SA’s most admired fashion designer & SANBS Brand Ambassador:

Geert-Johan Coetzee
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2019 has been a good year for SANBS so far and we remain enthusiastic about the activities that we have planned to ensure we save lives and care for you, our valued donors.

This year brings in the energy of more action, a greater level of care for our environment, our people, our donors and our patients. We are committed to being a trusted blood service dedicated to saving lives. We will be doing our best to improve the donor experience as we strive to collect more blood.

I am very pleased to report that for the first time in its history the SANBS has more than five days’ stock of all blood types for a consecutive period of two months. Five days’ stock is the global best practice level of supply in most markets. It is all thanks to the many efforts of our loyal donors and hard-working staff that we have such good stocks levels.

We have an exciting new drone program, not to dissimilar to what has been done in Rwanda. The Drone program is intended to save lives...around 600 young women died during childbirth in KZN in the first quarter of 2018 alone. The Health Department challenged SANBS to come up with ideas to get life-saving blood to these patients in rural clinics. Couriering blood via car would take too long across vast distances, traffic and mountainous areas.

Pioneering a drone that can deliver small life-saving quantities of blood to such patients in dire need truly fulfils our purpose of saving lives. By implementing such a drone program we will save more lives and upskill our SANBS teams in remote areas to operate drones and not influence our existing logistics team in any way.

Building stakeholder relationships will be a key SANBS goal this year. Our Executive team, with the support of our Board members, remains focused on actively engaging the Department of Health at a national and provincial level.

Our promise to you, our donors is that we work hard to enhance the value of your experience by actively listening and working with you every step of the way to identify and optimize new opportunities.

We do hope that you have been enjoying a good Nespresso coffee at every site.

Chat soon,
Dr Jonathan Louw

A MESSAGE from our CEO
Phindile Mthethwa joins the South African National Blood Services (SANBS) as a member of their Board as of 20 November 2018. She has been a member of various boards in South Africa. Her most recent role being that of a Board member representing the Strategic Partners Group at the South African National Taxi Council (SANTACO). Prior to this, Phindile held a seat on the Nedbank Medical Aid Board of Trustees, as well as, on the Township Aids Project (TAP).

She has a wide range of expertise and has held various roles at companies such as Standard Bank and Nedbank.

In her current role as Enterprise Development Executive Manager in the Equity Equivalence Investment Program at IBM South Africa she is responsible for the management of the development of aspiring entrepreneurs, start-ups and their deep skills program.

Faith Burn has twenty seven years business experience which includes the following industries: Pharmaceuticals, Services and Facilities Management; Telecommunications; Financial Services; Aviation & Aerospace; Public Sector; Construction; Education; and Mining. She holds an MSc from the University of Johannesburg (then RAU) and an MBL from UNISA. She has attained a CIA (Certified Internal Auditor) and has various internationally recognized and/or accredited certifications in the fields of Project Management, Business Continuity Management and Computer Science.

She is the Group CIO of Tsebo Solutions Group responsible for the IT services in 28 countries across 4 divisions. She joined Tsebo in 2017 from Novartis where she was the Head of IT Africa responsible for IT and Information Governance Management in 43 countries across 3 large divisions.
Previously (2010 – 2015), she was the Head of Internal Audit Division at the Airports Company South Africa, responsible for the internal audit services across 9 airports including Forensics and IT audit. Prior to Airports Company South Africa she was an Associate Director at Deloitte responsible for Project Risk and thereafter Business Continuity competencies. She has a well proven business development and leadership track record. She was an independent director on the Audit Committee of the CCMA between 2015 to 2018, and a non-executive director on the board of the Institute of Internal Auditors (IIA SA ) until 2017 and currently serves on the board of the South African National Blood Service (SANBS).

Her heart for women and children has led her to be the CEO and co-founder of a non-profit women focused organization called Hlahlamelisa , which aims to empower professional women through education, networking and mentorship. She is also co-founder and director of a non-profit organization called Kingdom Consultant Center which aims to educate children. Passionate about education she was a moderator at Tshwane University of Technology (2012 – 2017) and previously served as a member of the Strategic Board for the Department of Informatics at the University of Pretoria. 

SANBS Iron Replacement Programme for Blood Donors

Did you know?
- From **February 2019**, SANBS will embark on an iron replacement programme for whole blood donors aged 16-45 years in Kwa-Zulu Natal.
- These donors will be offered a **two month** supply of oral iron tablets to take on alternate days following donation of a whole blood unit.

**Why KZN?**
- Donor haemoglobin deferrals in KZN tend to be higher than in other zones.
- The new haemoglobin cut off for males had a significant impact on the blood supply in the zone.
- Therefore, KZN will benefit most from the iron programme.

**Why is iron essential?**
- Donating a whole blood unit leads to loss of **200-250mg** of iron.
- This iron is recovered mostly through food.
- If the food you eat does not contain sufficient iron, recovery takes longer.
- This means that over time the amount of iron in your body can decrease.
SANBS EMBARKS ON A JOURNEY TOWARDS
ISO 15189 ACCREDITATION

The South African National Blood Services (SANBS) have embarked on a journey towards gaining the ISO 15189 accreditation through the assistance of the South African National Accreditation System (SANAS) which is currently the 9th largest, internationally recognised national body in the world.

SANAS allows South Africa to remain competitive both nationally and internationally and this accreditation will give the SANBS an opportunity to meet global technical standards. These standards enable the organisation to ensure that they are in compliance with health, safety and environmental regulations in common with the rest of the world.

SANAS also offers one of the biggest medical accreditation programs for medical laboratories, both in South Africa and globally. They credit and monitor according to the ISO 15189 standard; a standard measure of quality in medical laboratories. ISO 15189 has been critical to initiatives aimed towards harmonising global practices. The process involves the testing of effectiveness within laboratories and laboratory equipment.

The Importance of ISO 15189:
Laboratories accredited to ISO 15189 are recognised as competent and compliant. Compliance to this accreditation ensures that SANBS laboratories meet the appropriate standards with regard to performance;

- It promotes a reputable image for the organisation.
- It promotes a strong degree of consistency in compliance to medical law and legislation.
- It promotes laboratory efficiency and responsibility for better results and service delivery.
- It also promotes the growth of customer satisfaction in organisations.
- It is an effective marketing tool for laboratories.

Impact of ISO 15189:

- Reduces laboratory errors by leading to more accurate results.
- Ensures greater accountability of laboratories.
- Provides the much needed quality standards for diagnostic services.
- Has a spill-over effect on performance to other areas within the health system.
THE PROBLEM OF BLOOD SHORTAGE

Hundreds of thousands of lives are saved every year thanks to regular and voluntary blood donation. Together with our donors, the SANBS forms the cornerstone of the South African healthcare system. The SANBS needs to collect approximately 3500 units of blood every day to meet the demand for blood products and with less than 1% of people donating blood, this can often be a very tall order.

The definition of a blood shortage.

A blood shortage comes about when blood donations are less than needed, which puts pressure on the SANBS blood supply. For SANBS to function optimally, we need a blood stock of 5 days group O supply. This enables us to plan efficiently, process, test and distribute the blood timeously. We regard a blood supply of under two days of group O stock a shortage. Thanks to the selfless generosity of our donors, this doesn’t happen often but when it does, we have to put out mass appeals through the media to urge blood donors to come forward. At these times, the SANBS extends operating hours at fixed donor centres and increases operations at as many blood drives as possible. The causes of a blood shortage - as with anything boils down to supply and demand:

Supply

There are a number of reasons why people don’t donate blood:

- The fear of needles affects many potential blood donors.
- Less than 1% of South Africans donate blood regularly which means that there is an enormous reliance on the existing donor pool to donate regularly.
- Over 30% of blood is collected from people under the age of 25. This means that when school and universities close for their holidays, the blood supply is significantly lower yet the demand stays the same.

Demand

- Most of the blood goes to patients undergoing medical treatment, general surgery or women who suffer complications during childbirth. These cases are not seasonal and the demand is continuously increasing in South Africa.
**What types of blood are needed the most?**

Some blood types are always in high demand, particularly from people with O- type blood who are considered universal donors because their blood can be given to people of all blood types and this blood type can also be used in an emergency.

**There is no substitute for blood**

No sustainable substitute for human blood exists. Blood cannot be manufactured and the blood supply relies entirely on the generosity of voluntary donors. Many people who are eligible to donate blood do not. While some blood types are more in demand than others, every single donation is welcome and the donation process is safe, quick and simple. Every single person can work to help end the blood shortage by increasing awareness and encouraging those around them to donate more often.

**SANBS salutes the 500 000 regular blood donors who selflessly give up their time to save at least 3 lives with every blood donation. 🌟**

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**PAYMENT FOR BLOOD**

The SANBS is registered as a non-profit company and is an independent, unsubsidised organisation that is entirely dependant on the fees charged for blood and related services - for its continuation. The financial model is one of cost recovery.

Although the blood is donated by voluntary donors without remuneration, the costs of collection, testing, processing, storage and distribution of the blood are significant. Also, the administrative costs of running a company that employs over 2500 people add to the expenses. The SANBS has to recover all of the expenses of ensuring a safe and adequate blood supply for the country.

The SANBS is required to follow the National Health ACT and other regulations, as well as the standards for the Practice of Blood Transfusion. These frameworks follow the World Health Organisations practice of voluntary, non-remunerated blood donation to maximise the safety of blood supply. Therefore, there should be no expectation of financial or any other reward for donating blood.

If you have a Medical Aid and need a blood transfusion, your scheme usually covers the full cost. If you are admitted to a government Hospital, the government normally covers the costs. 🌟
A fashion designer, a social activist and a strong believer in empowering young talent, Gert-Johan Coetzee is a fashion designer to some of South Africa’s brightest stars, influential figures in business and politics. Even members of African royalty are among his clients. He has dressed the likes of Minnie Dlamini, Bonang Matheba and Pearl Thusi. But his talent isn’t just limited to Africa, he has designed garments for international A-listers such as Kourtney Kardashian and Kelly Rowland.

His women’s and bridal wear is featured regularly on runways around the country and he recently added a children’s wear range to his repertoire, much to the excitement of local parents. However, over and above his talent, he is committed to using his work to spread positive messages – which is why becoming a brand ambassador for the South African National Blood Service was a perfect fit.
FASHION WITH A SOCIAL CONSCIENCE

Coetze has won numerous awards, including SA’s Most Promising Young Designer in 2006 at the age of 19, and SA Designer of the Year in 2010. It did not end there, he has shown at international Fashion Weeks in Canada, Angola and Nigeria and has a growing following in Africa. His business is now five years old, and at 30, Coetzee employs 12 people at his Johannesburg design studio. His husband, Vicky Visagie is his partner and brand manager in the business.

Coetzee is also a social activist who uses the power of his fashion platform to highlight social issues. From breaking down prejudices about albinism along with prosecutor Thando Hopa, to addressing violence against women, breast-cancer awareness and HIV awareness, as well as raising awareness about SA’s water crisis, Coetzee’s bi-annual collections shown at SA Fashion Week has attracted attention with their social focus. He has also worked with an initiative called Project Dignity which provides reusable sanitary protection for girls in underprivileged areas and in so doing prevents them missing school.

As a strong believer in empowering young talent, Coetzee has a bursary programme that sponsors two students with three-year bursaries in fashion studies at his alma mater, Northwest School of Design.

The Gaz’lam team caught up with GJC to find out more about why he has partnered with SANBS.

What is your view on fashion that matters?
“I’ve always loved fashion with a conscience and a purpose. There’s no better fit than using my design skills to create awareness for something as important, as blood donation.”

Why did you get involved with SANBS?
“I’m here to help spread the message about the importance of donating blood. Saving patient’s lives is what it is all about— and it’s the only reason I’m involved. I want to help create awareness of how necessary it is and how easy it is for us, especially young people, to donate blood.”

What does being a brand ambassador mean to you?
“For me, it’s a social conscience. It’s a way of giving back, being involved and I love the fact that my work can play a significant role in benefitting the South African healthcare system. The work of the SANBS is vitally important. It’s literally the lifeline of SA. I salute the blood donors and the work the organisation is doing. I urge everyone out there to donate blood.”

Are you a blood donor?
Yes, I am a registered donor and my blood type is A+.

What is your message to young South Africans who are still considering donating blood?
“My message to young South Africans is that I urge everyone out there to donate blood.”

Gert-Johan Coetzee
You're somebody's type.


sanbs.org.za
Peripheral blood stem cell (PBSC) transplantation, or bone marrow transplantation, is done to assist patients with malignant diseases and haematological disorders following chemotherapy. Stem cells are normally found in the bone marrow and their function is to create red and white blood cells as well as platelets.

The SANBS has been collecting PBSC since 1996 and has utilised stem cell cryopreservation since 1999. Cryopreservation is the process of processing and freezing the stem cells to preserve their viability. The cryopreserved stem cells are stored at ultra-low temperatures of -196 degrees Celsius in six nitrogen freezers at the dedicated laboratory at the SANBS Headquarters in Constantia Kloof.

The SANBS harvest stem cells at these Hospitals:

- Garden City Clinic
- Charlotte Maxeke Johannesburg Academic Hospital
- Sandton Oncology Centre
- Chris Hani Baragwanath Academic Hospital
- Flora Clinic
- Wits Donald Gordon Medical centre
- Steve Biko Academic Hospital
- Port Elizabeth Provincial Hospital
- Greenacres Hospital
- Universitas Hospital

The patients are mostly autologous patients -- that is, those who donate stem cells for themselves.

The SANBS has two world class clean rooms where the stem cells are processed to protect them from being contaminated, as the patients’ immune systems are weakened after intensive chemotherapy or radiotherapy. Infections at this stage of their treatment can be life threatening. Our team of technologists safely deliver and thaw frozen stem cells for the patients when they are ready to undergo transplantation.

The SANBS’s collection, processing, cryopreservation and store of stem cells has demonstrated that long term storage and restoration of bone marrow function is possible. Where stem cell transplantation is necessary, cryopreservation allows flexibility in scheduling chemotherapy and increases patient-management options.

In future, transfusion medicine specialists will play a central role in achieving the most out of stems cells to achieve positive clinical outcomes.
On 26th of November some of the winners were announced on one of the country’s biggest commercial radio station - Metro FM. The rest of the winners were revealed on the SANBS social media platforms.

All winners convened at the Johannesburg Parktonian Hotel before heading to the stadium where they engaged with the highly interactive SANBS exhibition stand and very importantly, got their special tickets to the concert.

The festival’s line-up featured international super stars which included Pharrell Williams, Ed Sheeran, Chris Martin and Usher. Headlining the show was Beyoncé and rapper husband Jay-Z.

Local artists, Sho Madjozi and Cassper Nyovest also gave performances that had the crowd beaming with pride after their stellar acts. Usher performed popular dances vosho and gwara gwara in his collaboration with our very own DJ, Black Coffee.

The winners had a wonderful time and were grateful that they were part of the experience. One of the blood donors, Dominika Korunich, said “…thank you for all your hard work. It’s quite amazing what SANBS does. Thank you for organising things for us and for a wonderful day out.”

It was not all about the entertainment, the event’s objective was to raise money and awareness for various projects aimed at developing the continent and improving the quality of life for Africans. As the SANBS, we are proud to have been part of this initiative as on a daily basis we strive to improve the lives of patients through the blood donated by selfless donors.

The campaign attracted 13% more donors compared to the same period in 2017. Overall, there was a fantastic 4.6% increase in attendance from willing blood donors and we would like to thank each and every Global Citizen who made the effort and realised that their blood saves lives.
On 11 March 2019 Dr Sibongiseni Dhlomo, MEC for Health in KwaZulu Natal, endorsed the South African National Blood Services (SANBS) IronStrong campaign that is aimed at boosting donor iron levels by issuing them with iron supplements.

With the KwaZulu-Natal (KZN) area, in particular, being severely affected by iron deficiency, we decided to roll out the Ironstrong campaign pilot project - #Ironstrong in KZN.

Male and female whole blood donors aged 16 to 45 years are being offered a two-months’ supply of Ferrous Sulphate tablets following whole blood donation. In addition, we are conducting full blood count and Ferritin testing for donors receiving iron tablets and HB deferred donors to check their baseline iron and to make sure that our hemacue readings are accurate.

We rely on the generosity and commitment of our donor population to meet the increasing blood requirements in the country”, says Dr Jackie Thomson, Medical Director at the SANBS. However, recent clinical studies suggest that frequent blood donation may, in some donors, result in gradual depletion of their bodies’ iron stores leading to iron deficiency.

As an organization that receives so much from our donors, the campaign, which is now in its second month, is a great opportunity to place a big emphasis on the role donors play in society as well as educating them about the lack of iron in the body and its impact.

It is highly encouraging to see something as common as iron deficiency being spoken about by the people it affects most. Without our donors, many health interventions and efforts would be severely compromised.

“We are grateful, very proud and honoured to have the MEC’s support on this campaign. His endorsement will certainly assist in having impact,” concludes Dr Thomson.
Do blood donors get any financial benefit should they or their family members require a blood transfusion?

There is no specific preference given to blood donors. There is no charge for blood products for patients in public hospitals and blood products are generally an insured benefit for private hospital patients with medical aid. Should a patient without medical aid go to a private hospital, the costs will be for the patient’s account.

Why don’t you pay people to donate blood?

In accordance with the National Health Act and the recommendations from the World Health Organisation blood donation should be voluntary to prevent people from donating blood for the wrong reasons thereby putting the safety of the blood supply at unnecessary risk.

Is there a different pricing model for private medical facilities and public hospitals? If so, why?

There is a slightly higher pricing model for private hospitals due to the fact that SANBS needs to pay for our blood bank facilities at these establishments. At most public hospitals, SANBS is given the spaces for free.

What are some of the financial barriers to supplying safe blood to patients in need?

Some of the major barriers are the rising costs of ensuring a safe and sufficient blood supply. SANBS needs to take inflation into account but we have to be considerate when raising the costs of blood products. Bad debt is one of our biggest issues because SANBS is an essential service and we cannot withhold blood due to bad debt.
What tests are done during the blood donation process and after the blood is taken?

When a person donates blood a few simple tests are conducted such as your blood pressure and pulse. Your iron level is also checked to ensure that there is enough blood for the donor and for the patient.

The blood samples which are collected are sent to the SANBS state-of-the-art testing laboratories in Johannesburg or Durban. Every single donation is tested irrespective of whether or not the donor has donated once or 400 times. There the donor’s samples are tested for HIV1, HIV2, Hepatitis B and Hepatitis C. The blood is also screened for Syphilis and the blood group is also tested.

Who can donate blood?

Most people can donate blood yet less than 1% of South Africans do.

- You need to be between the ages of 16 -75
- You need to weigh more than 50kg
- You need to eat something prior to your donation
- You need to be in good health
- You need to lead a safe lifestyle

What blood group is needed the most?

Group O Rh negative blood can be transfused to anyone, so these donors are referred to as “universal donors”. Group O Rh negative patients on the other hand, can only receive group O Rh negative blood. Group O blood is the most versatile and adequate stocks of group O blood are vital. If for instance, group A blood is not in stock, group O blood will be used. However, all blood groups are required to ensure adequate stocks at all times.

Where can people find out more info about donating blood?

Visit www.sanbs.org.za or call 0800 11 90 31 to find out where you can donate blood or follow us on Twitter (@theSANBS), Facebook (@SANBS) and Instagram (@thesanbs)

Why should people donate blood?

The simplest reason is to help save the lives of patients in need of blood transfusions. Just knowing that your one unit of blood can save up to three lives is a rewarding enough feeling. Every unit of blood once tested and is deemed safe for transfusion is separated into, red blood cells, platelets and Plasma.

Does all donors’ blood get used to make components?

The more regularly you donate, the better the chance of full components of your donated unit getting used.

Why is this?

SANBS has found that its regular donors are its safest donors. Regular donors are familiar with the danger of the window period and they know what risk behaviour entails. They have been through all SANBS’s education processes.

So how does it work then?

If you are donating blood for the first time, your red blood cells won’t get used. Your plasma gets quarantined until
your next donation. If all tests come back negative after your second donation, the quarantined plasma from your first donation will be used.

This also applies if you haven’t donated blood for a while.

Once you have made three donations and your blood still tests negative for sexually transmissible diseases, all the components of your blood gets used. You have to donate blood regularly!

What is regular donation?
People can donate blood every 56 days. A regular donor is someone who has made three or more donations in a year.

Who receives blood?
Transfusions are given to:
- Patients undergoing surgical operations
- Patients with cancer or leukaemia
- Children with severe anaemia
- Accident victims
- Women; to treat haemorrhage as a complication of pregnancy

What is safe blood?
Blood is deemed safe once the tests for HIV, Hepatitis B & C and Syphilis shows that it is clear.

Who are the safest donors?
Voluntary, non-remunerated (unpaid) donors who give blood regularly are the safest blood donors. Their primary motivation is to help other people and having the satisfaction of knowing they have helped to save someone’s life.

Who should not give blood?
People who have or may recently have contracted a sexually transmitted disease such as HIV or syphilis, which can be passed on to a patient through their blood.

People whose lifestyle puts them at increased risk of contracting an infection that can be transmitted through their blood: for example, if they have had more than one sexual partner in the past six months, or if they have had sexual contact with someone whose sexual background is unknown to them.

What infections can be transmitted by blood?
- HIV, which leads to AIDS
- Hepatitis B
- Hepatitis C
- Syphilis

What tests does SANBS use?
Since the inception of its new risk model in October 2005, SANBS is conducting Nucleic Acid Amplification Technology (NAT) tests on every unit of blood that is donated. This is a very sensitive test, which detects the presence of the HIV-virus, Hepatitis B, Hepatitis C and syphilis in blood. However, there is still the danger of the window-period which no test in the world can detect.

SANBS is the first country in the world to have implemented NAT testing on such a large scale for individual testing of blood.
Do you test blood at random?

No. Every unit of blood collected goes through the same stringent testing. So, it does not matter if it’s your first donation or if you are a regular donor, your blood still gets tested every time after you’ve donated.

How safe is it to donate blood?

As a donor, you have to complete a Self Exclusion Questionnaire, with questions on your health and lifestyle. The questions are asked to ensure that it is safe for you to donate blood and that your blood is safe for a patient to receive.

A finger prick test will also be done to check your iron levels. Your blood pressure will also be checked, to ensure you are fit to donate.

Can you get AIDS from donating blood?

No, absolutely not. All needles and finger-prick lancets are sterile and used once only. After use, each lancet and needle is placed in a special medical-waste container and incinerated.

Trained staff are employed to collect all blood donations and strict protocols are followed. Some patients do have the option of using their own blood. This is called Autologous Donation and must be discussed with their doctor 4-5 weeks before the scheduled surgery. Prior to the operation blood is collected from the patient, tested and held in special storage. It is then available for transfusion during or following the surgery, should the need arise.

Who qualifies to become a blood donor?

If you are between the ages of 16 and 75, weigh more than 50kg and lead a sexually safe lifestyle, you can come to a clinic and register as a blood donor.

Does it really matter that it is not 56 days since I last gave blood?

By law you may only donate every 56 days. This is to ensure that you have had enough time to regenerate the red cells from your last donation.

How much blood is taken at one time?

About 480 ml, by law this is all one is allowed to donate.

Can I donate if I haven’t eaten?

By not eating before donating, your chances of having a reaction after donating are greatly increased. It would, therefore be unwise to take your blood unless you’ve had something to eat (a light snack) within the preceding 4 hours.

Why can’t I give blood if I weigh less than 50kg?

The volume of blood drawn is directly proportional to the body mass. Therefore, a small person will have less blood volume than a large person. The donation of 480 ml therefore means a far larger percentage of total blood volume to a small person.
SANBS LEADS THE WAY IN INNOVATIVE HEALTHCARE SOLUTIONS

As an internationally recognised leader in blood transfusion services, we are committed to delivering blood and blood products in a safe and cost-effective manner. We are attuned also to contributing to solutions-based innovation in healthcare services. One of the biggest challenges we face as an organization is supplying and delivering sufficient blood to remote areas in South Africa. Hospitals specifically located in deep rural areas where road infrastructure is underdeveloped or non-existent present the greatest challenge which sometimes results in the loss of lives.

To ensure that we carry out our mandate, which is to save lives, we are embarking on a revolutionary new method of delivering blood to remote areas in the country. We will be employing specialized drones to deliver blood. We believe that drones will be the most effective means of transport in delivering emergency blood to hospitals or blood banks in comparison to conventional transport services.

The use of drones will have many benefits to the patients of South Africa in emergency situations where blood is required quickly. Drones are small plane-like vehicles that are operated autonomously or without an on-board human pilot.

Drones are able to reach inaccessible areas, which are too costly or dangerous to be accessed by humans. Drones are also able to travel further and faster in situations where a human life is at stake. Although the commercial use of drones has not been fully established in South Africa, we are working towards securing a license to operate.

Dr. Aaron Motsoaledi, the Minister of Health has personally expressed his support for the SANBS Drone project and has committed to working closely with us in order to validate and roll out the project. We are confident that the implementation of this innovative healthcare solution will help us to continue to save lives and propel us forward as a leader in health care excellence across the world.
A targeted initiative was launched at the University of Pretoria’s Veterinary campus, in Onderstepoort, to collect blood plasma from students who had been vaccinated against rabies.

The reason for this is that all the students and employees on campus have to have mandatory rabies immunisation. This made the site an excellent location to promote hyperimmune rabies plasma donation which is dependent on donors having a high enough rabies antibody count. SANBS was able to set up our machines at convenient times and target our communication to the willing participants.

The initiative continues to be a huge success and since we started the campaign, a semi-permanent donor centre has been set up at Onderstepoort, where plasma collections are now amongst the highest in the country. Hundreds of litres of plasma have been collected and more that 400 procedures have been performed.

This would have been impossible without the university’s tremendous support and the willingness of the donors who made this initiative a success.

The donated plasma goes to the National Bioproducts Institute in Durban where it is used to manufacture a preventative treatment called Rabies Immunoglobulin. However, the demand for this special resource is still very high and with over 15 confirmed cases of Rabies in 2017, every possible effort needs to be made in the fight against this terrible disease. Regular donations from hyperimmune plasma donors are crucial to ensure the eradication of rabies.

SANBS has 16 permanent multi-disciplinary donor centres in various locations throughout the SANBS footprint. SANBS will provide the necessary rabies vaccines to non-vaccinated donors who are willing to join the programme.

Should anyone be interested in becoming a Hyperimmune Rabies Plasma donor, simply contact the toll-free number 0800 11 90 31 or visit your local multi-disciplinary centre where you will be provided with all the relevant information on how to get involved in the process.
What makes the HIV testing at SANBS so unique?

At SANBS we test all blood donations for HIV using both a serological method that tests for the immune response or antibodies to HIV and a molecular method that tests for the RNA of the virus itself. Performing both of these tests in parallel and in individual donation testing enables SANBS to detect very low levels of the virus but also enables us to detect donors that present to donate that are already treated for HIV.

Is there better testing available in the world?

No not currently.

If a patient has HIV can they get blood from a donor who has HIV?

It is not advisable to provide HIV positive blood to HIV positive patients for a number of reasons. 1. A secondary infection will have a different RNA (Ribonucleic acid), sequence from the first infection and therefore the body will see it as a co-infection with additional burden on the immune system. Often in these cases the immune response has difficulty providing immunity to both infections allowing one of them to resist treatment 2. Hospitals often make errors when transfusing the product and therefore the HIV positive product could go to a negative recipient 3. HIV positive products in the hospitals increase the risk of an adverse outcome in the case of a needle stick.

Is the public able to get the same type of testing?

The public cannot get this type of testing from a VTC clinic, however at large expense they can request from their doctor to have a PCR test performed at a local pathology laboratory which has a similar sensitivity to the molecular assays used at SANBS. The traditional blood screening molecular assays are becoming available to the diagnostic laboratories for use.

How does SANBS ensure its testing remains best possible quality?

The Donation Testing laboratories are ISO 17025 accredited and are moving across to ISO15189. The criteria for both of these standards ensure that the procedures, processes and people meet a number of quality indicators. In addition during the procurement process the technical specification is written to ensure that SANBS procure top quality products. Strict evaluations and validations are performed on all tests to ensure that tests with high sensitivity, specificity and negative and positive predictive values are chosen. External quality assurance programs are used to identify problems and quality control material is used to monitor trends.
In 2018, 7-year-old Karabo was viciously attacked by a pit-bull terrier while playing soccer in the street of Danville with his friends. What started off as a normal day quickly ended in tears, panic and critical injuries.

Karabo’s parents were called to the scene of the attack and frantically rushed their bleeding son to the nearest hospital. Karabo sustained serious injuries close to his rib area; his liver and spleen were lacerated. As a result, he had to undergo a blood transfusion to try a replenish the blood he lost from the injuries he sustained. Due to the severity of his injuries he was transferred from Kalafong Hospital to Steve Biko Academy.

In a matter of minutes, the fate of Karabo’s life was in the hands of complete strangers - blood donors that he would never meet and be able to thank. Today, Karabo has recovered from the attack and is healthy and ready to hit the streets with his soccer ball again because of selfless donors who take time out to give life to others through blood donations.

Portia Nakeli, Karabo’s mother, expressed her gratitude and said: “Thank you to all donors for saving my son’s life. If it wasn’t for you, my son would not be alive today.” She encourages people to stand up and donate and save other people’s lives.
Every time you donate blood it is tested and separated into red blood cells, plasma and platelets, which are given to patients with different requirements. Much of the blood also finds its way to hospitals to treat gynaecological conditions.

Thandeka Monageng required two units of blood after she experienced complications during the birth of her baby boy, Oresirelletse. Because of your donation, she is very much alive and well and is able to watch little Oresirelletse learn to crawl and walk and be a longed-for little brother to 2-year-old Atlotlwe. Amazingly, little Ore shares his birthday with his dad, Keabetsoe Monageng.

In expressing her gratitude to blood donors, Thandeka said: “The thought of my child growing up without a mother made me realise how grateful I am to have another chance at life. Blood donations also gave my husband a chance to have a wife and gave my sons a chance to enjoy their lives with their mum. So, I’ll go all out to encourage people to donate blood because of the positive impact they can make to our nation.”

“The thought of my child growing up without a mother made me realise how grateful I am to have another chance at life.”
NEW BLOOD DRIVE
ATTRACTS HUNDREDS OF DONORS

Excitement filled the church grounds at the Maranatha Community Church (MCC) as the SANBS staff descended upon the Next Gen Hall to set up and prepare for the first amazing MCC blood drive. After weeks of planning and coordinating with Pastor Quintin Dall, the first of the two blood drives were upon us and our four Johannesburg teams prepared for the highly anticipated queues which were about to follow.

We really underestimated the interest from the congregants and were amazingly surprised when we looked up and saw streams of donors queuing up to donate, many preparing themselves to donate their very first unit of blood.

The hall was filled with chatter and donors experiences over the two Sundays. The donor’s hearts were filled with joy to know that their one unit of blood which they donated would save 3 lives. Ps. Dall kept the crowds and the teams motivated throughout the blood drives and together we successfully collected 579 units of blood. Rene Gronum who donated for the first time had this to say about her experience at the MCC blood drive, “It is such an amazing experience and to learn about the importance of blood donation. This was truly a wonderful blood drive and I cannot wait for the next Maranatha blood drive!”
At SANBS we pride ourselves in using the healthiest blood from the healthiest donors and every aspect of the transfusion process is meticulously monitored to ensure the absolute safety of our donors and recipients. Your blood saves lives.
IT’S FINALLY HERE...

Sammy Marks Donor Centre Finally opens its doors

– Oscar Ramutsheli

The long anticipated donor centre at Sammy Marks Square has finally opened its doors to donors and prospective donors. We have listened to our donors and opened our doors for the first time.

Because we know our Donors deserve the best, we celebrated by making noise about it, we made it an opening to remember. This gave us the opportunity to have conversations with our donors over some delicious treats and music.

We would like to say “We appreciate our journey together in providing sufficient quantity of blood to meet the needs of our patients”.

MOJA LOVE BLOOD DRIVE HAS BRAAMFONTEIN PUMPING

With the hustle and bustle of the Johannesburg traffic, we were excited for our first blood drive with Moja Love DSTV Channel 157 in Braamfontein. There was excitement amongst the Moja Love and Siyaya TV production staff, as they pondered on the idea of donating blood, some for the first time. We walked the streets and encouraged donors from all around Braamfontein and Maboneng Precinct vicinity. Our team also answered many questions and concerns that donors had, putting their fears at ease and getting them to the donor beds.

Zola Hashatsi, the content producer for ‘Show Me Love’ took the brave step and donated his very first unit of blood, saying, “It’s my first time and it makes me proud to know that I can not only save one life but 3 lives”. We thank Moja Love for partnering up with SANBS and we look forward to the upcoming blood drives.
In order to make donors’ experiences more enjoyable, the South African National Blood Service (SANBS) has partnered with Nespresso.

“The partnership aims to thank donors for their continued support and creates a leisurely vibe with a personal touch”, says Silungile Mlambo, spokesperson for SANBS.

With donors busy schedules it is not always easy to get to know them personally. Through this partnership, SANBS aims to build relationships, creating a leisurely, relaxed environment that lets donors enjoy a cup of great coffee while spending time with us.

Nationally, SANBS aims to collect 3300 units of blood every day in order to meet the demand. “Without our regular and committed blood donors, we would not be able to assist the many people in need of blood transfusions. These donors are crucial in maintaining the critical blood supply benefitting so many South Africans. As a token of appreciation, the partnership will enable SANBS to give something back, with every donor receiving a Nespresso coffee after each donation.

SANBS and Nespresso will also be running a recycle drive at donor centres, whereby all used coffee capsules will be repurposed to create inspiring artworks.

Donors will stand the chance of winning a Nespresso coffee machine for their homes by simply posting a selfie of themselves enjoying a free cup of Nespresso coffee while visiting any one of the SANBS donor centres.

They can enter the competition by uploading their photo onto social media platforms (Twitter, Instagram, Facebook) with the hashtag #SANBS and by tagging @theSANBS in their post.
The bravest child I know happens to be my son, Brandon Grant. He was born at 32 weeks and developed a disease called Necrotizing Enterocolitis at just 5 weeks old. He lost 90% of his small intestine, and because of this he is only able to absorb very little food.

He is fed through a procedure called Total Parenteral Nutrition which is an intravenous feeding that provides patients with all the fluid and the essential nutrients they need when they are unable to feed themselves by mouth.

He’s only 8 months old and has had 14 blood transfusions and being a blood donor myself, it really only hit me how important it is to donate blood when my little one needed it.

The only thing we struggled to get were platelets. We don’t know what the future holds, but we do know that we have a very long road ahead of us. Thank you to everyone who donated blood and to the SANBS... You saved our little Brandon’s life. Please follow Brandon’s progress on Facebook BRANDON BRAVEHEART GRANT FAN CLUB. Please help other kids like Brandon to live their lives to the fullest by contacting SANBS on 08600 11 90 31 or visit www.sanbs.org.za for more info with regards to donating blood and platelets.

“Your blood, Saves lives!”
Blood is collected into a sterile bag and labelled. Units are transported to the nearest SANBS testing and processing lab. In the processing laboratory, blood is spun down in a centrifuge and then separated into its different components.

Plasma
Contains proteins and clotting factors used to treat patients with massive bleeding or clotting factor deficiencies.

Red Blood Cells
Contain haemoglobin, a protein that carries oxygen throughout the body. Used to treat patients with anaemia or blood loss due to trauma or surgery.

Platelets
Crucial in helping blood to clot. Patients with low platelet levels often suffer from bruising and bleeding.

Local hospitals place orders with SANBS for blood products based on their needs. Blood products are stored prior to transfusion. The shelf life of blood is limited. Platelets expire in 5 days. Red blood cells expire in 42 days. Plasma has a 1 year shelf life from the day of collection.

Blood is transfused to patients in need. Just one blood donation has the potential to save three lives!

SANBS
South African National Blood Service

Your blood saves lives.

sanbs.org.za
Earlier this year Euline Reid gave birth to her baby Serena Hope. Things didn’t go as planned. Gaz’lam caught up with her to find out more about her incredible story.

Tell us what happened?

I was 24 weeks and 5 days at the time when I noticed that something was not feeling right. On Monday, 19 September 2017, my husband and mother rushed me to hospital after the pain started getting more intense. The obstetrician did an internal check up and said I was 2cm dilated and that the baby was on its way. My placenta raptured and caused me to go into labour.

The doctor informed me that we had two options. One was to take a chance and remove the baby. Before he could even explain what the second option is I told him to take out the baby. All I said was “Dr let us take out the baby. God is faithful” and he did. I knew that the odds were against my baby.

She was born at 8:30am weighing 770 grams. Minutes after giving birth, Serena Hope Reid was transferred to the Neonatal Intensive Care Unit (NICU) at Garden City hospital where she spent the following 105 days. On day two our paediatrician called us in and told us that Serena Hope had suffered haemorrhaging on the brain. She had a grade 3 and 4 bleed. The prognosis was devastating. One of the options was to take the baby off the ventilator and allow things to go its way. But we kept our hopes up and left her on the ventilator.

Serena received numerous blood transfusions. How many did she receive and do you recall what it felt like when she was getting the blood transfusions?

Serena had about 4 blood transfusions. She received between 5 and 10ml of blood per transfusion. We were desperate at the time because her white blood cell count was low and we knew that the blood transfusions would assist in improving her condition.

Did you ever think about the necessity for blood donations before your daughter needed them?

Yes, I am always aware of the shortage of blood the country experiences especially during holiday seasons.

How does it feel knowing that your baby girl is alive thanks to total strangers?

I am forever grateful to all the donors. I am able to see Serena smile, laugh
What would your message be to people who are still considering blood donation?

For me the decision was easy because I don’t attach any religious beliefs when it comes to my health or that of any of my family members who are at risk. There are some people who will not cross that line but in my opinion I always weigh on the odds.

I also believe that the SANBS is very open and transparent about the criteria and requirements that donors have to fulfil in order to donate blood and this gives me the reassurance that I have made the right decision.

NICD PUTS ITS SUPPORT BEHIND SANBS PLASMA DONATION.

The National Institute for Communicable Diseases (NICD) has been supporting SANBS extensively with the promotion of the Hyperimmune Rabies Plasma donation programme at the University of Pretoria’s Onderstepoort Veterinary Campus.

Their support has not just stopped at encouraging students to donate but SANBS was recently invited to do a talk at the NICD offices in Modderfontein, Johannesburg. With the help of SANBS Medical Manager, Dr Nolubabalo Makiwane, we engaged with some of the top minds in at the NICD including Professor Lucille Bumberg and Dr Jackie Weyer.

They not only placed significant emphasis on the recent outbreak of Rabies in South Africa but also how the disease is fought globally. One of the main ways to combat the disease is with Hyperimmune Rabies Plasma donation from voluntary donors.

This special plasma is made into a product called Rabies Immunoglobulin which is a key component in the prevention of the disease. The SANBS talk also included a detailed demonstration of how our plasmapheresis machines work and all the delegates were encouraged to consider donating plasma.

Talks are underway for opening a possible hyperimmune blood drive at the NICD campus in the near future.
ROCKING THE PRINCIPALS AT THE BARNYARD

The South African youth makes up a substantial portion of the national donor base with almost 20% of the annual blood donations coming from people aged between 16 and 19. Not only is it important to collect blood at schools but it is critical for SANBS to educate school goers about what happens to the blood, who gets it and how much of it is needed.

We are dependent on the support from the regional districts of the Department of Education as well as the individual schools to ensure that we continue in our mission to save lives.

In October, SANBS teamed up with the Department of Education’s Johannesburg Central District and the Barnyard Theatre at Gold Reef City, to host the district’s final meeting. Over 250 principals and administrators attended the event.

After the formal proceedings, the delegates were treated to a spectacular show, “Big Top Rock” presented by the Barnyard Theatre which had everyone dancing in the isles. Following the show, SANBS shared key information about the importance of school blood drives and blood recipient Mbali Blose also gave insight from a patient’s perspective on the necessity for blood drives at schools.

The event was a raging success. Dozens of new blood drives have been booked for 2019 and an even stronger bond with all the delegates was forged through the interaction at the event. We look forward to building on this platform and to a tremendously successful 2019.
Sandile Nkabinda donated his 100th unit of blood at the Bruma Donor Centre. He started donating blood at the University of Wits in the year 1997.

Sandile committed to donating blood after losing a very dear friend who he was very fond of and who was his classmate. His classmate passed away after losing a lot of blood after haemorrhaging whilst she was giving birth. Sandile says that “I could not believe that someone lost her life during the most precious moment of her life BECAUSE we did not donate enough blood to save her life”.

This most devastating event instilled in him a promise he has not stopped doing and that is becoming a blood donor and something he has never stopped being ever since.

“I then took a vow to donate as much blood as I possibly can,” says Sandile, “and I am so glad and grateful that I have come this far and made a difference in other people’s lives”.

Sandile encourages people of all walks of life to donate blood on a regular basis since it is the one way anyone, regardless of their status in their community, can make a difference to the lives of the people who require blood transfusions every day!!!

“It is my wish for more people to commit to such an act of a good deed. Pay it forward as you never know when you will need a blood transfusion”, says Sandile.

Here’s to a 100 more units, through the grace of the Almighty!!!

Sandile, SANBS salutes you, for being part of the Blood donation family and wishes you every success and great health.

Please accept our sincere appreciation.
Your health is important to us. We depend on the generosity and commitment of healthy donors who regularly donate blood and blood products. Some research and publications suggest that frequent blood donations may, in some donors, result in the gradually depleting their bodies’ iron stores and may lead to these donors developing iron deficiency anaemia. Iron plays an important role in the body and helps to carry oxygen from the lungs to the rest of the body.

Most donors are able to maintain their iron levels even when donating regularly by eating a well-balanced diet rich in iron. Evidence from local and international studies has shown that women aged 16 – 45 years are at higher risk of decreased body iron levels (iron deficiency) due to menstruation and the demands of pregnancy on the body and could be made worse with regular blood donation.

The KZN area in particular has the highest number of deferrals for low haemoglobin. In response to this SANBS is embarking on an Iron Replacement Management campaign piloting in the Kwa Zulu Nata area. The campaign aims to improve iron levels in donors by supplying donors with iron supplements.

Donors will be given a one-month supply of ferrous sulphate tablets (200mg; containing 65 mg elemental iron) following whole blood donation. Oral iron replacement amongst blood donors has been found to improve the recovery time of iron lost through blood donation.

In addition to this we will be conducting full blood count and ferritin tests (to understand how much iron the body is storing) on all donors in Kwa Zulu Natal over three months. The campaign will educate donors on the importance of iron and help equip them with knowledge on how to improve their iron levels.

GOING THE EXTRA MILE TO CARE FOR DONOR HEALTH
1. What can point in every direction but can’t reach the destination by itself?

2. A sharpshooter hung up his hat and put on a blindfold. He then walked 100 yards, turned around, and shot a bullet through his hat. The blindfold was a perfectly good one, completely blocking the man’s vision. _How did he manage this?_

3. There are two bodies on the floor. They are surrounded by water and broken glass. _How did they die?_

4. There is a dead man in the middle of a field, nothing is around him and there are no footprints of any sort. There is an unopened package next to him. _How did he die?_ HINT: As he approached the field he knew he was going to die.

5. I can travel from there to here by disappearing and here to there by reappearing. _What am I?_

6. You are on an island in the middle of a lake. The lake is in a remote part of the country and there has never been a bridge connecting the island to the mainland. Every day a tractor and wagon gives hay rides around the island. Puzzled as to how the tractor had gotten onto the island, you ask around and find out that the tractor was not transported to the island by boat or by air. Nor was it built on the island. _Explain how the tractor got there?_

7. A man was born in 1955, how is it today is his _18th birthday?_

8. Can you Form a word from the letters? A B C D E F G I. (note; the word is hyphenated)

---

**Answers:***

1. Your finger
2. He hung his hat on the barrel of his gun
3. The fis bowl
4. The letter “T”
5. The word “Rascal"
6. It was driven over in winter when the lake was frozen
7. He was born in room 1955 of the hospital
8. Big-faced
Collection of 251 lifesaving units of blood sees provincial record smashed!

Netcare uMhlanga Hospital, East Coast Radio and the South African National Blood Services (SANBS) recently set a KwaZulu-Natal (KZN) blood-drive record when they teamed up to collect 251 units of blood, the highest volume of blood ever collected until now at a single venue in the space of a day in the province.

According to Marc van Heerden, general manager of Netcare uMhlanga Hospital, a total of 336 people were screened during the blood drive, which was hosted at the hospital.

“Best of all, the SANBS got 162 new donors which is an incredible feat. Donating blood is a selfless act and what makes it even more special is the fact that you can do so much for so many people with such little effort,” he adds.

Netcare uMhlanga Hospital and East Coast Radio have extended a blood donation challenge to the public and businesses throughout KwaZulu-Natal. “The idea is to encourage as many staff members, visitors, businesses and members of the public as possible to do their bit for our country through donating blood,” says Van Heerden.

Commenting on the blood drive, East Coast Radio presenter, Damon Beard, thanked everyone who participated. “It was such an incredible experience to be at the hospital on the morning of the drive and see how everyone rallied and how well it was organised.”

“When you donate blood, you are giving the gift of life and there is no more profound way to express care for your fellow South Africans than by sharing your life blood and by keeping yourself healthy so that you can continue to donate blood,” he said.

One blood donation can potentially save up to three lives. The blood drive at Netcare uMhlanga Hospital may therefore touch the lives of up to 753 people.

In order to maintain and meet the demand of the thousands of patients in need of blood transfusions, SANBS needs to collect 3300 units of blood per day.

The community of Durban and surrounding areas turned out in droves to give the gift of life. A total of 336 people attended the event. What was even more remarkable was that almost 50% of the donations came from new donors.
#Changeishere

We’ve made the donation process quicker, saving you time so that you can save lives.
1 BLOOD DONATION CAN SAVE UP TO 3 LIVES
Thank you for donating blood today!

NEW DONOR LABEL

DONOR NO.: ________________

Your donation can save at least three lives. Because at the end of the day it’s not just blood. It’s life.

NEW DONORS: Please complete all sections of the donor form.
RETURNING DONORS: Please complete all sections of the donor form except section 1.

Section 1

SURNAME: ___________________________
FIRST NAME: __________________________

TITLE: FEMALE ☐ MALE ☐

DATE OF BIRTH: D D M M Y Y Y Y ID NUMBER: __________________________

ETHNIC GROUP: AFRICAN ☐ COLOURED ☐ INDIAN/ASIAN ☐ WHITE ☐

ADDRESS: __________________________

TELEPHONE: __________________________ CELLPHONE: __________________________

E-MAIL ADDRESS: (Complete in BLOCK LETTERS)

______________________________

For office use only.

UNIT 1: __________________________ UNIT 2: __________________________

CAMPAIGNS AND GIFTS:

FOR MORE INFORMATION, CALL 0800 01 2322 TOLL-FREE.
# Section 3

## Q1. Will you be involved in any of the following?

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Driving a public or heavy-duty vehicle, working on scaffolding or using large power tools today?</td>
<td></td>
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<tr>
<td>Flying an aeroplane, skydiving, deep-sea diving or mountaineering in the next three days?</td>
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<tr>
<td>Participate in endurance sports and major marathons such as Comrades or the Iron Man in the next month?</td>
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<tr>
<td>Have surgery in the next 6 weeks?</td>
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</tbody>
</table>

## Q2. In the past 7 days:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Have you been to the dentist?</td>
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<tr>
<td>Have you taken any painkillers, anti-inflammatory or aspirin?</td>
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</tr>
<tr>
<td>Have you had flu, sore throat, fever, or an infection?</td>
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</tbody>
</table>

## Q3. In the past 30 days:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Have you had continuous diarrhoea for more than 1 week?</td>
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<tr>
<td>Have you had a vaccination or immunisation (inoculation)?</td>
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</tbody>
</table>

## Q4. In the past 3 months:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>Have you had a blood transfusion or received blood products?</td>
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<tr>
<td>Have you had acupuncture, kava kava or any similar treatment?</td>
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<tr>
<td>Have you taken part in a drug/vaccine trial or any other clinical research?</td>
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<tr>
<td>Have you had a severe asthma attack, a surgical procedure or been admitted to hospital?</td>
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<tr>
<td>Have you been injected or injected with body-building drugs, recreational or street drugs?</td>
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<tr>
<td>Have you had a tattoo, body piercing or permanent make up applied?</td>
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<tr>
<td>Have you had a needle stick or skin-penetrating injury, eye splash or skin contact with another person's blood?</td>
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</tbody>
</table>

## Q5. Have you ever had:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart, lung or circulatory problems?</td>
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<tr>
<td>Epilepsy, convulsions or a stroke?</td>
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<td></td>
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<tr>
<td>Cancer, skin cancer or leukaemia?</td>
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<td></td>
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<tr>
<td>Diabetes, TB or kidney disease?</td>
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<td></td>
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<tr>
<td>Haemochromatosis (&quot;high iron&quot;) or polyhaemorrhia (&quot;too much blood&quot;) or a bleeding disorder?</td>
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<tr>
<td>Have you ever had a severe allergic reaction or any serious illnesses?</td>
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</table>

## Q6. Hepatitis:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you had jaundice, hepatitis, liver disease or tested positive for hepatitis after the age of 1-year?</td>
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<tr>
<td>Have you been in contact or lived with anyone with hepatitis (jaundice) in the past 3 months?</td>
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</table>

## Q7. Malaria:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you grow up in a malaria area outside of South Africa?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you been in a malaria area in the past 3 months?</td>
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</tr>
<tr>
<td>Have you had malaria in the past 3 years?</td>
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</tbody>
</table>

## Q8. Variant Creutzfeld-Jacob disease (Mad Cow disease):

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever had brain surgery, received a dura mater (brain covering) graft, or taken pituitary growth hormones?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever received a tissue, cornea or organ transplant?</td>
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<tr>
<td>Have you visited the United Kingdom on one or more occasions adding up to a total stay of 12 months or more between the years 1980 and 1996?</td>
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</tbody>
</table>

## Q9. Female donors:

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you pregnant or undergoing fertility treatment?</td>
<td></td>
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<tr>
<td>Have you had a baby, miscarriage or abortion in the past 3 months?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you currently breastfeeding?</td>
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</tbody>
</table>
Please Note: The following questions are of a sensitive nature. The term "sexual" includes oral, vaginal and anal sex with or without a condom.

Q10. Have you ever:

- Q10.1. Tested positive for HIV? YES NO
- Q10.2. To the best of your knowledge had sexual contact with anyone who has tested HIV positive? YES NO
- Q10.3. Or do you now take anti-retroviral (ARV) medication, including pre- and post-exposure prophylaxis? YES NO

Q11. In the past 3 months:

- Q11.1. Have you started having sexual contact with a new partner? YES NO
- Q11.2. Have you had sexual contact with more than one partner? YES NO
- Q11.3. Have you had sexual contact with anyone who takes money, drugs or other favours for sex? YES NO
- Q11.4. Have you received money, drugs or other payment for sex? YES NO
- Q11.5. Were you sexually assaulted? YES NO

Declaration
1. I confirm that I am 16 years of age or older.
2. I understand and accept the donation process and related risks, as explained to me.
3. To the best of my knowledge, all the information I supplied is the truth, and I understand that if I have not answered these questions truthfully, it could endanger a patient and lead to legal proceedings against me.
4. I have read and understood the pamphlet “Your blood saves lives”.
5. I undertake to inform SANBS immediately should I think my blood is not safe for use.

Consent
1. I consent to the testing of my blood for blood grouping, syphilis, hepatitis B, hepatitis C and HIV, as well as such extended testing that may be necessary to ensure the safety of the recipient.
2. I consent to being informed of any test results that are important to my health or affect my ability to donate blood, and to my test results and information being kept confidential and stored for 30 years by SANBS in a secure manner.
3. I consent to receiving medical care in the event of an adverse reaction, as deemed fit by SANBS.
4. I consent to my data and blood donation being used for research aimed at improving blood safety. I understand that my identity will always be protected.

Research Consent
1. I understand that my data and unused blood donation may be stored at the SANBS Biorepository. I consent to the anonymous use of my data and donation for research purposes other than that aimed at improving blood safety as approved by the SANBS Human Research Ethics Committee. YES NO

Donor’s Name: Date of birth: Signature:

For office use only.

Medical Assessment

<table>
<thead>
<tr>
<th>Blood Pressure:</th>
<th>Pulse Rate:</th>
<th>Pulse rhythm:</th>
<th>Regular/irregular</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hb Screen 1:</td>
<td>Hb Screen 2:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron Issued: Yes/No</td>
<td>Batch No.:</td>
<td>Expiry Date:</td>
<td>Side-Effects:</td>
<td></td>
</tr>
<tr>
<td>Medication:</td>
<td>Accept HIV Test: Yes/No</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Accepted: Yes/No | SAP Number: Signature:
Big 5 changes

1. **Reduction in the number of conditions for which a medical practitioner letter is required.**

2. **Reduction in medical procedure deferrals from 6 to 3 months.**

3. **Increase in the upper age limit from 65 to 75.**

4. **Simplified deferrals and reduced periods for most conditions.**

5. **Reduction in High Risk deferral (tattoos and sexual partners) from 6 to 3 months.**
AS ONE OF OUR 500 000 DONORS A YEAR, EVERY DROP YOU DONATE SAVES LIVES. SO THANK YOU.
YOU ARE A TRUE HERO.

Donate today.
Your blood saves lives.

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Your blood saves lives.