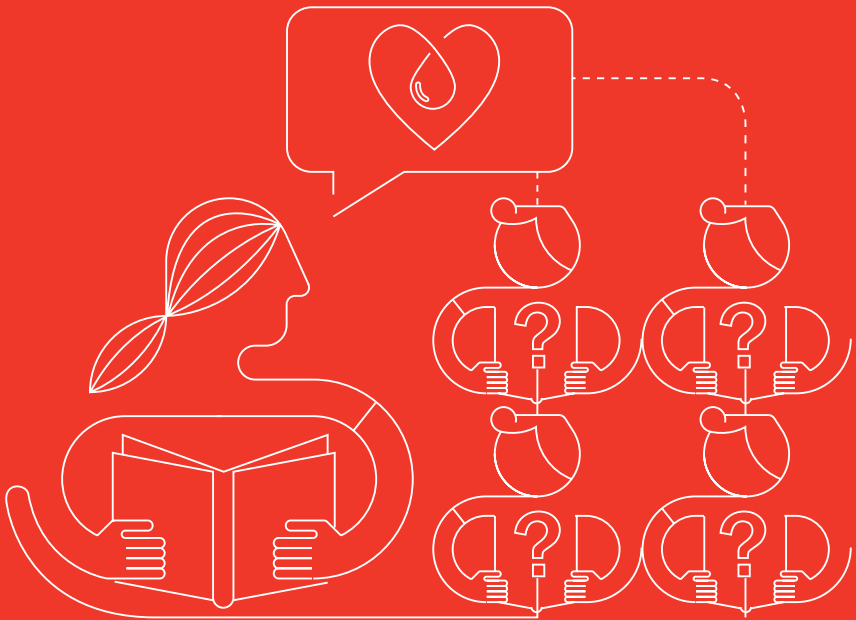




Peer Promoter Guide



B+ B+ O+ AB+ A- A+
O+ A+ B+ B+ O- AB-
B+ B- AB- A- B- B+
A- B- B+

Gazlam

noun · /gaz-lam/

**Zulu word for "blood relatives"
or "brotherhood"**



Your main function as a Peer Promoter.

To educate your peers on the importance of donating blood and to help recruit more healthy donors to keep up with the demand for a safe blood supply.

School involvement.



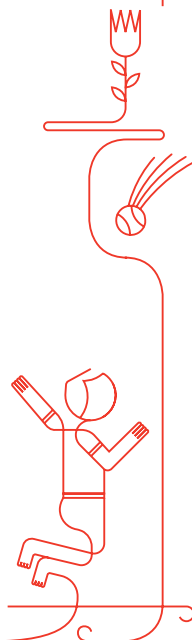
Where possible, a team of Peer Promoters will be appointed at schools where the SANBS hosts blood drives on a regular basis.



During the year, your efforts as a Peer Promoter will be recognised at a special function.



Once you have completed your duties as a Peer Promoter, you will receive a certificate from the SANBS that you can add to your CV.



Responsibilities and duties.



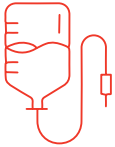
Confirm dates and venues with the Donor Relations Practitioner (DRP) of the branch responsible for the blood drive at your school.



Request promotional material from the DRP.



Provide donor education for your peers by liaising with the SANBS DRP.



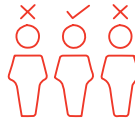
Arrange the blood drive from beginning to end.



Form a committee at your school to assist with creative ideas for donor recruitment.



Ensure that potential blood donors attend.



Assist in selecting following year's Peer Promoters.



Make sure that the learners return to their respective classes after donating.



Look for opportunities.

- ◆ Aim to run different motivational campaigns at your school.
- ◆ Presentations can be given during assemblies.
- ◆ Internal newsletter – sharing information with learners.

The challenge.

- ◆ Recognise your fellow learners as potential donors.
- ◆ Master the art of recruiting and motivation.
- ◆ Practice your recruiting skills.
- ◆ Be proactive.



Donor motivation and retention.

The main goal is to recruit SAFE blood donors who will donate regularly. You therefore need to know who should donate and how to encourage them to donate regularly.



Who should donate?

The people you should encourage are people who truly want to save people's lives. They must be honest and because of that, they will tell SANBS about anything that may prevent them from donating blood.

Donors must be:



Between the age of 16 and 75.



Weigh more than 50kg.



Lead a sexually safe lifestyle.



Consider your blood safe for transfusion to a patient.



Have eaten a good meal before donating.

Every day...

Thousands of South Africans make donations to the South African National Blood Service. But, contrary to popular belief, these donors don't just give us their blood. They donate experiences, opportunities and potential.

They provide a gift of life, which could give an old woman the chance to knit a jersey for her great grandchild, a young man to marry his childhood sweetheart or a little girl the opportunity to win first prize at her school science fair. Blood donations provide recipients with the blank pages on which to write new chapters of their life stories.

These stories are at the heart of everything the SANBS does. They provide the meaning behind everything we do, why we get up every morning, and why we never look at a blood bag as just a pint of blood. Instead, we see a lifeline that extends from one human to another, forming the lines of the pages on which new stories can be told.

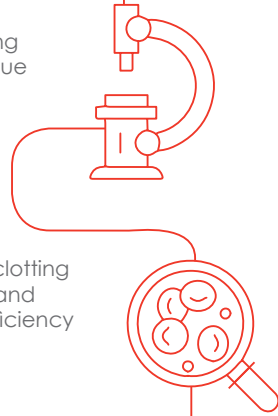
**At the end of the day,
it's not blood. It's life.**

One donation can save three lives.

Each unit of blood is separated into three life-saving components, meaning it can save more people due to each person getting only what they need.

Plasma.

Plasma is a clear, pale-yellow fluid that consists of 90% water. It is used for various purposes such as clotting factors to treat patients with clotting deficiencies and Immunoglobulin to treat patients with immune deficiency disorders and numerous other conditions.



Platelet concentrate.

Platelets are used to stop bleeding. Platelets are formed in the bone marrow of the body. Platelets expire after five days.



Red Cells.

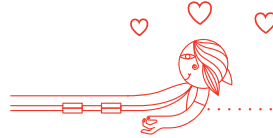
Red cells carry Haemoglobin, which is responsible for carrying oxygen from the lungs to the tissues. A lack of red blood cells is termed anaemia, and a red-cell concentrate is used to treat it. Red cells can be stored for up to 42 days.



Journey of Blood



A unit of blood is drawn from a volunteer donor.



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



Blood is collected in a sterile bag and labelled.

Local hospitals place orders with the SANBS for blood products, based on their patients needs.



Units and specimens are transported to the nearest SANBS testing and processing lab.



Blood products are stored prior to transfusion. The shelf life of blood is limited. Platelets expire in five days. Red blood cells expire in 42 days. Plasma has a one-year expiry from the day of collection.



In the processing laboratory, blood is spun down in a centrifuge and then separated into its different components.

Blood is tested to ensure that it is safe for transfusion.



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.

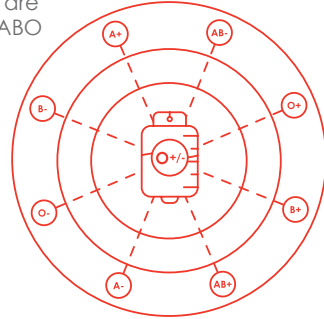


Platelets
Crucial in helping blood to clot. Patients with low platelet levels often suffer from bruising and bleeding.



Blood groups.

The two most important blood-group systems are the ABO and Rhesus (Rh) systems. Within the ABO system, people can be one of four types: A, B, AB or O. Within the Rh system, people can be either Rh-positive or Rh-negative. Each system is inherited independently; therefore, there are eight main groups.



Group O is known as the universal blood type. It can be given to patients of any blood group. It's therefore the most valued blood group.

Blood Types

Donates blood to and Receives blood from

Blood type	Donate blood to	Receive blood from
A+	A+ AB+	A+ O+ A- O-
O+	A+ O+ B+ AB+	O+ O-
B+	B+ AB+	O+ B+ O- B-
AB+	AB+	Everyone
A-	A+ A- AB+ AB-	A- O-
O-	Everyone	O-
B-	B+ AB+ B- AB-	O- B-
AB-	AB+ AB-	A- O- B- AB-

The South African National Blood Service does not pass a moral judgment on potential donors' activities, but has procedures in place to ensure that the blood supply is safe for patients.

High-Risk groups.

High-Risk groups are people considered as unsafe blood donors, as their lifestyle could expose them to HIV infection. This includes people who have multiple sex partners, sex for money, unfaithful sex partners and people who use intravenous or recreational drugs.

HIV/AIDS.

Acquired immune deficiency syndrome (AIDS) is a disease that results from infection with the human immunodeficiency virus (HIV). There is currently no cure for AIDS. HIV is transmitted by bodily fluids. The virus attacks the white cells that protect the body against infection. The body can therefore not protect itself, as the immune system becomes compromised by the virus. In time, the body becomes vulnerable to other infections, which may result in death.

Hepatitis B.

Hepatitis B is an infectious disease caused by the hepatitis B virus (HBV) that affects the liver. It can cause both acute and chronic infections. Many people have no symptoms during the initial infection. Some develop a rapid onset of sickness with vomiting, yellowish skin, tiredness, dark urine and abdominal pain. These symptoms often last a few weeks, and the initial infection rarely results in death. It may take 30 to 180 days for symptoms to begin. Of those who get infected around the time of birth, 90% develop chronic hepatitis B while less than 10% of those infected after the age of five do. Most of those with chronic disease have no symptoms, but cirrhosis of the liver and liver cancer may eventually develop. These complications result in the death of 15-25% of those with chronic disease. The virus is transmitted by exposure to infectious blood or body fluids. Infection around the time of birth or from contact with other people's blood during childhood is the most frequent method by which hepatitis B is acquired in areas where the disease is common.

Hepatitis C.

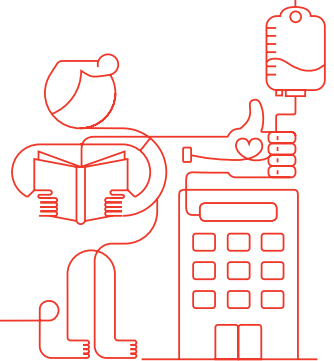
Hepatitis C is an infectious disease caused by the hepatitis C virus (HCV) that primarily affects the liver. During the initial infection, people often have mild or no symptoms. Occasionally a fever, dark urine, abdominal pain, and yellow-tinged skin occur. The virus persists in the liver in about 75-85% of those initially infected. Early on, chronic infection typically has no symptoms. Over many years, however, it often leads to liver disease and, occasionally, cirrhosis of the liver. In some cases, those with cirrhosis will develop complications such as liver failure, liver cancer, or dilated blood vessels in the oesophagus and stomach. HCV is spread primarily by blood-to-blood contact associated with intravenous drug use, poorly sterilised medical equipment, needlestick injuries in healthcare, and transfusions.

Syphilis.

Syphilis is a highly contagious disease spread primarily by sexual activity, including oral and anal sex. Occasionally, the disease can be passed on to another person through prolonged kissing or close bodily contact. Although this disease is spread from sores, the vast majority of those sores go unrecognised. The infected person is often unaware of the disease, and unknowingly passes it on to his or her sexual partner. Pregnant women with the disease can spread it to their baby. This disease, called congenital syphilis, can cause abnormalities or even death to the child. Syphilis cannot be spread by toilet seats, door knobs, swimming pools, jacuzzis, bath tubs, shared clothing, or eating utensils.

Window period.

The window period is the time from when a person gets infected to when the virus can be detected via blood tests. This can be HIV or other viruses, and although a person may test "negative", the virus is still in their blood and can be passed on to a patient through a blood transfusion. This is why we ask people who have been involved in risky sexual behaviour not to donate blood.



FAQ

Important note to Peer Promoter.

Do not attempt to answer questions related to medical conditions. Please refer these donors to the SANBS staff at the blood drive.

Will the SANBS let me know the results of my HIV test? I was told that I could get a free HIV test at the blood drive?

The SANBS does not offer free HIV testing. If you think you may be at risk of having HIV, you should not donate blood. Explain the significance of the window period and suggest that they visit their local health or Sexually Transmitted Infection clinic for tests.

Is the blood tested for HIV after each donation?

Yes, each blood donation is tested for HIV, hepatitis and syphilis. The blood group is also checked each time. However, the blood service should never be used to obtain a free HIV/AIDS test. Should someone donate during the window period, the patient can be infected with HIV.

Can I get HIV from donating blood?

The needle used is brand new, sterile, and has a sealed cover. After use it will be disposed of by incineration. You cannot get HIV from donating your blood through the SANBS.

Can I donate if I am turning 16 tomorrow or next week?

No, you have to wait until you have had your 16th birthday. SANBS requires you to be 16 years old to be able to donate blood.

Does it really matter that it is not 56 days since I last gave blood? I feel well and fit.

SANBS allows donors to donate once every 56 days, enough time to regenerate the red cells lost during your last donation.

I'm on antibiotics but I'm feeling better today. I only have a slight cough. Why can't I donate blood?

The antibiotics in your blood affect the patient who receives the blood. They may be allergic to the antibiotics. You need to wait seven days after completing your course.

How soon will I replace the blood that I donate?

The fluid or plasma is fully replaced within 24-48 hours after drinking adequate fluids. The red cells take several weeks to be replaced, hence the minimum of 56 days between donations.

How many units of blood do I have in my body?

Blood volume is dependent on body mass. The larger the person, the greater the blood volume. The average is about 70-80ml/kg body weight. If you weigh 60kg, you will have about 4.8 litres ($60 \times 80 = 4\ 800\text{ml}$) of blood.

Which are the rarest and most common blood groups?

The most common group is O Rh positive, and the rarest is AB Rh-negative. The fact that most donors are O Rh positive means that most patients are too, so if you belong to a common blood group, your blood can be used to help a lot more patients.



What difference does it make if I had an operation three months ago? I'm well now, so why can't I donate blood?

Although you may feel well enough to donate, it's not worth taking a chance with your health by donating blood too soon and delaying your recovery.

How much blood is taken at one time?

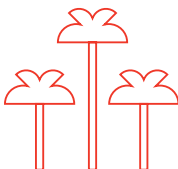
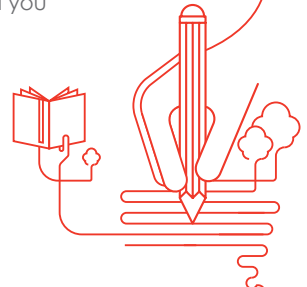
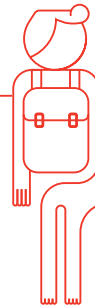
About 450ml.

Why must I have my finger pricked all the time?

Each person's haemoglobin (iron) level varies. The SANBS needs to be sure that, at every donation, your haemoglobin level is fine for you to donate blood. If the levels are low and you donate blood, it could make you anaemic.

Why must I fill in a form every time?

You may have a medical problem or your lifestyle may have changed since you last gave blood. We need to be sure that your blood is safe to give to others and that your health won't be endangered. By honestly completing the form, you help to ensure your own safety and that of the patient.





Can I donate blood if I haven't eaten?

Yes, and offer the donor a small refreshment such as a biscuit, regardless of the donor's weight, if he/she has not eaten. The donor may donate immediately after having the refreshment.

How long is blood kept for?

The red-cell products are stored in a refrigerator (between 2°C and 6°C) for up to 42 days. The platelets are kept for five days at room temperature. The plasma is frozen and may be stored for an extended period of up to a year.

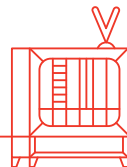


Can HIV be transmitted by kissing or using the same pool?

HIV cannot be transmitted by social kissing or through swimming pools. There has to be direct contact with bodily fluids (mainly blood and vaginal secretion or semen) of the infected person.

Can exercise before or after donating affect me?

It is not advisable to exercise immediately before or after donating blood. It is best to take a break from vigorous exercise for 24 hours.



Will I lose weight after donating?

No.

Why are blood donors not paid to donate blood?

The main reason we don't pay for blood is to protect the people receiving the blood, by making sure people don't lie to get something in return for donating.



Will I have to pay for blood when I need it?

While there is no charge for the actual blood, there is however a charge for the service of collecting, testing, processing, storing and distribution of blood. It is important to remember that no patient in South Africa requiring blood will be refused a blood transfusion on financial grounds. Patients in state hospitals don't pay, as the state covers the cost. In private hospitals, medical aid usually pays, but if a private patient does not have medical aid, the patient will have to cover the cost.

Why does a patient have to pay for blood when I donate for free?

The SANBS does not receive any subsidy from the government. No charge is made for the blood, but the blood service does charge a service fee, which covers the cost of collecting, testing processing and distributing it.



How long will it take to donate blood?

It should not take more than 45 minutes of your time, depending on how busy the blood drive or Donor Centre is.

Will it hurt?

You should only experience a slight discomfort when the needle is inserted, but once it is in place, you should be fine.

Why do we get juice and biscuits?

This is not only a simple hospitable gesture, but also helps to replace the fluid you've lost and to maintain your blood-sugar level. If your sugar level drops too much, you may feel light-headed.

Why can't I donate blood if I weigh less than 50kg?

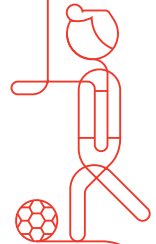
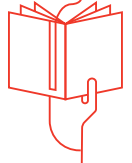
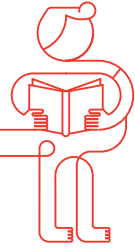
The volume of blood drawn is directly in line with body mass. Therefore, a small person will have less blood volume than a large person and will have less to give.

Do you take blood from an artery or vein?

Blood is taken from the vein.

Why can't I donate for a period after getting a tattoo or piercing?

This allows for a safe period of time to pass, to help ensure that the donor is well and didn't pick up any infections.



Notes

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Notes

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Notes

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INF-DSC-143 1059678 Rev 0 (25/10/2019) Reg No. 2000/026390/08

