

## Blood Donation in Another Vision Amr Abdrabou\*

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Received with Revision March 12, 2021, Accepted: March 26, 2021, Published: March 31, 2021

### Short Communication

Donating blood is one of the ways that help save the lives of people, and this blood is required to be free from the diseases that are transmitted through it, because blood cannot be kept for long periods of time, it is imperative to donate blood continuously to preserve Blood banks are equipped with different types of blood, to ensure that they are obtained when needed, to understand that it is worth noting that there are many cases that require blood transfusions, including the following:

- The occurrence of complications during pregnancy, such as: Ectopic pregnancies Bleeding during childbirth or during pregnancy for one reason or another.
- Exposure to severe injuries such as accidents and others.
- Undergoing complex medical procedures and surgeries, as well as cancer cases.
- Suffering from severe anemia, especially childhood anemia caused by malaria or suffering from malnutrition.
- The incidence of anemia known as thalassemia or sickle cell disease.

### How to Donate blood?

By collecting blood in a bag containing anti-clotting material connected to a sterile disposable needle only delivered from a vein in the arm, the process of donating blood in a time period of about 5-10 minutes in this period of time is brilliant under medical care, but the visit takes a period of hosting Between 15-20 minutes.

### What do I do before donating blood?

Get enough sleep the night of the donation.

Eat a balanced meal about two hours before the donation.

You should drink fluids (caffeine-free) a little more than usual.

### Advantages of blood Donation

- Reducing the amount of iron in the body, despite the human need for iron to manufacture red blood cells, its presence in amounts exceeding the normal limit causes its accumulation in the liver and heart, which leads to a negative impact on the functions of these organs.
- Detecting health problems, if any, because donating blood requires the patient to undergo a physical examination and to

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**Citation:** Abdrabou A (2021) Blood Donation in Another Vision. Health Sci J. 15 No. 3: 821.

conduct a number of blood tests.

- Enhancing self-confidence and self-satisfaction, resulting from the feeling of saving the lives of others.
- Calories burned; In every donation the body burns approximately 650 calories.

### Conditions for donating blood

- The person must be at least 17 years old.
- The donor's weight should not be less than 50 kg.
- That the donor informs the health care provider about all the medicines they are taking and the diseases they are suffering from.

### The Donor must

- Drink plenty of fluids during the hours following the donation.
- Abstain from smoking for two hours. Do not remove the plaster from the location of the injection before two hours. Hands should be raised to the top and pressure on the needle site if there is bleeding.
- If the donor feels nauseous or spinning, he should lie on the bed and have the head lower than the body, or sit with the head placed between the knees for 5 minutes.
- Not doing strenuous work or strenuous exercise for 24 hours.
- Do your usual activities after the donation, while avoiding excessive physical exertion.
- Drink a little more fluids than usual during the two hours following the donation.

➤ Avoid exercising strenuous exercise within 24 hours after the donation.

➤ If you are a smoker, do not smoke for two hours after the donation; Because inhaling smoke stimulates blood to go to the lungs, causing dizziness and paleness.

### **Care after donation**

The donor stays on the donation bed for 5 minutes under medical observation and is allowed to sit down after confirming his medical condition.

The donor is not allowed to leave the place before being authorized by the doctor or the nurses, in order to ensure his safety.

### **When can you re-donate blood?**

It is recommended to donate blood 6 months after the last blood donation, while for repeated donation, blood can be donated before that in the period of 3-4 months, but the donor must be medically fit.

### **How much blood is taken from the donor at one time?**

It is taken from 400 to 450 ml, which represents about 1/12 of the volume of blood inside the body of every human being, which ranges from 5 to 6 liters.

### **Are there complications that the donor may face?**

There are no complications of donating blood as long as the doctor signs a medical examination for you, and confirms your suitability for the donation.

The body compensates for the amount of blood lost within hours, and most people carry out their normal activities after donating.

Symptoms rarely occur; Like dizziness or vomiting, it goes away spontaneously after a short time.

So finally we should take care about our life to be a healthy life.