

Awareness, Thoughts, and Practice of Voluntary Blood Donation among Physicians in a Tertiary Health Facility of a Developing Country

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Abstract - Blood donation is when a person voluntarily gives blood, which can be used for blood transfusions or to make sure drugs. The blood can be used to help the victims of accidents. The main objectives of this learn you are to assess the information, approach, and execution of voluntary blood donation among physicians, to recognize and draft prospective voluntary blood donors amongst them, and to determine the association between blood donation and gender, duration of practice, and subspecialty of the physicians. Blood donation is perhaps one way to help save the lives of many. Nevertheless, people should be counseled regularly right from their school level regarding the myths of blood donation so as to provoke in them the sense of this best form of charity.

Keywords - Blood donation, Physicians, Developing country.

I. INTRODUCTION

Human blood is an important factor in human life. The early days predictable the vital properties of blood, and it was used to save the ill, refresh the old and in poor health by bathing them with it, and they also used it as a tonic for the treatment of various disorders. Blood transfusion was usually established as the cure option for severe blood loss by the end of the war. Safe blood is a serious component in humanizing health care and in preventing the spread of infectious disease worldwide. Millions of lives are saved each year through blood transfusion, yet the value and protection of blood transfusion are still a concern, especially in developing countries. Most blood is tested for diseases, including sexually transmitted diseases (STDs). The supporter is normally notified of the test result. In the urbanized countries, most blood donors are unpaid volunteers who give blood for a neighborhood supply. In rising countries, traditional supplies are limited, and donors usually give blood when a family or a friend needs a transfusion. Some donors donate as an act of

charity. Some are paid money, or in some cases, there are incentives like paid time off from work.

For the first blood donation, direct authority from friends or relatives, media appeal, and other types of recruitment are more commonly reported as reasons or motives for donating blood. Among general reasons to motives with the highest ranking of importance, the most commonly reported motive for donating blood were general altruism, social responsibility or obligation, and influence from friends. On the other hand, malfunction to donate blood may be an effect of several de-motivating factors. The most frequently reported obstacle to becoming a regular blood donor is laziness, followed by fear of needles.

Some people do not donate blood because some medical reasons or ineligible to donate the blood for anemia, low body weight, fear, being too busy or takes too much time, not being asked, and inconvenience. Others might not know it is important, distrust, religious reasons, and do not want to. Barriers to blood donation include fear and anxiety, unawareness of the need, never being asked, and apathy. World Health Organization (WHO) has adopted a policy aimed at 100% voluntary non-remunerated donor blood procurement by the year 2020. The even fear in the hard work to meet the demands for blood is the fact that only a little percentage of the eligible people truly chooses to donate blood on a usual basis and that a major percentage of eligible donors are postponed temporarily or permanently because of strict deferral criteria being continuously added in the name of blood safety.

A voluntary donation of blood is presently the main source of the whole blood and blood derivatives necessary in numerous settings in health care. AVIS, the principal Italian association of volunteer blood donors, promotes the voluntary and free donation of blood and blood derivatives, with no division according to sex, race, language, nationality, religion, or political beliefs. Despite this, a substantial inequality has



emerged between the proportions of male and female periodic donors in Italy.

II. METHODOLOGY

Blood is an exacting body liquid in humans that distributes crucial substances such as nutrients and oxygen to the cells and transports throw-away metabolic harvest away from those same cells. There are several types of blood donations they can be followed,

Whole Blood Donations: The most general form of donating, whole blood is composed of the donor and taken to the laboratory, where it is divided into specific mechanisms, such as red blood cells, platelets, and plasma. Eligible to donate every 56 days (8 weeks).

Automated Donation is the new way of donating blood. This technology allows us to draw only exact components of your blood at a larger volume. For example, one automatic platelet donation produces one or more whole platelet doses for a patient. It would take six to eight whole blood donors mutual together to produce one complete platelet dose. We make the conclusion on what gears to draw based on your blood type.

Apheresis Donation: This method of donating allows the blood donor to give particular components such as platelets that are frequently used by patients undergoing chemotherapy treatments. A particular kit collects the definite module from the donor and returns the enduring components to the donor, along with a saline solution for hydration. Even though the process is longer than donating via whole blood, the needle is smaller. Collecting one full platelet unit from an individual donor reduces the exposure to multiple donors, which is critical for patients who have a suppressed immune system due to illness. Eligible to donate every 7 days, up to 24 times per year.

Double Red Cell (ALYX) Donation: It is similar to the apheresis method, ALYX allows the donor to give an accurate blood component. In this case, the ALYX machine collects two units of red blood cells instead of one. Platelets and plasma are returned to the donor by a single-use disposable kit, and the donor receives a saline solution for hydration. Eligible to donate every 112 days (16 weeks).

We provide a few therapeutic and medical phlebotomies to support area healthcare services, and their patients forgive the few medical donations,

Be the Match National Marrow Donor Program: By providing a trial cheek swab and finishing the proper

paperwork, donors can join the Be The Match Registry® at any Blood Assurance location. The Registry matches potential donor’s patients in need of life-saving marrow and stem cell transplants.

Blood Assurance Foundation: To support our didactic outreach such as the sparkler Green Memorial research and merit in Education through the Blood Assurance Foundation.

The most type of contribution for every entity depends on their blood type, physical individuality, personal preferences, and the accessibility of suitable contribution opportunities. Giving the right type of donation helps make sure the best use of your valuable contribution.

A. Facts about Blood and Blood Types:

Three components of your blood are used by hospitals to treat patients in need of blood transfusions.

Red blood cells: It is one of the blood cells that carry oxygen. Red cells enclose the hemoglobin. Hemoglobin, aside from being a transport molecule, is a pigment. It gives the cell its red color. A red blood cell is sometimes simply referred to as a red cell. It is also called an erythrocyte.

Platelets: That is an unbalanced or twisted disc element in the blood that assists in blood clotting. Throughout normal blood clotting, the platelets clump mutually. Although platelets are often classed as blood cells, they are truly rubbish of large bone marrow cells called megakaryocytes.

Plasma: It is a liquor part of the blood and lymphatic fluid, which makes upbeat about half of its volume. Plasma is devoid of cells and, the dissimilar serum has not clotted. It contains antibodies and other proteins.

Table 1. Blood Types

Blood Type	% of the population with this type	Who can receive this type
O+	37.4%	O+, A+, B+, AB+
O-	6.6%	All blood types
A+	35.8%	A+, AB+
A-	6.3%	A+, A-, AB+, AB-
B+	8.5%	B+, AB+

B-	1.5%	B+, B-, AB+, AB-
AB+	3.4%	AB+
AB-	.6%	AB+, AB-

1. Inspiration to donate blood surrounded by the general population and among blood donors.
2. Regularising blood assistance and rate of return after the first donation.
3. Difficult reactions and reasons for leaving out from donation.
4. Strategies for falling adverse reactions.

Benefits of Donating Blood:

- The Joy of economy Human Lives.
- Blood donation is good quality for your health. It reduces the amount of iron in the body and reduces the risk of heart disease.
- Dropping the Risk of Cancer.
- Burning Calories.
- Providing a Free Blood Analysis.

III. DATA ANALYSIS

The data collected was analyzed using Statistical Software for Social Sciences. The results were presented in frequency tables such as the association between gender and blood donation and also the bar chart available for people who do not donate types of blood.

Table 2. The association between gender and blood donation

Gender	Donors	Non Donors	Total
Males	43	59	102
Females	10	23	33
Total	53	82	135

Early investigation about the literature on gender prevalence among blood donors in different countries and analyzing the causes of any differences, the idea was to provide a springboard for future discussion, with the hope that dialogue between the various figures working in the sector will contribute to the growth of gender culture in the setting of voluntary blood donation.

For superior intelligibility of production, the analysis of the works was divided into several themes, discussed below:

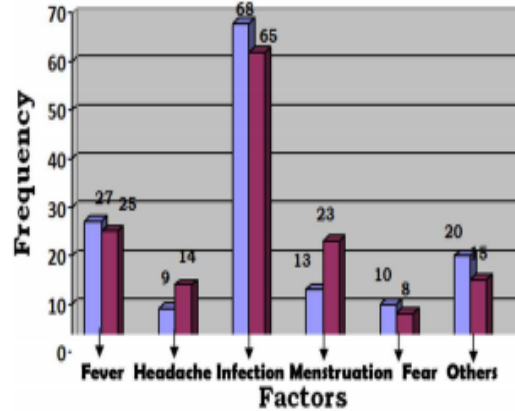


Fig 1. Reasons for not donating blood

The chart is showing the reason for do not donate blood by the people is the fear of infections, followed by the fear that they will develop a fever. One important thing we celebrate is the National Voluntary Blood Donation Day on is 1st of October. Every year to share the need and importance of the blood in our life as an individual. It was first started celebrating on the 1st of October in the year 1975 through the Indian Society of Blood Transfusion and Immunohaematology. Indian Society of Blood Transfusion and Immunohaematology were first established on the 22nd of October in the year 1971 under the leadership of Mrs. K. Swaroop Krishen and Dr. J.G. Jolly.

To make people responsive towards blood donation, a mixture of events, awareness programs, camps, and supplementary promotional activities are organized in all states at the National Voluntary Blood Donation Day. There are a variety of criteria for blood donors according to the Drugs and foundation Act 1940. The age of blood donors should be among 18 to 60 years, weight 45 kg or above, pulse rate range 60 to 100 per minute, BP normal, Hb 12.5gm/100ml, and body temperature should not exceed 37.5 degrees centigrade.

In order to avoid blood transmitting diseases through blood transfusion, it becomes very compulsory to carefully investigate every unit of collected blood to prevent life-threatening diseases such as AIDS, syphilis, Hepatitis-B, Hepatitis-C, malaria, and many more. Blood donation should be optimistic by the

intended blood donors only as their blood is secure as an alternative to professional or paid blood donors. Voluntary blood donors never tell a lie and become agree to advance testing of their blood as they really want to save the precious life of someone.

Safe blood donation saves lots of lives of all ages and from all walks of life every year. The states, Tripura, Tamil Nadu, West Bengal, and Maharashtra, are painstaking as the nationwide stage voluntary blood donors. Tripura, a North Eastern State of the country, is careful as the maximum level of voluntary blood donor in India with 93% as well as Manipur is painstaking as the lowest in the country. It is very important, and also it is necessary to celebrate this day at a great level to remove the ignorance, fear, and misconceptions of the general public towards the voluntary blood donation campaign. Voluntary organizations of the country are paying their valuable time and using their resources in order to encourage the students or youths, colleges, institutions, clubs or NGOs and etc.

IV. CONCLUSIONS AND RECOMMENDATIONS

This study has demonstrated that even if the peoples and students have good knowledge of blood donation, the real practice of blood donation is not high, and their reasons for not donating blood are issues that can be handled successfully. So it is recommended that Religious Organizations should offer a platform to instruct their members on the need to donate blood. They should brave their members to show self-sacrifice and acts of kindness, and also distribute with avoidable fears over blood donation as the practice is safe. Transfusing or donating blood or its machinery to the deprived person has become a very important part of humanity in the modern health care system. It does not matter who is the blood donor or blood receiver, and a donor can be a receiver in the future as well as a

receiver can be a healthy donor in the nearest future. So donating blood without any expectation is great humanity and a vital part of the life-saving process. Do not donate blood only to your relatives or friends; donate blood voluntarily for any human being is the real humankind as it can save many lives.

You do not have to be a doctor to save lives. Just simply DONATE BLOOD.

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