

- Donating blood is a practical act of great human kindness
- Blood is a gift of life that a healthy individual can give to people in the community who are sick or injured
- You gain the sense of pride for helping someone in a unique way- a child, a mother, an accident victim etc.
- You give something that everyone in the world relies upon, but hardly anyone helps to provide
- You obtain a free medical examination which could alert you on unknown health issue
- You are sure that your time has not been wasted and your donation of blood will be put to the best possible use
- The plaster covering the donation site on your arm is a flag of pride. Everyone who looks at it knows that you were out saving lives

WHO CAN DONATE BLOOD

You may become a blood donor if you:

1. Are 17 to 65 years old
2. Weigh at least 45kgs
3. Have hemoglobin level at least 12.5g/dl
4. Are in good health
5. Have a normal blood pressure
6. Do not have any symptoms of infection within the last week
7. Do not have fever in the last 3 weeks
8. Have not had dental works within the last 24 hours

WHO SHOULD NOT DONATE BLOOD

- Blood may carry certain viruses or infectious agents which can be transmitted to people who receive it and harm them. These include HIV, Hepatitis B, C and syphilis.
- Before you give blood you will be asked a number of questions regarding your health, travel and social history. This is necessary to ensure that you are well enough to donate and that you are not at risk of any infectious diseases that may harm the recipient of your blood donation.

THE DONATION PROCESS

- Blood establishment staff are trained, friendly professionals who are skilled at putting you at ease during the donation process.
- Confidential information will be required from you to fill a form and register you as a blood donor.
- **Medical screening** will be carried out using a health assessment questionnaire; **Physical examination** involving: measurement of weight; blood pressure; haemoglobin level.

- All persons that have ever donated will be required to be counselled and receive results of their previous donation before being allowed to donate again.
- Blood donation lasting 5 to 8 minutes at which about 400 ml of blood is drawn after a needle prick in one of your arms.
- 15 minutes rest after blood donation during which refreshments will be provided that you will be expected to drink and eat.

BLOOD TESTING

- Donated blood as a requirement must be tested for the following infections that can be transmitted through blood transfusion.
 - HIV
 - Hepatitis B and C
 - Syphilis
- In addition, all donor blood must be tested for blood group
- Test results are ready usually in 2 weeks. All donors are encouraged to receive their results from the counselor who visits the same site where donors will have donated to give out results.
- It costs USD 40 to avail a unit of blood of dose of ARVs or expensive antibiotics

BLOOD DISTRIBUTION

- Blood is distributed to all health care facilities that offer blood transfusion as a medical remedy. There are 227 such centres all over the country; government and private.
- There is no price for blood and blood cannot be charged as a commodity – it should be offered free to all patients who need it, the only charges being for collateral services where applicable.
- Hospital authorities are responsible for collecting blood from the Blood Establishment at its Regional Blood Banks (RBBs).
- Sometimes hospitals fail to collect blood due to financial constraints thus creating a shortage of blood in their hospitals.
- The Blood Establishment aims to be equitably represented all over the country so as to move its services closer to the users and ease cost of blood distribution.

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UGANDA BLOOD TRANSFUSION SERVICE

COMMUNITY RESOURCE PERSONS INFORMATION TOOL KIT

UGANDA BLOOD TRANSFUSION SERVICE NETWORK



Safe Blood Saves Life

network of Seven Regional Blood Banks – (Nakasero, Portal, Arua, Gulu, Kitovu, Mbale, Mbarara) and Eight Collection Centers – BCCs that function under the RBBs ma, Masaka, Kitovu, Kabale, Rukungiri, Jinja, Soroti &

UGANDA BLOOD TRANSFUSION SERVICE AND UGANDA RED CROSS SOCIETY

Uganda Blood Transfusion Service (UBTS) is a semi-autonomous organization in the Ministry of Health whose core function focuses on supplying safe blood to hospitals in Uganda. It works jointly with Uganda Red Cross Society, URCS, a humanitarian organization which is mainly engaged in mobilization for blood donation and recruitment of blood donors.

WHAT IS CRP?

Community resource persons program is a new approach to donor recruitment that enrolls key individuals in the community to convey required blood donation information to the rest of the community. It aims at creating community based synergies that will enhance blood donation. The synergy teams are referred to as CRP (Community Resource Persons - for Blood Donation). It can also be defined as; a synergy of teachers, local leaders, health workers, Village Elders, Village Health workers and elders who are eager to voluntarily assist in carry out donor mobilization in their respective communities in which they reside.

WHO IS ACTUALLY A CRP

1. An adult resident of a given community
2. Willing to offer voluntary service
3. Willing to serve as an advocate for blood donation and ambassador of the blood service
4. A person of high integrity and good standing in the community
5. A good communicator who is knowledgeable about the community
6. Would not engage him or herself in activities that are beyond UBTS/URCS objectives

BACKGROUND OF THE COMMUNITY RESOURCE PERSONS PROGRAM

Secondary schools and their students are an important source of voluntary blood donors in Uganda. Students account for 15% of the blood supply and thus our strongest donor source. However there is a recurring problem in continuity of blood

supply resulting into failure in meeting hospital blood requirements for transfusion in the country as a result of consistent fall in blood collections due to schools closing for holidays.

- A permanent solution in realizing desired blood collections throughout the year is needed hence community liaison for blood donation was conceived, giving rise to the CRP program.
- There is need to tap into various stakeholders such as; Donor communities, Secondary Schools, Institutions of high learning, Ministries/ Ministry departments, faith based institutions, Business Organizations and local communities who form the biggest percentage of Ugandan population.

OBJECTIVES OF THE CRP INTERVENTION

- To gain the support and involvement of community leaders, local council heads, resident teachers, existing Local mobilizers, Village Elders and health personnel on the importance and role of donating blood.
- To create awareness amongst communities on donating blood through recruitment of voluntary, non- remunerated blood donors.
- To be able to realize desired blood requirements for transfusion of patients in the country throughout the year.
- To tap future potential by educating the young about blood donation.

ACTIVITIES OF A CRP

1. Carry out sensitization of the community on blood donation
2. Coordinate blood donation activities in the community with UBTS/URCS staff and offer preliminary notification and education to communities on local, regional and national BD events such as NBD and award events
3. Mobilize communities to donate blood
4. Organize and form blood donor clubs in the communities
5. Sustain blood donation activities within communities by continuously empowering society with essential knowledge.
6. Lobby for support from other key partners or stakeholders like religious leaders, politicians, elders etc.
7. Conduct positive discussions in schools and communities on blood donation
8. Develop collateral activities that are tailored to blood donation activities like drama, songs, poems, sports, youth camps etc.
9. Organize regular and periodic meetings to review blood donation

10. Conduct dissemination and communication activities like phoning and texting, emails, banners, posters, talk shows on radios and televisions, recorded testimonies etc.
11. Organize blood donors to indulge in visibility enhancement activities such as cleaning of townships, tree planting, mass treatment of mosquito nets etc.
12. BD-related data collection and storage in our communities
13. Coordinate provision of donor awards like pens, T-shirts, issue of certificates
14. Coordinate and make follow up for post-donation counseling and issuing of donor cards to blood donors in a regular manner
15. Advocate for Integration of blood donation activities into the school program
16. Participate in routine monitoring and evaluation of CRP activities
17. Locate, request and secure suitable venues for blood donation activities

THE NEED FOR BLOOD

Blood is needed to save lives in times of emergencies. Blood is also required to enable doctors carry out lifesaving procedures for patients.

Everyday, blood is needed to sustain the lives of patients who require regular or immediate blood transfusions. These are patients who become anaemic due to various conditions:

- Children due to malaria – 60% of patients receiving blood
- Mothers with complications of pregnancy and childbirth -30%
- Accident victims; cancer, surgical patients -10%

WHY DONATE BLOOD

- Blood is a lifesaving remedy got from human beings only
- There is no known substitute for blood
- It cannot be made or manufactured
- Blood donors are the only source of blood for patients who need it
- When you give blood, you give someone another chance to live
- Therefore it is important to donate blood beforehand in order for it to be processed and made available before a patient needs it

BENEFITS OF DONATING BLOOD

- Blood donation is a social responsibility
- As a blood donor, you gain numerous intangible rewards