

Your Blood Could Be Harmful To A Patient

Be sure that you have read and understood “What You Should Know About Your Blood Donation—Acquired Immune Deficiency Syndrome (AIDS)” before making your decision to donate blood. If you have the AIDS virus, you can give it to someone else, even though you may feel well and have a negative AIDS test.

Some diseases can be spread to others through a blood transfusion. We test for the evidence of several diseases. If the test is done early in the disease, it may be negative and you may not have any symptoms.

If you think there is any risk that your blood could cause harm to a patient, please voluntarily defer yourself from donating at this time. You may choose to leave now or tell the health interviewer that you should be deferred. No reason needs to be given.

Use of Donated Blood

Blood donated to South Bend Medical Foundation Central Blood Bank is intended to benefit patients in our community. Your blood or blood components may be shared with other blood centers or used in research as deemed appropriate. We are committed to supporting research and education programs in health care. Development of new or better blood screening tests may improve patient safety. When various parts (or components) of your donation are not required for patient use, we may allow them to be used for research or education. We will charge the researcher a fee to cover the preparation costs.

Donating Blood is Voluntary

You may choose to end the donation process at any time without risk to your relationship with South Bend Medical Foundation Central Blood Bank.

Donating blood is safe. There is no risk of getting AIDS or other infectious diseases from donating. All needles are sterile, used only once, then discarded.

Females may be deferred for hematocrit but still be within normal limits of the test.

Giving blood is easy. There are three steps: registration, medical interview and donation. The standard blood donation takes approximately 10 minutes. You will feel a small pinch when the needle is inserted into the vein in your arm. Occasionally, a donor may experience lightheadedness, fainting or later develop bruising. After your donation, you will be asked to remain at the donation site for 10-15 minutes. Since most symptoms are related to decreased blood volume, we encourage you to take advantage of the refreshments offered following the donation. Frequent whole blood donation may result in low iron levels, especially in women. Ask about taking vitamins with iron if you do not pass the hematocrit test.

There is a need for blood and blood components every day. It takes nearly 500 volunteer donors each week to ensure an adequate supply of safe blood for the communities we serve. On behalf of the patients who benefit from your precious gift, *thank you!*



What You Should Know About Your Blood Donation

Human Immunodeficiency Virus (HIV)

During 1984, a virus called the human immunodeficiency virus (HIV) was discovered which appears to be the cause of AIDS. A test has been developed to detect antibodies to the virus.

When a person is exposed to or infected by a virus, the body produces antibodies. When the antibody is present, it can be assumed that the individual has been exposed to the virus. However, a negative antibody test does not guarantee that a person is free of the virus, especially if exposure was recent. There is an interval during early infection when the HIV antibody test may be negative although the infection may still be transmitted. It is also possible that other factors, including other viruses, could cause the test to be falsely reactive.

The primary purpose of the HIV antibody test is to screen blood that is donated for use in transfusion. By not using blood from persons exposed to the virus, transfusions are much safer.

All donors at the Central Blood Bank will be tested for HIV antibody and, although the result will be confidential, the test will become part of your medical record. If you do not want the test done, do not donate blood. Statistics show that 99.6% of regular donors are negative for this antibody and of the remaining 0.4%, 99.9% are falsely reactive. However, if the test is reactive, the following steps will be taken:

1. You and your physician will be sent confidential letters containing the results of the HIV antibody test. You should then contact your physician for a consultation.
2. Your physician will counsel you to determine if the test result is falsely reactive and decide if any further testing should be done.
3. You will be considered a permanent deferral and will not be able to donate blood. The names of people with repeat reactive tests for HIV antibody will become part of a donor deferral registry as required by the FDA.

Indiana Codes 16-41-12-14 and 16-41-12-15 require, in pertinent part:

1. Tests for human immunodeficiency virus (HIV) to be performed on all donors' blood.
2. That “any person who recklessly, knowingly, or intentionally donates . . . blood or a blood component that contains antibodies for HIV commits a Class C felony. The offense is a Class A felony if it results in the transmission of the virus to another person.”
3. That the name and address of a blood donor must be reported to the Indiana State Board of Health when a confirmatory test of the donor's blood confirms the presence of antibodies to HIV.
4. Confidentiality of information collected for testing under the law. Information may not be released or made public upon subpoena or otherwise except:
 - For anonymous statistics
 - With written consent of donor
 - To the extent necessary to enforce public health laws or to protect the health or life of a named person

Acquired Immune Deficiency Syndrome (AIDS) Risk Groups

If you are in one of the following categories, you are more likely to be exposed to the HIV/AIDS virus and you **MUST NOT DONATE BLOOD FOR TRANSFUSION.**

1. Anyone who has AIDS or one of the signs or symptoms of AIDS. These include unexplained weight loss or night sweats, dark spots on or under the skin or on mucous membranes, swelling of lymph nodes for more than one month, persistent cough or shortness of breath, persistent diarrhea, persistent white spots or unusual blemishes in the mouth, or temperatures greater than 100.5 degrees Fahrenheit for more than 10 days.
2. Persons with clinical or laboratory evidence of infection with human immunodeficiency virus (HIV—the virus that causes AIDS).
3. Anyone who is using or has every used intravenous (IV) drugs.
4. Men who have ever had sex with another male even one time since 1977.
5. Individuals with hemophilia or related clotting disorders who have received clotting factor concentrates.
6. Men and women who have engaged in sex for money or drugs since 1977.
7. Individuals who have had sex with anybody meeting the above descriptions in the past 12 months.
8. Individuals who have had, or have been treated for, syphilis or gonorrhea during the preceding 12 months.
9. Individuals who have been incarcerated (jailed) for more than 72 hours in the past 12 months.
10. Sexual partners of individuals in any of the above categories.

YOU MUST NOT DONATE IF YOU HAVE ENGAGED IN ANY OF THE ABOVE ACTIVITIES OR CATEGORIES.

If you are in one of these categories and feel pressure to donate, PLEASE DO NOT REGISTER to donate.

IF YOU ARE A MEMBER OF AN AIDS HIGH-RISK GROUP, YOU SHOULD NOT DONATE BLOOD JUST TO HAVE THIS TEST DONE. THE ST. JOSEPH COUNTY HEALTH DEPARTMENT PROVIDES FREE COUNSELING AND TESTING SERVICES AT THE STD CLINIC IN THE CITY-COUNTY BUILDING.

Note: Testing may not identify all of the HIV subtypes. If you were born in, have lived in or traveled to, or had a blood transfusion in certain African countries or had sexual contact with individuals from one of these countries since 1977, you may not be eligible to donate blood.

Creutzfeldt-Jakob Disease (CJD) and Variant CJD

CJD is a rare neurologic disease that causes dementia and seizures. It may occur in related individuals. You should not donate blood for others if you or any blood relative has been diagnosed with CJD or if you have been told that your family is at increased risk for CJD. If you received human-derived pituitary growth hormone injections or had a graft of dura mater (the membrane covering the brain), you may also be at risk for CJD and are not eligible to donate blood for others.

A variant of CJD exists in Europe and appears related to mad cow disease. If you spent three months or more in England from 1980-1996, you will be deferred. If you were stationed on a military base in Europe, or lived there after 1980, you may also be deferred as a blood donor.

Tests Done On Your Blood

Before your blood is transfused, it will be tested for:

- Hepatitis B and Hepatitis C
- HIV (the virus which causes AIDS)
- HTLV (human T-cell lymphotropic virus)
- Syphilis
- Research tests for blood donor screenings may include Nucleic Acid Testing (NAT) for West Nile Virus (WNV). WNV is usually spread to humans by mosquitoes. It may be transmitted by blood transfusions if the donor was infected at the time of donation.
- Testing for the sickle cell trait is performed on selected units to meet transfusion requirements.
- There may be rare occasions when testing on a donation is not possible.

During the screening process, you will be given an opportunity to confidentially designate whether or not your donation should be used for a transfusion. Regardless of your designation, all testing and notification of abnormal results will proceed as usual.

Donor Eligibility

Some current or recent illnesses or procedures may make you ineligible to donate today. Please inform the receptionist if you have had:

- A cold, sinus, or respiratory infection in the last three days.
- Routine cleaning, filling, tooth extraction, root canal, or other major dental work.
- Currently suffering an allergic reaction or asthma attack.
- Active skin disorder, open cut or wound, recent bee sting or spider bite.
- Exposure to another person's blood in your eyes, nose, or mouth in the last twelve months.
- Recent tattoo or piercing.

Notification of Test Results

You will be notified by letter if a test result on your blood has significance for your health. We are happy to discuss the results with you and/or provide them to your designated health care provider with your authorization.

To determine the significance of a research test, it may be necessary to contact you for further follow-up testing. We will request your consent if additional blood samples are needed.

In some individuals, test results are falsely positive or have no health significance. Often the reason for the reactive test is unknown. Even if other tests do not indicate that you are infectious, you may receive a letter stating you are not eligible to donate in the future. This step is mandated by the Food and Drug Administration.

We consider all donor information private and it is not given to others, including health care providers, unless we have your written authorization—except as required by law.

Note: We do notify State Boards of Health of donors with positive test results as required by law.

We share research test results with researchers without identifying donors.

We maintain a confidential registry of donors who have had reactive test results to help ensure that ineligible donors are not drawn. As part of the donor interview, you are asked if you ever have been notified by a blood center that you should not donate.