

# X Sanguinis

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## Vox Sanguinis

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## Abstracts

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# FOLLOWING THE HEALTH CONDICION OF VOLUNTARY REPEATED BLOOD DONORS IN WU TRANSFUSIOLOGY – GENERAL HOSPITAL IN STIP

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**Introduktion:** Considering the need to eusure 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 regulary three to four times annually. Laboratory tests are tool helpful in evaluating the health status c donors.

**Material and methods:** Last year in the WU Trasfusiology 3506 people donored blood. 628 (17,91%) of these donored only once 257 (7,33%) donored twice, 305 (8,69%) donored three times, and 382 (10,89%) donored four times (Fig. 1). Our main goal was examining 355 (10,12%) people who have been repeated donors and last year these donored 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 conut, serum iron, liver function test, total serum protein test, blood fats, enzymes, waste products, glicaemia.

The analyses were made in the Central Biochemical laboratory.

**Results:** From 337 examed donors in the 11(3,26%) of them we found out a mild decrease of the values of Hb and Hct, and in the (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 laboratory-biochemical analyses (Fig.2).

**Conclusion:** Folowing 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 remaind 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.

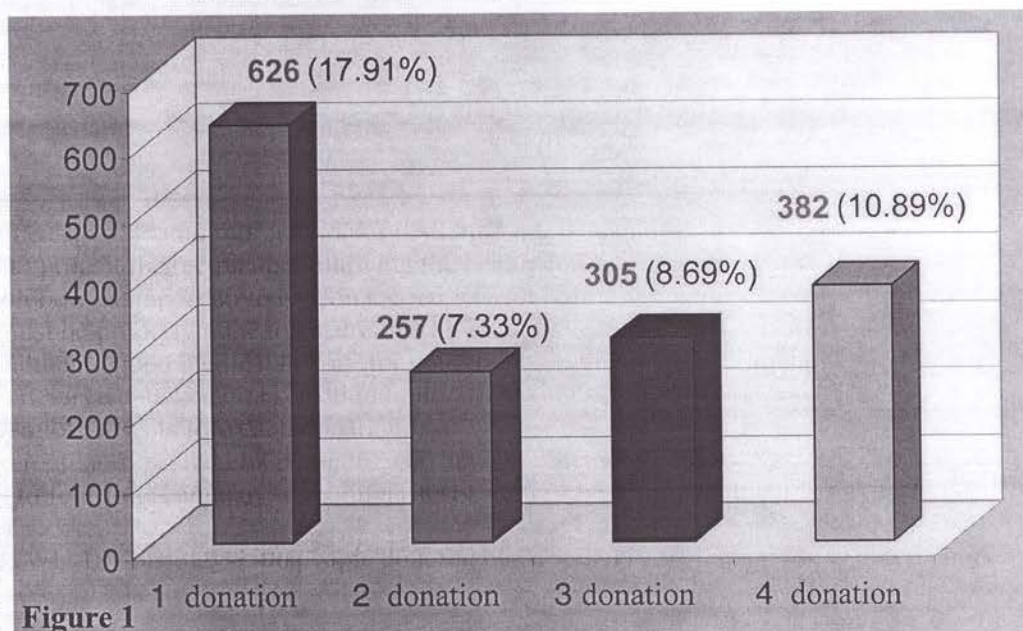


Figure 1

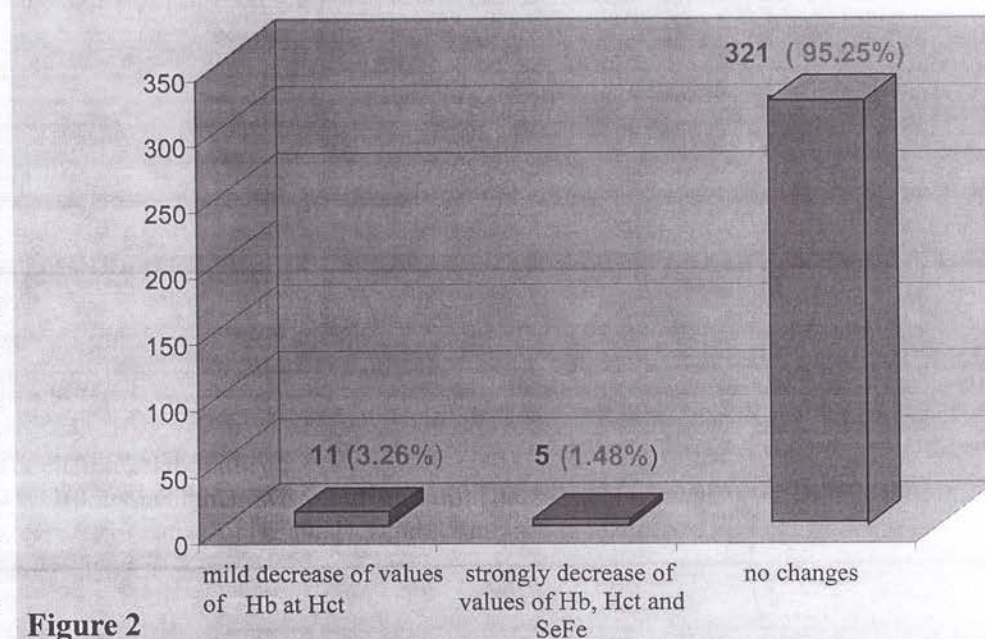


Figure 2