

Following the health condition of voluntary repeated blood donors in WU Transfusiology – General hospital in Stip

Vitlarova J.; Kamcev N.; Dejanova V.; Cuckova B.

WU Trasfusiology; General hospital-Stip, R.Macedonia

Introduction

Considering the need to ensure maximum protection of both blood donors and recipients of blood and blood products, we have been making efforts to protect the recipients, following the health condition of blood donor population. In order to get sufficient amounts of safe blood it is important to rely on a good base of regular, voluntary, non-remunerated and healthy donors. The selection process must be properly done to ensure that blood donors are healthy. We must take into consideration only people with good health and good medical history for donating blood which is at the same time useful for therapy. For that purpose our Transfusion Service make good selection of donors taking extended anamnesis, physical examination combined with simple laboratory tests before each donation.

Goal: Following the health condition of regular, repeated blood donors who have donated more than 20 times and in the last five years they have donated regularly three to four times annually. Laboratory tests are tool helpful in evaluating the health status of donors.

Methods

Last year in the WU Trasfusiology 3506 people donated blood. 628 (17,91%) of these donated only once; 257 (7,33%) donated twice, 305 (8,69%) donated three times, and 382 (10,89%) donated four times. Our main goal was examining 355 (10,12%) people who have been repeated donors and last year these donated three to four times. We stopped the examinations in 18 (5,07%) regular donors because during the examinations some diseases were found such as (bronchopneumonia, myoma uteri, bleeding from gastrointestinal tract, malignant) and pregnancy. In the other 337 donors, not only detailed physical examination but also more laboratory-biochemical examinations were made: complete blood count, serum iron, liver function test, total serum protein test, blood fats, enzymes, waste products, glycaemia. The analyses were made in the Central Biochemical laboratory.

Results

From 337 examined donors in the 11(3,26%) of them we found out a mild decrease of the values of Hb and Hct, and in the 5 (1,48%) of them we found out strongly decrease of values of Hg and Hct and serum iron.

The remained biochemical analyses did not show any changes. In the rest 321 (95,25%) donors no changes were found out in the made laboratorybiochemical analyses.

Conclusions

Following the health condition of regular, repeated donors has been very important task for the Transfusion service. Healthy, voluntary, non remunerated donors remain the unique source for supplying of sufficient amounts of safe blood. Our examinations showed that repeated blood donation has no significant consequences. Basic laboratory-biochemical examinations have remained unchanged even after regular donation of more than three times a year. Besides all this, we suggest increased care of the donors' health and their free complete examination once or twice a year.