



Blood Bank of Hawaii

# Circulate

News From Your Community Blood Center • May 2016 • VOL. 17



## INSIDE THIS ISSUE

Quality Excellence

H2D Club

Submit your photo!

Where Science  
and Art Meet

Saving Lives  
STEMs from Education

World Blood Donor Day  
June 14<sup>th</sup>

## Quality Excellence

Federally and state regulated, blood banking is considered part of the healthcare industry. As the manufacturer of blood products, blood centers are regarded as pharmaceutical companies. Blood Bank of Hawaii (BBH) prides itself on consistent regulatory excellence and compliance, and remains in good standing with seamless accreditation with the leading regulatory agencies.

BBH is licensed by Food and Drug Administration (FDA) and accredited by AABB (American Association of Blood Banks). As such we must comply with all regulatory requirements and have successful outcomes of routine unannounced inspections. FDA licensure enables BBH to collect, test, manufacture, store, issue and ship blood components. AABB accreditation involves compliance with the most stringent standards among clinical laboratories and is considered the quality gold standard in the blood banking industry.

### Regulating Change

FDA has revised the Code of Federal Regulations and AABB has issued its 30th Edition of AABB Standards. To be in compliance, blood centers across the nation must implement changes by May 23, 2016. While many of the changes are not outward facing there are handfuls that may impact you. Following are highlights of some of the changes.

### Donor Education Materials

You know the materials you receive when you get your DHQ? Well, those are supposed to be read every time you donate. There are a few additions on the medication deferral list but they primarily involve new brand names.

### Hemoglobin

The education materials also include some new information on iron deficiency. Did you

know that there are different normal

hemoglobin ranges for men and women, and even ethnicities? (see page 4 "Did You Know" for more information). The normal range for women is typically lower than men due to monthly cycles and smaller blood volume.

In order to help protect donors from iron deficiency, FDA has changed the acceptable hemoglobin level for male donors from 12.5 to 13.0 as of May 23, 2016. So if you are a regular donor and you know you are on the low side, check with your doctor and see about iron supplements.

### Eligibility

In light of current donor testing technology, the new FDA regulations have changed the deferral period for men who have sex with other men (MSM) from a permanent deferral



*continued on page 2*

# SAVE OUR SUMMER



## SOS

Fun and relaxing are just a few words to describe the summer. It's also a great way to enjoy your next blood donation. As a thank you for taking the time to save lives, donate between May 30 – September 5 and you'll be entered to win a weekly giveaway of a \$100 Foodland gift card, as well as the grand-prize of a 3-night neighbor island getaway compliments of Castle Resorts & Hotels, including airfare on Hawaiian Airlines and a \$250 gift card. Donate as often as you are eligible, bring a first time donor, or be a first time donor to have more chances to win!

Visit [BBH.org/promotions](http://BBH.org/promotions) for complete details and official rules.



## Submit your photo!

Hawaii's most dedicated and loyal donors are more than super; they are members of BBH's exclusive H2D Club. H2D is short for honoring Hawaii's donors. Active donors with 50 or more donations are invited to include their photo in the new H2D Club digital donor recognition display. Available at the primary donor center and at neighbor island blood drives, the display is touchscreen and interactive. Submitting a photo is easy.

1. Email your favorite photo\* of yourself to [photos@bbh.org](mailto:photos@bbh.org).
2. Submit the electronic photo consent form.
3. See your smiling face at the annual update.\*\*

\*One person per photo please. Selfies welcome.

\*\*For this inaugural year a second update of photos will be done in July.

*Quality Excellence continued from page 1*

to one year from the date of last sexual contact. This mirrors the deferral period for other risk factors related to transfusion transmitted infections and is more consistent with deferrals for other HIV and hepatitis risk factors. If anyone was previously deferred but may now be eligible, please contact us at (808) 845-9966 to request reinstatement and we will do a medical review for eligibility.

## Tradition of Quality

BBH's commitment to donor, recipient and employee safety is like a guiding light in all we do. Our strict adherence to FDA regulations and AABB standards are not only required, they are in everyone's best interest. We thank you for your understanding and flexibility as we adapt to change.

## Iron Up!

The most frequent cause of low hemoglobin is an iron-poor diet maintained over long periods of time. You may also "lose" iron for many different reasons, such as gastrointestinal disease, heavy menstrual flow and surgery. Other reasons include lack of sleep, stress and dieting. You can help build your hemoglobin level by eating a consistent diet of foods that contain iron.



— Heidi Waracka holding their youngest son, Parker, with husband Scott and oldest son Garrett

“Being a mother is the best thing to ever happen to me, blood donors made that possible.”

## Engage with us online!

[Facebook.com/BloodBankHawaii](https://www.facebook.com/BloodBankHawaii)

[YouTube.com/BloodBankHawaii](https://www.youtube.com/BloodBankHawaii)

Twitter @BloodBankHawaii

Instagram @BloodBankHawaii

The science of collecting blood is evolving into an art thanks to automated collections (apheresis). "It's not about collecting as much blood as you can. It's about collecting the right amount, right blood type, and right component," said Redley Daza, donor center manager. "With evolving ability to collect platelets, plasma, red blood cells or a combination thereof, donors can find out how their blood type and donation can best serve patients. For our team, it's about the art of collecting blood with minimal wastage."

Patient need of platelets and universal type AB plasma is increasing due to trauma programs and massive transfusion protocol. With this steadily climbing rate of hospital utilization BBH is excited to add two new apheresis machines next month. "This welcome addition instantly increases our capacity. More apheresis machines means more appointment times for donors, and more lifesaving blood products," Daza commented.

### Opening Doors for Women

The machines are arriving at the BBH primary donor center at a perfect time. New AABB (American Association of Blood Banks) Standards are opening the doors to more female apheresis donors, with the implementation of Human Leukocyte Antigen (HLA) testing. HLA antibodies are primarily found in 20 to 30 percent of healthy women who have been pregnant.

While the antibodies do not affect the donor's health, if the platelets/plasma are transfused, the patient may develop a transfusion related acute lung injury (TRALI). To help prevent this adverse reaction, the FDA has approved a laboratory test which detects the presence of HLA antibodies in a donor's blood.

BBH recently changed

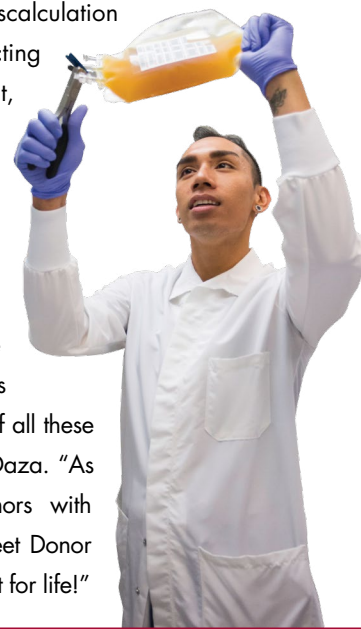
testing labs to one which offers this test, thus opening the doors for Hawaii's female donors who were previously unable to donate platelets/plasma. As of April 1, 2016 BBH began HLA antibody testing for female apheresis donors with a history of pregnancy. In the future, we will also test whole blood female donors who wish to become apheresis donors, providing more donation options to better meet hospital blood needs.

### Safety First

FDA is implementing another change for apheresis donors as of May 23, 2016. Just like a visit to the doctor, after a blood pressure and temperature check, apheresis donors will be weighed prior to their donation. While regular apheresis donors won't likely notice an extra 'step' in their routine (pun intended), the occasional donor will wonder how two more pounds might make a difference.

"The pre-donation process is designed to ensure donated blood is safe to transfuse to someone else, and also exists to ensure it is safe for the donor to donate," noted medical director Dr. Randal Covin. "An incorrect weight can cause a miscalculation in the apheresis machine, affecting the potency of the blood product, which may make it not transfusable for patients; not to mention an increased chance of donors getting lightheaded or dizzy."

"Being able to offer different donation options to donors means more availability for the blood components patients need. The greatest impact of all these changes will be for patients," said Daza. "As an organization we connect donors with patients and here at our Young Street Donor Center is where science and art meet for life!"



### Saving Lives STEMs From Education

Lifesaving blood products come from blood donors and the future

of the state's blood supply STEMs from the education of Hawaii's youth. Science, Technology, Engineering and Math (STEM) is a Hawaii State Department of Education program emphasizing innovation and the development of problem-solving, critical thinking and collaboration skills. BBH is one of several organizations partnering with STEM students



on how to solve local issues and engage them in a way that directly relates to their impact on the community.

In April 15 teachers from 13 high school STEM classes gathered at BBH and pondered the question, "How can students help Hawaii build a sustainable blood supply?" They learned about anemia and blood's journey, and then toured the blood manufacturing and laboratory areas. The syllabus BBH developed will help teachers engage their students with hopes of finding new ways on how to make this less of a question and more of a statement.

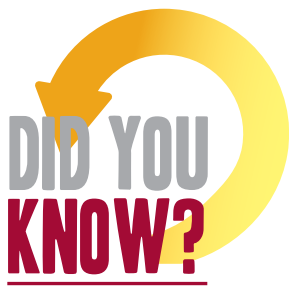
# World Blood Donor Day

June 14th is World Blood Donor Day (WBDD), an internationally recognized day honoring blood donors who selflessly give to save the lives of others. This year's theme from the World Health Organization is 'Blood Connects Us All,' coinciding perfectly with BBH's 75th anniversary theme 'Connecting Donors with Patients.'

In 1941, Hawaii's community came together to save lives, and for 75 years, has continued to do so. Now you will have an opportunity to come together as a community ... social media community that is! Keep your eyes on your Facebook and get ready to get social as we countdown to WBDD 2016.

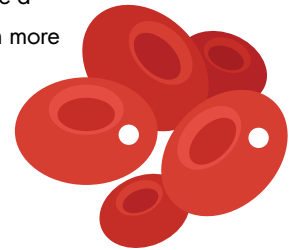


BloodBankHawaii



Did you know normal hemoglobin ranges differ by gender and ethnicity?

Do you fall in the categories below? To donate blood, men must have a hemoglobin level of at least 13.0 and women at least 12.5. To learn more about increasing your iron levels, see page 2.



Caucasian	African American	Hispanic	Asian	All
13.4 – 17.3	12.0 – 16.4	13.5 – 17.0	12.2 – 16.9	12.5 – 17.1
11.4 – 15.6	9.6 – 14.6	10.2 – 14.8	10.5 – 14.9	10.4 – 15.1

**Not getting Circulate?** Go to [BBH.org](http://BBH.org) donor login to set up your donor account and add your email address.

2043 Dillingham Boulevard | Honolulu, HI 96819-4024 | Phone: (808) 848-4770 | Neighbor Islands: (800) 372-9966 | [www.BBH.org](http://www.BBH.org)