

# Because Every Drop Have Life Blood donation to fight against the Crisis of blood in future

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## Abstract:

*The definition of blood donation is very simple, that means one person transfers their blood to another one who needs blood but reality is not simple. In this 21<sup>st</sup> era where people land on the moon and mars in this highly technological world, some people currently feel insecure to contribute their blood to another one who needs blood due to some myth and orthodox. Types of blood group are A,B,AB and 'o' in recent time there is decrement in donation of blood and this is the symbol of crisis coming in future. The main reason for decrement is lockdown. Who can and who can't is important. The government should need to take action as per given suggestion.*

Sr. No.	Blood Attributes	Sr. No.	Blood Attributes
1	Pulse	6	Covid Test
2	Blood pressure	7	HepatitisB/ C
3	Body Temperature	8	HIV
4	Haemoglobin Level	9	West Nile Virus
5	Syphilis	10	Trypanosoma Cruzi

## Keywords:

*Blood, Blood donation, Awareness, Attitude, University student, Health, Fight, Crisis, Blood camp*

## 1. Introduction:

A man can't survive without blood. Research work is carried on across the world to find a suitable substitute for blood. Due to shortage of blood in covid-19 research is carried out on Artificial blood. But so long as blood can't be replaced by artificial blood or a suitable one. Substitute human beings required blood. Patients who undergo operation are in need of blood very much. So, donation of blood is extremely important. The group of blood is very important to know. The blood is divided into four groups, there are A, B, AB and O. Those are sub divided into positive and negative groups. The 'O' group of blood are called omnipresent donors and those who have 'AB' called universal recipients.

Moreover, donating blood revitalizes our body. After donating blood our body gets healthy because fresh blood is formed in the body that refreshes our body system. WHO organized a campaign where people who are in the age group of 17 to 66 and weigh more than 50kg are invited to donate their blood? Blood must be tested before use otherwise blood may be directly transferred from the Body of a healthy person to the ailing person. Nowadays awareness in respect of the necessity of blood donation is spreading across the country.

### 1.1 Blood type compatibility:

**Table 1: Data to show which blood type you are compatible with?**

Blood type	Gives	Receives
A+	A+, AB	A+, A-, O+, O-
O+	O+, A+, B+, AB+	O+O-
B+	B+, AB+	B+, B-, O+, O-

AB+	AB+	Everyone
A-	A+, A-, AB+, AB-	A-, O-
O-	Everyone	O-
B-	B+, B-, AB+, AB-	B-, O-
AB-	AB+, AB-	AB-, A-, B-, O-

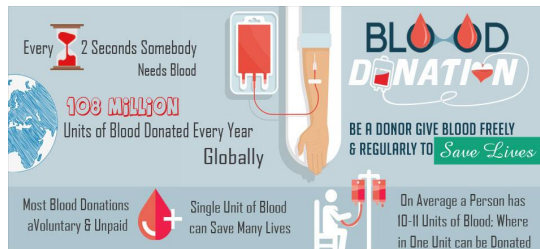


Fig: To show blood needs.[10]

## 2. Decrease in blood donation During Lockdown;

During lockdown, it found that the decrease in blood donation. we can better understand why there are too many decrements in blood donation during lockdown with the help of the following factor.

- . Restrictions on mobility
- . lack of information
- . increased isolation
- . Fear
- . Perfect online platform is not available
- . Due to transporting system

## 3. Data of Blood Donation Reported in India;

Average daily collection of blood units by Indian red cross society, Ahmedabad

Table 2: Data to show the big drop

Year	Average daily collection
2017-18	145
2018-19	155
2019-20	146
2020-21	86

Till December 31,2020

According to the government data available on the National Blood Transfusion Council(NBTC) website, the total donated blood has dropped from

38,189 units in February to 26,741 units in March. Further, only 3,037 units have been received in the first 10 days of April.[8] We can store the blood for the emergency as we need.

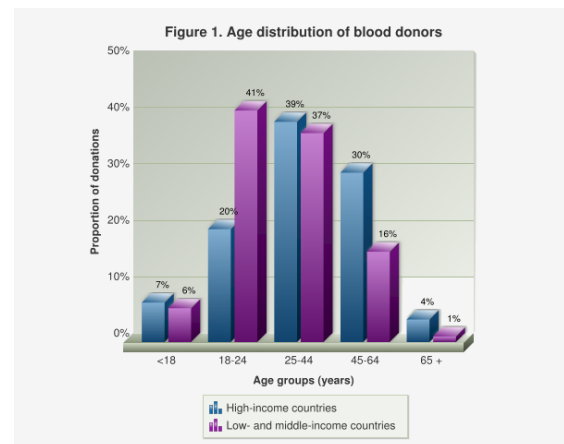


Fig: To show age distribution of blood donation.[9]

Table 3: Data to show how long can blood component be store (in days);

Whole blood	35
Red blood cell	35
Red blood cell with additives	35
platelets	5
Plasma	365

## 4. Myths that keep one from Donating Blood;

Table 4: To show Myth

Myth#1	Myth#2	Myth#3
It causes fatigue	It reduces blood in the body.	Blood Donation is a painful process
Reality: Donors are given refreshment soon after. One can resume work after an hour	Reality: Around one pint is taken. An adult has 8-12 pint of blood	Reality: only pain is of the needle pricking the skin

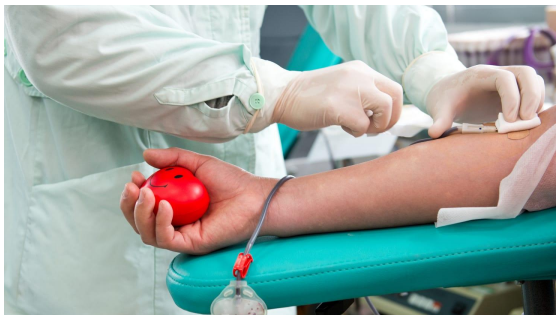
## 5. Benefit of Blood Donation;

- . Helpful for health.
- . One unit of blood from your donation can save 3-person lives.
- . Help to reduce heat issues.

- . Regular blood donation helps to control iron in the body.
- . After donation, new blood cells.
- . help to reduce stress
- . help to get out of negative feelings

### 5.1 who can or can't donate blood;

1. Less than 18 or older than 65 can't donate blood.
2. Who has a fever, cold cough and can't donate blood?
3. Diabetes people who use injections can't donate blood. Those people who maintain diabetes with diet or oral medicine can donate.
4. Weight should be 45kg or more than 45kg.
5. Haemoglobin level is not more than 12-50gm.
6. Donors don't have any infection.
7. After taking the vaccination you cannot donate blood after 14 days. Those people who recover from covid-19 donate blood after 28 days.
8. Women donate after 1 year of delivery, when she stops breastfeeding.



**Fig: To show donating blood.[11]**

### 5.2 Maintain safety for the donor:

In the time covid-19 the government should thought about the safety of donor and have the proper data like

1. Travel history
2. contact history
3. social distance maintain in the camp or hospital
4. cleanness
5. everyone wear mask and gloves
6. proper use of sanitizer

### Free health checkup;

When you are visiting to donate your blood. Firstly you go through health screening. Where doctors check yours

- . pulse
- . blood pressure
- . body temperature
- . hemoglobin level
- . covid test

Taking blood is checks for some diseases are following;

- . hepatitis B/C
- . HIV
- . West Nile virus
- . syphilis
- . Trypanosoma cruzi

### 5.3 Some side effect of blood donation:

There is no confusion, donating blood is good for health. WHO report say that it help our body to restart but sometimes there is a little side effect are reported after donation are the following

1. Injury: when a doctor removes the needle from the vein there is always a chance to get injury wherever the needle gets injected.
2. keep on bleeding: sometimes after removing the needle from the vein the bleeding keeps on and stops after 4 to 5 hours.
3. Dizziness, lightheadedness, and nausea
4. pain
5. physical weakness

### 6. Tips for successful blood donation:

#### Before donation:

- . Eat healthy
- . Avoid Fatty Food
- . Eat at least 4 hours before donation
- . Take a good sleep
- . Take extra water

- Remember to carry your id card
- don't drink or smoke before 24 hours

### After donation:

- Drink lots of fluids
- Do not consume alcohol and don't smoke
- Don't lift heavy object
- Don't exercise
- Eat iron and vitamin enriched food
- If there is prolonged bleeding or you feel dizzy and nauseous, consult a doctor

### 7. Conclusions:

Let there be blood crises in the future so we need to pay attention to the coming situation. Everyone needs to blood contribution. A recent study shows a decrease in the number of donors. we believe that restriction during pandemic lockdown has helped to decrease blood donation which may be felled by the following term:

- a. Isolation
- b. Due to transporting system

We propose to the government to thought about the following terms:

1. Create blood donation facility in every village in their panchayat Bhawan or hospital.
2. A proper website or app from anybody can track where blood is alible.
3. Motivate local people to donate blood with the help of police and mukhiya.

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