

Coordinator e-News

Responding to Donors

At times, it can be difficult to respond to donor questions or concerns. The more you learn about blood donation— and blood transfusion— the easier it is to respond to questions.

To give you a head start, we've summarized some of the most common concerns that we hear from potential donors— and the responses that you can provide.

✓ **I'm scared of needles.** Nearly everyone feels that way at first, but once the donation is done, many people say they don't know why they waited so long to donate blood.

✓ **I don't have any blood to spare.** The average adult has 10-12 pints of blood in their body, and only about one pint of blood is taken with each donation. The fluids that you lose are usually replaced within 24 hours.



✓ **I'll give in an emergency. I want to save my blood until there is a special need.** It takes at least 24 hours to complete the laboratory tests that must be done on every unit of blood, so it's simply not feasible to save your blood for an emergency situation.

More importantly, hospitals need a steady blood supply every day. Transfusions are a critical part of everyday medicine for patients receiving cancer treatments, undergoing surgery, and recovering from illness.

✓ **I'm anemic.** A small sample of your blood is checked for iron before you donate. If you cannot donate because of low iron, you can try to donate again as soon as the following day. The Community Blood Center has tips on boosting iron levels. Just ask the staff!

✓ **You don't want my blood.** Many people are eligible to give blood. If you have any questions about your eligibility to donate, just call us at 800-280-4102. Eligibility requirements say that a donor must be at least 17 years old (16 with parental consent), weigh at least 110 pounds and be in general good health.

✓ **I'm too thin.** The donation process is designed to ensure the health of both the donor and patient, so donors must weigh at least 110 pounds. Your body creates new blood constantly, and what you give will soon be replaced.

✓ **I'm too old.** There is no upper age limit for giving blood with the Community Blood Center.

✓ **I already donated.** You can give blood every 56 days. Many people donate 5 times a year!



★ ★ ★ ★

June Coordinator of the Month

Congratulations to Mary Schoneck! She is the new coordinator for the Sugar Camp Blood Drives, which are held 4 times per year.

Mary's last blood drive on June 16 was for "Medic IX." There were 25 donors and would have been more but we ran out of time...

Great Job, Mary! We welcome you as a new coordinator and look forward to many more exciting blood drives.



Overcoming Hesitancy

Most people are naturally cautious when it comes to the unknown— especially something with needles! It may be difficult for regular donors to understand, but choosing to give blood for the first time can be a big decision.

Dealing with donor hesitancy in a respectful, professional manner can help reassure potential donors and provide them with the facts they need to make an informed decision on donating blood.

These techniques may help you overcome donor hesitancy:

✓ If someone is thinking about donating blood, explain the steps of the

donation process— including registration, screening, donation, and post-donation snacks.

✓ If your blood drive uses an indoor bed setup, encourage people to drop by an upcoming blood drive. Sometimes, just standing in the door and watching what happens during a blood drive can make a big difference.

✓ Offer to answer any questions that potential donors may have about giving blood.

✓ If donors have complex donation questions, encourage them to call the Community Blood Center at (800) 280-4102. All questions are confidential.

