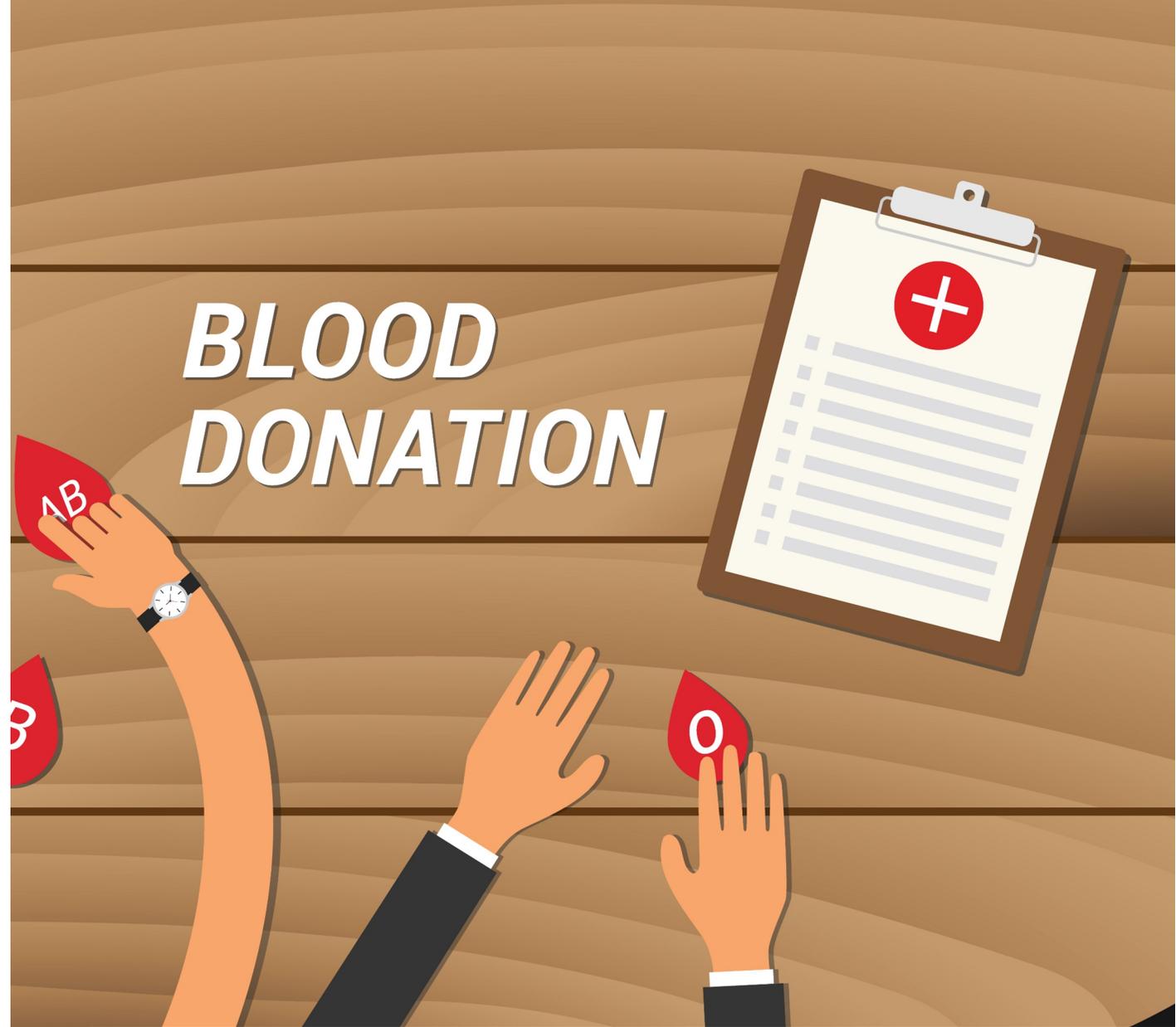
In addition to being the most rare blood group, group AB plasma is accepted universally by patients with all blood types. For this reason, this plasma is in high demand at all times.



## Impact on Community

Volunteer blood donors are vital to a thriving, healthy community. Ready to donate?

*Here's what to know:*



# The Power To Make a Difference

If every person who qualified to donate blood gave twice a year, **the U.S. would not experience blood shortages.** Blood donors help people get better.



# Becoming a Volunteer Blood Donor



## Find a blood donation site

### Central Texas:

Baylor Scott & White Blood Center

[BSWBlood.com](http://BSWBlood.com)

### North Texas:

American Red Cross

[Redcrossblood.org](http://Redcrossblood.org)



## Prepare for your donation

Eat healthy meals containing iron rich foods and hydrate with water in the days before your donation.

You'll also need your photo ID, a list of any medications and details (dates and locations) for any travel outside the U.S.



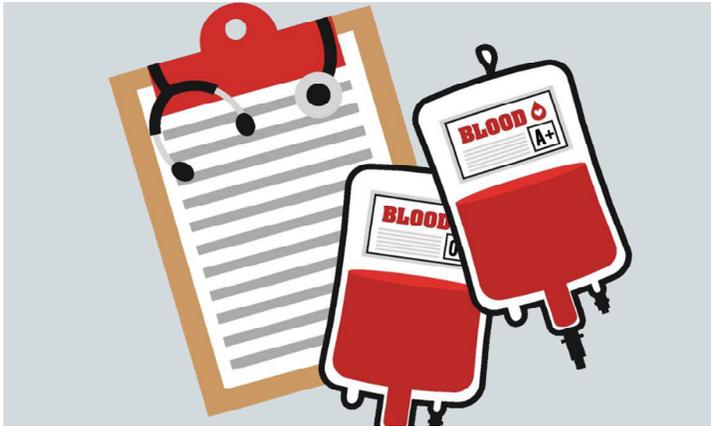
## Register as a blood donor

You'll complete a brief registration process where your identity is verified – the first step in ensuring a safe blood supply.

Based on your blood type, the collection center will suggest what types of donation will have the greatest impact on patients.



# Blood Donation Process



## Complete donor screening

Trained technicians will perform a mini physical and you will complete a donor screening questionnaire.

Use this time to ask any questions you may have.



## Donate blood products

Trained technicians will cleanse the venipuncture area and insert a sterile, single use needle for the collection.

Afterwards, they will bandage the area and provide post-donation care instructions.



## Enjoy refreshments

After your donation, enjoy a beverage and a snack to replace fluids, salts and sugars.

Be sure you are feeling well before leaving – allow 5-10 minutes for snacks and relaxation.



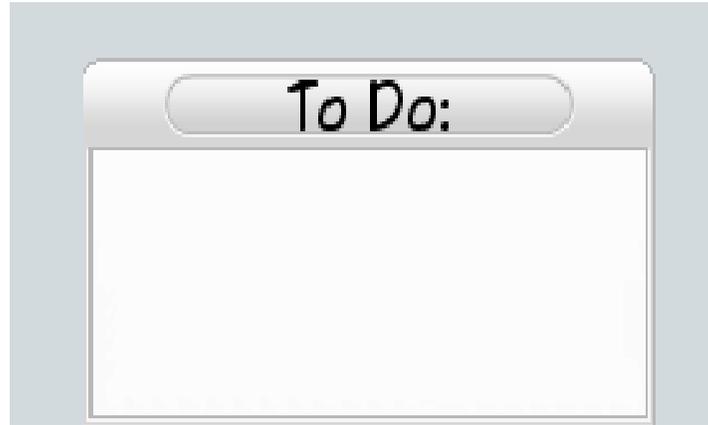
# After Your Donation



## Unlock the benefits

Consider blood donation as an oil change for your body – if you eat well and hydrate before and after your donation, you should feel great afterwards!

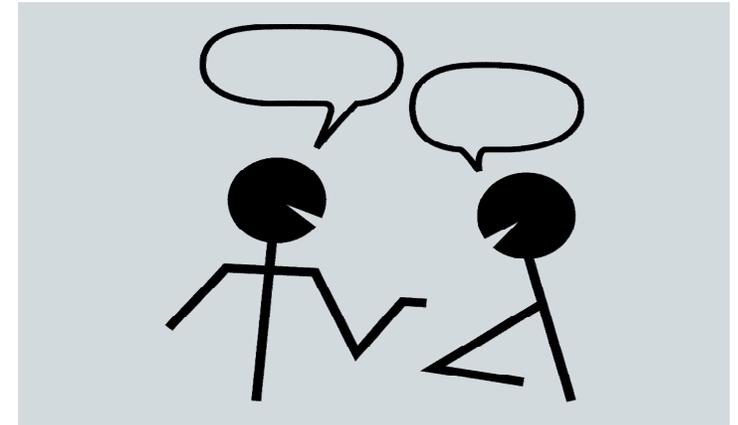
Getting involved with your local donation site is also a fun way to interact with your community.



## Schedule & prepare for your next donation

Scheduling your future donations makes it easier to stay consistent – let the donation site do the work of reminding you!

Between donations, focus on eating healthful, iron rich foods and keeping yourself hydrated.



## Empower others to give

Encourage your friends and family to donate blood – it is the blood already on the shelf during times of need that saves lives.



**“ ”**

**Giving is not just about making a donation.  
It is about making a difference.**

- Kathy Calvin

# Common Questions

What age do you have to be to donate blood? Is there an upper age limit?

The Baylor Scott & White Blood Center requires donors to be 17 years of age or older, and there is no upper age limit! You can donate as long as you are healthy and it is safe for you to do so.

What will they ask you for during registration?

You will be asked to provide a photo ID (along with proof of age if you are 18 or younger), and demographics such as a unique identifier (social security number, driver's license number, etc.), mailing address, and phone number and/or email address. This information is protected for your privacy, and is required when registering donors to ensure duplicate donor records are not created, ineligible donors are not collected, and donors can be reached with testing results.



# Common Questions Continued

I was told I don't weigh enough to donate blood; can't they just take less blood from me?

The minimum weight of 110 pounds (bodyweight) is in place for your safety. The amount of blood taken from each donor (450 mL, or about 1 pint) is set to ensure that the blood products retain potency and purity through processing, ensuring the very best therapeutic dose for the patient receiving the transfusion. If too much or too little blood is taken, it impacts whether that blood collection can ultimately be given to a patient.

What is done during the mini physical portion of donor screening?

Trained technicians will again verify your ID, review a donor consent and answer any questions you have about the process. They will then assess your arms for suitable vein access, record your weight, take your blood pressure, pulse, and temperature, and measure hemoglobin / hematocrit to ensure they are all within acceptable ranges for donation.



# Common Questions Continued

What types of questions will I be asked on the donor history questionnaire?

These yes or no questions are designed to review the donor's overall health as well as identify risk factors indicating exposure to transfusion-transmissible infections, and other relevant history of the donor. This process is in place to ensure a safe experience for the donor as well as the patient who will receive their blood. From AABB.org, the current donor history questionnaire and educational materials (required reading) are "Officially Recognized by the FDA in Guidance as an acceptable mechanism for collecting blood donor history information to establish donor eligibility that is consistent with FDA requirements and recommendations."

If the blood is tested for infectious diseases, why do I have to answer these questions?

Donor testing is not available for all diseases (such as malaria or Ebola, among others), making the questionnaire a critical part of donor qualification.



# Common Questions Continued

I take a certain medication or have a certain medical condition. My doctor says I can donate. Will I be able to?

Many medications and medical conditions are not a cause for donor deferral or disqualification. Ultimately, the technician and medical staff at the donation site will determine your suitability based on established guidelines.

I am afraid of needles and technicians have difficulties collecting lab draws. Can you use a butterfly needle?

While a butterfly needle is not an option (blood cells cannot fit through a small gauge needle without being destroyed), the technicians will assess your veins during screening and again in the donor bed for the best access point, and are committed to providing you a safe and comfortable experience.



# Common Questions Continued

I want to donate, but I don't qualify. How else can I help?

Volunteering with your local donation site is a great way to serve your community. Many donation sites have opportunities to host blood drives, help promote blood donation sites or assist staff in times of donor influx (such as during massive casualty events), to name a few.

I've heard I can get paid to give plasma. What's the difference, and why don't I get paid for blood donations?

Historically there has been concern that, when offered a payment incentive, donors are less likely to be truthful in reporting risk factors on their questionnaire, thereby putting the safety of the blood supply at risk. In fact, in years past scientific studies showed that there were higher rates of positive infectious disease testing in paid donors. It is true that the FDA allows payments to blood donors, but these products must be labeled as coming from a paid donor as opposed to a volunteer donor. Healthcare systems in the U.S. have historically favored and requested blood products from unpaid donors.



# Donated Plasma versus Sourced Plasma

## Donated Plasma



- Donation centers obtain from unpaid volunteers
- Only anticoagulant added during the collection process
- Not altered from its original state
- Quickly available for transfusion

## Sourced Plasma



- Commercial centers obtain in exchange for compensation
- Shipped to a manufacturing location
- Combined with the plasma of many other people (up to 1,000 sources)
- Processed into plasma derivatives

Patient Impact: While both products are important to patient care, they are very different products with very different therapeutic applications. It is up to the individual to decide what their motivation is for becoming a donor.





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