



WORLD BLOOD DONATION DAY 14TH JUNE

Every year on 14th June the world celebrates "World Blood Donor Day". The event serves to thank voluntary, unpaid blood donors for their life saving gifts of blood and to raise awareness of the need for regular blood donation to ensure the quality, safety and availability of blood and blood products for patients in need. Blood transfusion helps in saving lives from life threatening conditions be it medical, surgical and maternity. The Kenya Blood Transfusion Service was established in the year 2000 in the ministry of health and it is mandated to collect, test, process and distribute blood and blood related products to all blood transfusing hospitals in Kenya.

The following are quick facts about blood donation;

- There is no substitute for human blood.
- The shelf life for blood is 30 days.
- The average age of an adult is between 16-65 years, in good health and weighs more than 50kg is fit to donate blood.
- Males can safely donate blood after every 12 weeks and females after every 16 weeks.
- All donated blood is screened for diseases including HIV and infected blood is discarded.

- A donor's health status is highly confidential and is only released to him or her after their request and is put through counselling before.
- Four main red cell types A, B, O, AB and each has a rhesus factor which can be positive or negative, AB is the universal recipient while O is the universal donor.
- After donating blood you replace the fluid in hours and the blood cells in 2 weeks.
- A healthy adult has about 10 pints of blood.
- All equipment's used during transfusion are sterilized before being used.
- The actual blood donation process takes about 10 to 45 minutes.

Benefits of blood donation;

- A donor effectively burns out 650 calories by donating one pint of blood.
- In patients with iron overloads, blood donation prevents its accumulation to toxic quantities.
- Blood donation reduces the risk of heart disease in men.
- It is an opportunity to save the life of a person.



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