

How to save a life

Blood donation,

Let's talk about it!



WHO World Blood Donor Day

With the EDQM,
Council of Europe

edqm
European Directorate
for the Quality
& HealthCare | Direction européenne
de la qualité
du médicament
& soins de santé

COUNCIL OF EUROPE

CONSEIL DE L'EUROPE

Promoting the quality and safety of blood donations and transfusions through the Council of Europe and

World Blood Donor Day on 14 June.



“Celebrating the gift of blood”

Photo © EDQM, Council of Europe



THE COUNCIL OF EUROPE PROMOTES 3 MAJOR PRINCIPLES IN THE AREA OF BLOOD TRANSFUSION:

- ◆ mutual assistance between Council of Europe's member states
- ◆ the protection of the health of blood donors and recipients
- ◆ the non-commercialisation of substances of human origin by voluntary and non-remunerated donation.

The European Committee on Blood Transfusion (CD-P-TS) is in charge of this work. It has representatives from 35 European countries and 9 observer states, as well as the World Health Organization (WHO) and the European Commission. The European Directorate for the Quality of Medicines & HealthCare (EDQM, Council of Europe) co-ordinates the activities of the CD-P-TS.

For many years, the Council of Europe has been supporting World Blood Donor Day (WBDD), which is a worldwide event organised to honour and give thanks to those people who give the gift of life through blood donation. This yearly celebration also aims to create awareness of the need for safe blood for transfusion and to highlight the importance of blood donation, whilst giving thanks to current donors.

On 14 June each year, this global event is organised through the collaboration of organisations such as the World Health Organization (WHO), the International Federation of Red Cross and Red Crescent Societies (IFRC), the International Federation of Blood Donor Organisations (IFBDO) and the International Society of Blood Transfusion (ISBT).

For further information, please contact:

www.edqm.eu

www.coe.int

www.who.int

www.fiods.org

www.ifrc.org

www.isbtweb.org



Every second of every day, someone in the world needs blood.

How many donations are needed to save a life?

- ◆ **Adjuvant cancer therapy:** up to **8 donations/week.**
- ◆ **Coronary bypass:** between **1 and 5 donations.**
- ◆ **Transfusion following a traffic accident or bullet wound:** up to **50 donations.**
- ◆ **Liver transplantation:** up to **100 donations.**
- ◆ **Transplantation of other organs:** up to **10 donations.**
- ◆ **Brain surgery:** between **4 and 10 donations.**
- ◆ **Repair of a fractured hip or arthroplasty**
(replacement of a joint by a prosthesis): between **2 and 5 donations.**

European member states of the Council of Europe have been working **since the 1950s** to improve quality and safety standards in the area of blood transfusion, to deal with ethical issues such as the protection of donors' and recipients' rights, to improve organisational aspects and to promote blood donation and access to transfusions in Europe.





450 ml

AB+



Blood donation

QUIZ : what do you know about blood donation?

For the answers see page 11

1. One blood donation can save up to 3 lives.

- True.
- False.

2. Each year, a blood donor can give no more than:

- 2 blood donations.
- 4 blood donations.
- 6 blood donations.

3. The probability that a person will receive at least one blood transfusion in their lifetime is 20%.

- True.
- False.

4. Blood donors must be at least:

- 14 years old.
- 16 years old.
- 18 years old.

5. Donors should not eat before donating blood.

- True.
- False.

6. You cannot contract any transmissible infection by donating blood?

- True.
- False.

7. How long does it take the body to replace donated blood (red blood cells)?

- 2 days.
- 10 days.
- 6 to 8 weeks.

8. Who can be a donor?

- A. A person weighing at least 50 kg.
- B. A person who has recently undergone surgery.
- C. A pregnant woman.
- D. Any person in good health.

9. There are at least 4 blood groups.

- True.
- False.

10. On average the human body contains:

- 1-2 litres of blood.
- 2-5 litres of blood.
- 4-6 litres of blood.
- 8-10 litres of blood.

11. Who received the Nobel Prize for the discovery of the ABO system of blood groups?

- Dr A. Hustin.
- Dr K. Landsteiner.
- Dr N. Bethune.
- none of the above!

12. A blood donation takes:

- 5-15 minutes.
- 16-25 minutes.
- 45 minutes to 1 hour.

Blood donation

the answers to a few questions

How is donated blood used?

Every year, tens of millions of blood bags are collected in Europe. Donated blood is used to provide many patients with blood components. They receive red blood cells, platelets or plasma, depending on their needs (whole blood is never transfused; patients receive only the component that they need, with the exception of auto-transfusion).

The transfusion of **red blood cells** and **platelets** are essential as an add-on therapy in the treatment of patients with cancer, such as leukaemia (50%), or to treat accidental haemorrhage (15%). They are, of course, valuable during surgery (27%) to replace blood lost during the operation. **Plasma** may be used in its initial form, in particular in the case of acute haemorrhage, or it may be fractionated to isolate some of its proteins (immunoglobulins, coagulation factors, albumin, etc.) for therapeutic use.

Can anyone be a donor?



In Europe, any healthy person aged between 18 and 65 years old can usually donate whole blood. Other age limits may apply to donations of plasma and platelets. Depending on the country, between 0.4% and 6.4% of the adult population gives blood regularly*. For safety reasons, users of injectable drugs, carriers of transmissible infections (HIV, hepatitis C, etc.) and recipients of organ transplants or transfusions cannot be blood donors.

* Blood donation in the WHO European Region, WHO, 2010.



🔴 What types of donation are possible?

Blood services collect:

- 🔴 **Whole blood**, which is converted into blood components.
- 🔴 **Plasma** using a technique called plasmapheresis. (The donor's blood is processed through an apheresis machine that extracts only the plasma and returns the rest of the blood to the donor. Plasma may be transfused into a patient or further processed into therapeutic products).
- 🔴 **Platelets** using a technique called plateletpheresis. (The donor's blood is processed through an apheresis machine, much like in plasma donation. In this case, only the platelets are collected and the rest of the blood is returned to the donor).

Blood services also collect blood samples from donors who wish to join a haematopoietic stem cell and bone marrow database. These data enable donors to be matched with patients who need stem cell transplants.



🔴 How often can I donate?

As a rule, men may donate whole blood up to 6 times, and women up to 4 times, per year. Plasma and platelets may be donated more frequently. Donations can be made in mobile blood units or in a blood donor clinic run by the official organisation responsible for collecting blood.





*a single donor
can save
several lives!*



Blood donation

How you can help

A FEW STATISTICS IN EUROPE*

◆ **ON AVERAGE**, while only 4 in 10 citizens say that they have given blood, 6 in 10 say that they are prepared to donate blood in the future.

◆ Men donate blood more frequently than women (39%), compared with 31% of women.

◆ Of those who donate blood the most often, the majority are people aged between 40 and 54 years (41%), compared with only 23% of those aged between 15 and 24 years.

* Special Eurobarometer 426 'Blood and Cell and Tissue donation' 2015

Get involved:

choose to become a blood donor, GIVE THE GIFT OF LIFE

◆ Go to a **mobile blood unit** or **the nearest blood collection clinic** for a donor questionnaire and a medical evaluation to find out whether you can become a donor. Contact the authorities in your country or blood donor associations for specific information on eligibility conditions (addresses are listed on the following page).

◆ **Give regularly:** blood is needed all year round.

◆ **Young people, get involved:** become a life-long donor and try to give regularly. Today, the donors that give the most in Europe are over 40 years old.

◆ **Tell your family and friends** about your blood donation **to help promote this cause.**



Useful addresses and links

Stay connected in Europe

🔴 Austria:

www.rotekreuz.at

🔴 Belgium:

www.transfusion.be

🔴 Bulgaria:

www.redcross.bg

🔴 Croatia:

www.hck.hr

www.hdm.hr

www.hztm.hr

🔴 Cyprus:

www.moh.gov.cy

🔴 Czech Republic:

www.sukl.cz

🔴 Denmark:

www.sst.dk

www.bloddonor.dk

🔴 Estonia:

www.verekeskus.ee

www.kliinikum.ee

🔴 Finland:

www.veripalvelu.fi

🔴 France:

www.dondusang.net

🔴 FYR of Macedonia:

National Institute of Transfusion
Medicine, Skopje

🔴 Germany:

www.blutspende.de

www.bzga.de

🔴 Greece:

www.yyka.gov.gr

www.posea.gr

www.moh.gov.gr

🔴 Hungary:

www.ovsz.hu

🔴 Iceland:

www.bgfi.is

www.blodbankinn.is

🔴 Ireland:

www.giveblood.ie

🔴 Italy:

www.centronazionalesangue.it

🔴 Latvia:

www.vadc.gov.lv

🔴 Lithuania:

www.kraujodonoryste.lt



◆ **Luxembourg:**
www.croix-rouge.lu

◆ **Malta:**
www.gov.mt

◆ **Moldova:**
www.cnts.md

◆ **Montenegro:**
Center for Blood Transfusion
Clinical Center of Montenegro,
Podgorica

◆ **Netherlands:**
www.sanquin.nl

◆ **Norway:**
www.rikshospitalet.no
www.kunnskapssenteret.no
www.gjblod.no

◆ **Poland:**
www.ihit.waw.pl
www.pck.pl

◆ **Portugal:**
www.ipsangue.org

◆ **Romania:**
www.transfuzia.ro

◆ **Serbia:**
www.nbti.org.rs

◆ **Slovak Republic:**
www.ntsrsk

◆ **Slovenia:**
www.ztm.si

◆ **Spain:**
www.cruzroja.es
www.donantesdesangre.net
www.msc.es

◆ **Sweden:**
www.geblod.nu
www.sweba.se

◆ **Switzerland:**
www.blutspende.ch

◆ **Turkey:**
www.kanver.org

◆ **United Kingdom:**
www.blood.co.uk
www.welsh-blood.org.uk
www.scotblood.co.uk
www.nibts.org

ANSWERS TO THE QUIZ

Q1: true

Q2: man:
6 donations,
woman:

4 donations

Q3: true

Q4: 18 years old

Q5: false

Q6: true

Q7: 6 to 8 weeks

Q8: A and D

Q9: true

Q10: 4-6 litres

Q11: Dr K. Landsteiner

Q12: 5-15 minutes

For general information
on the Council of Europe:
www.coe.int

Council of Europe
Avenue de l'Europe
F-67075 STRASBOURG Cedex

Tel. + 33 (0)3 88 41 20 00
Fax + 33 (0)3 88 41 27 81

E-mail : documentation@coe.int

For specific and technical
information on the EDQM:
www.edqm.eu

European Directorate
for the Quality of Medicines
& HealthCare (EDQM)
7 allée Kastner, CS30026,
F-67081 STRASBOURG

Tel. + 33 (0)3 88 41 30 30
Fax + 33 (0)3 88 41 27 71

E-mail : via the HelpDesk which
is accessible on the Internet site
of the EDQM: [www.edqm.eu/site/
page_521.php](http://www.edqm.eu/site/page_521.php)

ENG

The Council of Europe is the main organisation for the protection of human rights on the continent. 28 out of its 47 member states are also members of the European Union. All the member states of the Council of Europe have signed the European Convention on Human Rights, a treaty intended to protect human rights, democracy and the rule of law.