MEMORANDUM NO. JMPB 2013-0029

To: All Faculty, Students, Security Guards, SSB, Non-UP Contractuals, REPS and Administrative employees

Subject: BLOOD DONATION FOR DISASTER VICTIMS

Date: November 19, 2013

The College of Science in partnership with the Philippine Red Cross (PRC) will organize an intensified blood-letting activity for disaster victims on the 11th of December 2013 (Wednesday), at the Institute of Mathematics Building lobby, College of Science, National Science Complex from 9:00 in the morning to 4:00 in the afternoon.

In view of this, we would like to invite all of you to donate blood in a bid to increase blood bank reserves for victims of recent super typhoon “Yolanda” and other people who shall be needing blood in the future.

Please find attached some information of PRC for blood donors.

Thank you for your life-saving donation.

JOSE MARIA P. BALMACEDA, Ph.D.
Dean
Mobile Blood Donation Activity

• Background

The Philippine Red Cross is a humanitarian organization, which provides services to uplift the lives of the underprivileged. One of its basic services is the Blood Services, which works on providing the country with an adequate and safer blood supply from volunteer, non-remunerated blood donors.

• Advantages of Voluntary Blood Donation
1. Safer and better quality of blood supply. Regular donation from volunteers will help ensure adequacy of blood supply.

• Benefit to the blood donor
1. Blood donation stimulates production of new cells, similar to the principles of "change oil mechanism".

• Qualifications of a Blood Donor
1. Age - 18 – 59 years old (60 – 65, regular donor)
   16 – 17 years old must have parent’s consent
2. Weight - at least 115 lbs (approximately 53 kg)
3. Blood Pressure - between 90 – 140 mmHg (systolic)
   between 60 – 100 mmHg (diastolic)
4. Pulse Rate - 50 – 100 beats per minute
5. Body Temperature - must not exceed 37 degrees Centigrade
6. Hemoglobin - 125 g/L (12.5 g/dL)

Preparations before donating blood
1. Have enough rest and sleep.
2. No alcohol intake 24 hours prior to blood donation.
3. No medications for at least 24 hours prior to blood donation.
4. Have something to eat prior to blood donation, avoid fatty foods.
5. Drink plenty of fluid like water or juice.

Steps in donating blood
1. Have your weight taken.
2. Register honestly and completely donor registration form.
3. Have your blood type and hemoglobin checked.
4. A physician will examine and determine an individual’s eligibility to give blood.
5. Actual donation. The phlebotomy procedure would usually take about 10 minutes or less.
6. A 5 to 10 minute rest and enough fluid intake is necessary after donation.

What to do after blood donation
1. Drink plenty of fluids like water or juice to replace fluid loss.
2. Refrain from stooping down after blood donation.
3. Refrain from strenuous activities like:
   a. Lifting heavy objects
   b. Driving big vehicles such as bus, trucks, etc.
   c. Operating big machines
4. Avoid using the punctured arm in lifting heavy objects.
5. Apply pressure on the punctured site and lift the arm in case the site is still bleeding.
6. If there is discoloration and swelling on the punctured site, you may apply cold compress within the first 24 hours then hot compress for the next 24 hours.
7. If there is dizziness, lie down with feet elevated until such time the uncomfortable feeling subsides. Drink plenty of juice, in just a few minutes or so it will pass.

Frequently asked questions on Blood Donation

1. **Will donating blood make me weak?**
   No, it will not make you weak. Donating 450cc will not cause any ill effects or weakness. The human body has the capacity to compensate with the new fluid volume. Further, the bone marrow is stimulated to produce new blood cells which in turn makes the blood forming organs function more effectively.

2. **How often can a person donate?**
   A healthy individual may donate every three months.

3. **Can a person who has tattoo still donate blood?**
   If the tattooing procedure is done a year ago, he/she may donate. This is also the same with ear piercing, acupuncture, and other procedures involving needles.

4. **How long will it take to donate blood?**
   The whole process of donating blood from the registration up to the time you rest will only take an average of 30 minutes.

   The blood extraction will take about 5-8 minutes and the volume will be replenished within 24 hours then the cells within weeks. Essentially, by the end of the month, the body will have the same amount of blood before the blood donation.

5. **Will I contract disease through blood donation?**
   No, we use sterile, disposable needles and syringes.

Blood Donors Card

Every volunteer donor will be given a BLOOD DONORS CARD. This card may be used as a record of donation. However, this card does not exempt the holder from paying the processing fee. This is intended to cover the cost of the reagents and operating expenses used to collect and screen all donated blood for infectious disease.

Donor Counseling

In case a donor is found to be reactive to any of the 5 infectious diseases namely HIV, Malaria, Syphilis, Hepatitis B and Hepatitis C. He or she will receive a letter and will be asked for a counseling session conducted by a medical officer at the National Blood Center. The content of the session includes discussion of the disease, its course and mode of transmission, prognosis and prevention.