



MILLER-KEYSTONE
BLOOD CENTER

High School
Blood Drive
Committee Member
Manual



TEAMWORK

THERE ARE THREE BASIC REASONS WHY PEOPLE DON'T GIVE BLOOD.

- *No one asked them to give blood*

This is the single most common reason people do not give!

- *It is not convenient*

Your blood drive has been scheduled to provide a convenient time, place and opportunity to give blood.

- *They are afraid*

That's normal. We have found that donors can overcome the fear once the donation process is explained and they understand how important it is to give blood.

That's where you as a blood drive committee member fit in.

You are the link between the patients who need blood and the donors who give blood. Hoopla does not sign up donors. Blood drive Committee Members do - armed with information, enthusiasm, and pledge cards!

PEOPLE LIKE YOU ARE COUNTING YOU: A COMMUNITY RESPONSIBILITY

Blood must be available for anyone who needs it. It cannot be manufactured, harvested or mined. Its only source is healthy, caring people who understand giving blood is a community responsibility.



THE DONATION PROCESS



What will happen first?

You will be asked to provide some basic information such as your name, address, age and so on. A medical history is taken, a drop of blood is analyzed for iron content, and then your pulse, blood pressure and temperature are checked.

How long does the donation take?

The procedure is done by a skilled, specially trained medical professional and takes five to 10 minutes. You will rest after donating and enjoy refreshments. Plan to spend about an hour at the blood drive.

How much blood is taken?

A unit, which is a little less than a pint.

How long will it take to replenish the pint?

Blood volume is replaced within 24 hours. Red cells need about four (4) to eight (8) weeks for complete replacement. You need to wait 56 days, or eight (8) weeks to donate again.

How will I feel after donation?

Most people feel great! Donors who know what to expect and have eaten regular meals before donating are usually fine. After donating, drink extra fluids for the next 24 hours.

Can I donate during my menstrual period?

Yes, if you are feeling well.

How soon after donating can I get back to my regular routine?

Right away. Be careful when lifting, pushing or picking up heavy objects for the rest of the day

What happens to my blood after donating?

After donation, your blood is tested for many things such as blood type, hepatitis, **HIV (AIDS)**, HTLV-1 and syphilis. Then it can be used either as whole blood for one patient, or separated into components (such as red blood cells, platelets and plasma) for multiple patients.

Is it true I can get AIDS if I give blood?

No. You cannot get AIDS or any other disease by giving blood. The materials, including the needle used for your donation, are single use, disposable and used only once.

It's All About Attitude:

❖ TALK TO EACH POTENTIAL DONOR IN PERSON, FACE-TO-FACE.

Because donating blood is such a personal experience, it is essential that every person asked to give blood be approached face-to-face. Personal contact is the only way to be sure that potential donors realize how important their donations are and how many people they may be helping.

❖ BE ENTHUSIASTIC - IT'S CONTAGIOUS.

❖ BE CONFIDENT.

❖ BE PREPARED.



Know the day, date and time of your blood drive; have enough brochures and pledge cards on hand for your calls. Know where and when the drive will be held.

Despite your skilled use of Donor Recruitment techniques, some people, without offering any reason, won't agree to donate. Do not become discouraged by these people. You should:

Accept their answer: "I know that you must have your reasons for not participating."

Ask them to reconsider: "But if you consider that each donation can help several people who are fighting for their lives, you may change your mind."
You may want to share some Quick Facts.

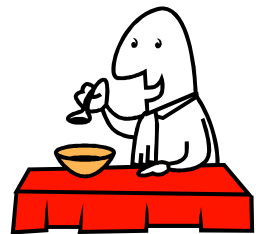
Leave them a brochure with a pledge card: "If you do reconsider, please contact me."

A speech bubble with a tail pointing towards the top left, containing the word "No!" in a bold, black, sans-serif font. The bubble has a white background and a grey drop shadow.

IT TAKES A SPECIAL PERSON: BASIC DONOR QUALIFICATIONS

- ☑ Blood donors must be at least 17 years old (there is no upper age limit), weigh at least 110 pounds, be in good health, and not have donated blood within the last **56** days.
- ☑ Donors will be required to present valid identification, ID must have a name printed on it plus a photo and/or signature.
- ☑ Donors should eat at regular meal time. If that time will be within four hours of donating blood, donors should avoid foods high in fat content such as butter, cream and fried potatoes.
- ☑ Donors should be well-hydrated, but refrain from drinks that contain caffeine.

THE MOST COMMON REASONS FOR NOT BEING ABLE TO GIVE BLOOD: PRE-SCREENING GUIDELINES



- ✓ **No Tattoos or Piercings within 12 months**
- ✓ Very specific criteria must be met before a person can become a blood donor. There are some medical conditions that can temporarily or even permanently defer a blood donation. They are listed on the "Eligibility Information for Blood Donors" brochure.
- ✓ All donors will be evaluated during their health history interviews on the day of the drive. You may be able to save your donors time and help your drive run more smoothly by encouraging them to read and follow the guidelines in the brochure we provide.

If there are any questions regarding the guidelines, please call the Blood Center's Telerecruitment Department for information at 1-800-223-6667 in the Lehigh Valley or 1-800-486-2566 in Berks County.

**“Tattoo, No I’d
rather save a life
by donating
blood!!”**



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BLOOD CENTER

Hospitals Served by the Blood Center

Pennsylvania

Easton Hospital
Gnaden Huetten Memorial Hospital
Hazleton General Hospital
Hershey Medical Center
Lehigh Valley Hospital – Cedar Crest Blvd. & I78
Lehigh Valley Hospital – 17th & Chew Streets
Lehigh Valley Hospital – Muhlenberg
Palmerton Hospital
Pottstown Memorial Medical Center
Sacred Heart Hospital
St. Joseph Medical Center – Reading
St. Luke's Hospital
St. Luke's Hospital – Allentown Campus
St. Luke's Miner's Memorial Hospital
St. Luke's Quakertown Hospital
The Reading Hospital and Medical Center

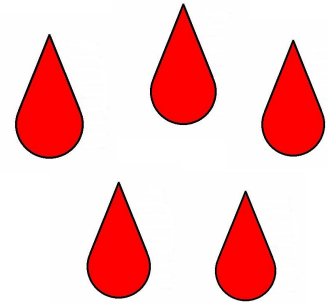
New Jersey

Hackettstown Regional Medical Center
Warren Hospital

Information About Blood & Blood Usage

- Every two seconds someone in the USA needs blood.
- Almost 5% of all hospitalized patients receive a blood transfusion.
- Each transfused patient uses an average of three units of blood.
- Ten percent (10%) of all hospital patients, over the age of 65, will receive blood. 52% of all transfused patients are women, 42% are men.
- A transfused male receives, on the average, 3.9 units of blood, while women use an average of 3.1 units.
- Cancer is the #1 disease category for blood usage, accounting for almost 20% of all blood transfused.
- Ranked in descending order, the leading uses of blood by disease category are:
 - **Cancer**
 - **Cardiovascular disease**
 - **Nonmalignant diseases of the gastrointestinal tract**
 - **Anemia**

 - **Obstetric procedures**
 - **Bone and joint disease**
 - **Lung, liver and kidney disease**
- Premature babies are more likely to use blood than any other age group.
- Blood cannot be manufactured; Blood is needed continuously.
- Men can reduce their incidence of coronary artery disease by donating blood even once a year.
- Blood given by donors, on a regular basis can help keep healthcare costs down.



ABO Typing is performed on every unit of blood. What type are you?

O Positive	38%	O Negative	7%	B Positive	9%	B Negative	2%
A Positive	34%	A Negative	6%	AB Positive	3%	AB Negative	1%

Every unit of blood is separated into its individual parts:

- **RED CELLS** – carry oxygen to all parts of the body and are administered to replenish blood loss usually trauma and surgery patients.
- **PLASMA** – administered to patients with clotting problems or to patients who have lost plasma due to burns or hemorrhages.
- **PLATELETS** – cause clotting when cuts or other open wounds occur. Leukemia and transplant patients most frequently need platelets.
- **CRYOPRECIPITATE** - contains factor VIII, a blood-clotting factor, needed for hemophiliacs and other bleeding patients.

COMMON CONDITIONS AND BLOOD AVERAGE BLOOD USE

<u>Shock Trauma</u>	4 to over 50 units	Red cells and plasma
<u>Open Heart Surgery</u>	0-8 units	Red cells
<u>Leukemia</u>	10 units or more	Platelets, during chemotherapy
<u>Sickle Cell Anemia</u>	5 units or more per year	Red cells
<u>Colostomy</u>	0-3 units	Red cells
<u>Liver Transplant</u>	10-150 units	Various products
<u>Radical Mastectomy</u>	0-3 units	Red cells
<u>Cooley's Anemia</u>	1 unit every 3 weeks for life	Red cells
• <u>Hip/Knee Replacement</u>	0-8 units	Red cells