

Study of Profile of Blood Donors at a tertiary care hospital in South India

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Introduction

A strong blood donor program is the life force of any transfusion service and the goal of every blood donation system is to have a stable, safe and adequate blood supply. Continual monitoring of the demographics of the blood donor population of any community is required to identify the problems in and direct efforts towards reaching this goal. Our Aim was to study the socio- demographic profile of blood donors and analyze the reasons for deferral.

Methodology

A hospital based study, conducted in the blood bank of the University Medical Centre, Mangalore. The study subjects included all the people who came to the hospital for blood donation over a period of 6 months from July to December 2011. Data was collected based on a semi-structured proforma which all the donors had to fill. These were obtained from the records available at the blood bank. Data was fed into MS excel, analysed using SPSS 11.5 and appropriate statistical tests applied.

Results

Out of the 6,509 people who came for blood donation, majority were males (94.9%) Most of them were in the age group of 15 - 25 followed by the 26 - 35 years age group. 25% of the donors were students and 61% were from Mangalore. 76% of the donors were replacement donors. However repeat donors (61.5%) have outnumbered the first time donors. Most common blood group was O+ve followed by B+ve, the rarest being AB-ve. Out of all the donors, 10% were deferred due to various causes. 30% of female donors were deferred as opposed to the 8.5% of male donors. The commonest reason for deferral was found to be - the donor being on medication in the past 72 hours (16%) followed by - Hypertension (12.75%) then - alcohol intake in the past 72 hours (12.24%) and anaemia (12.24%).

Conclusion

Initiatives should be taken to retain the healthy young donors as repeat donors. The proportion of replacement donors was found to be more when compared to voluntary donors indicating a need for creating more public awareness, motivation and provision of social incentives for voluntary blood donation. The deferral rates can be reduced by educating the people and eradicating misconceptions regarding blood donation.