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TABLE OF CONTENTS

Who Does Your Blood or Platelet Donation Help?	<u>3</u>
Finding a Blood Drive Near Your	<u>5</u>
What are the Different Donations You Can Make?	<u>6</u>
Consider Organizing a Blood Drive at Work	<u>10</u>



Who Does Your Blood or Platelet Donation Help?

Cancer Patients

Ideal Donation Type: Platelets donation, because certain cancers and cancer treatments prevent patients from producing their own.

Ideal Blood Type: A positive, A negative, B positive, O positive, AB positive and AB negative

Trauma Patients

Ideal Donation Type: Power Red, because red cells carry oxygen throughout the body and are frequently given to trauma and surgery patients. AB Elite plasma donation, because AB plasma is needed to help stop bleeding.

Call 1-800-RED CROSS to make an AB Elite appointment.



Ideal Blood Type

- For Power Red: O positive, O negative, B negative, A negative
- For AB Elite: AB positive, AB negative

Sickle Cell Patients

Ideal Donation Type: Whole blood or Power Red, especially from blood donors who are of African descent. Patients with sickle cell disease, who are predominantly Black, can require multiple blood transfusions every year. Donated blood must be very closely matched to the donor's blood type to avoid transfusion-related complications. Since most patients with sickle cell disease are Black or African American, the most compatible blood type match is most often from a donor of the same race or ethnicity.

Ideal Blood Type: Type O, especially from blood donors who are Black.

Who Does Your Blood or Platelet Donation Help?

Burn Patients

Ideal Donation Type: AB Elite, because plasma helps maintain blood pressure and other vital functions.

Ideal Blood Type: AB positive, AB negative. Type AB, the universal plasma donor's blood can be given to any patient needing plasma. Make an even greater impact for patients in need by giving an AB Elite plasma donation.

Give Plasma: Call to make an AB Elite appointment

Patients with Chronic Diseases

Ideal Donation Type: A single whole blood donation can help more than one person.

Ideal Blood Type: All blood types are needed

You as the Donor

Prior to donating blood, all donors will receive a free health screening. At the time of your donation, your blood pressure, hemoglobin, and pulse will be checked. We record these vitals in your online donor profile. You can access this information as well as past health information obtained during prior donations, at any time. We encourage you to share your results with your healthcare provider at your next visit.

After each blood donation, your unit will be sent to our labs to undergo the following:

- Sickle Cell Trait Screening
- Blood Type/Rh Testing
- Infectious Disease Testing

Finding a Blood Drive Near You

[Association for the Advancement of Blood & Biotherapies \(AABB\)](#)

[American Red Cross](#)

[OneBlood](#) (All of Florida and parts of Alabama, Georgia, South Carolina, and North Carolina)

[America's Blood Center](#) (Missouri, Oklahoma, Arkansas, Arizona, Kansas, Texas, and Nebraska)

[Vitalant](#) (120 locations covering most states in US)

[Blood Assurance](#) (Tennessee, Georgia, Alabama, North Carolina, and Kentucky)

[Blood Centers of America](#) (Virginia, Maryland, Delaware, Pennsylvania, New York, Rhode Island, and Massachusetts)



Whole Blood Donation

(All blood types needed)

a. *Who does a Whole Blood donation help:*

1. Patients in a wide range of circumstances, including serious injuries (such as in a car crash) surgeries, childbirth, anemia, blood disorders, cancer treatments, and many others.

b. *Who can donate Whole Blood:*

1. You must be in good health and feeling well
 - (a) See the [American Red Cross Eligibility FAQ](#) for details on medications, vaccinations, health considerations, travel outside the U.S., medical treatments, medical conditions, etc. that can impact your eligibility to donate blood.
2. You must be at least 17 years old in most states to donate without parental consent
3. You must weigh at least 110 lbs

c. *How is the Whole Blood donation collected:*

1. A phlebotomist (an employee who draws blood) will clean your arm and insert a new, sterile needle into your vein. This takes just a few seconds, and it can feel like a quick pinch.
2. You'll donate about 1 pint (one unit) of blood.
3. When you're done, you'll raise your donation arm and put a little bit of pressure on it, which helps your blood clot. Then they'll put an adhesive strip on your arm.

d. *How often can you donate Whole Blood:*

1. Donation frequency: Every 56 days, up to 6 times a year

e. *How long does a Whole Blood donation normally take:*

1. The actual donation can be very quick, but you should plan on being with there for about an hour.

What Are the Different Donations You Can Make

Power Red Donation

(Blood types O, A negative or B negative are the only types accepted)

a. *How is Power Red donation (sometimes called a Double Red Cell donation) different than Whole Blood donation:*

1. Power Red is similar to a whole blood donation, except a special machine is used to allow you to safely donate two units of red blood cells during one donation while returning your plasma and platelets to you.

b. *Who does a Power Red donation help:*

1. Patients in a wide range of circumstances, including serious injuries (such as in a car crash) surgeries, childbirth, anemia, blood disorders, cancer treatments, and many others.

c. *Who can donate Power Red:*

1. You must be in good health and feeling well
 - (a) See the [American Red Cross Eligibility FAQ](#) for details on medications, vaccinations, health considerations, travel outside the U.S., medical treatments, medical conditions, etc. that can impact your eligibility to donate blood.
2. Male donors+ must be at least 17 years old in most states, at least 5'1" tall and weigh at least 130 lbs
3. Female donors+ must be at least 19 years old, at least 5'5" tall and weigh at least 150 lbs

d. *How is the Power Red donation collected:*

1. During your Power Red, blood is drawn from one arm through an automated process. The machine separates and collects two units of red cells and then safely returns the remaining blood components, along with some saline, back to you through the same arm.

e. *How often can you donate Power Red:*

1. Donation frequency: Every 112 days, up to 3 times/year

f. *How long does a Power Red donation normally take:*

1. The Power Red donation takes about 30 minutes more than a Whole Blood donation so plan on about one and a half hours.

What Are the Different Donations You Can Make

Platelet Donation

(Ideal platelet donor is blood type A+, B+, AB+, or O+ but all blood types are welcome to donate)

- a. What are platelets and how does platelet donation work:
 1. Platelets are cells that help blood clot and support the immune system.
 2. During a whole blood donation, blood is collected as one unit that contains 55% plasma, 45% red blood cells, and <1% platelets. With so few platelets collected from this process, six whole blood donations would be needed to provide enough platelets for a single transfusion.
 - (a) For example, a typical bone marrow transplant recipient would require platelets from about 120 whole blood donations.
 3. When you make a platelet donation, platelets are collected while your fluids and other blood components – red blood cells and plasma – are returned to you. This process is called apheresis platelet donation.
- b. Who does a Platelet donation help:
 1. Donated platelets have a shelf life of only 7 days, and volunteer donors are always needed to help ensure platelets are available in hospitals every day – especially on weekends and over the winter and summer holidays.
 2. Platelets help save and sustain the lives of cancer, transplant, and trauma patients. 20 units of platelets can be life-saving for a patient with severe burns, while a single accident victim can require up to 40 units to survive. In one appointment, you can support 2 or 3 patients in need



What Are the Different Donations You Can Make

Platelet Donation **Cont'd**

c. *Who can donate Platelets:*

1. You must be in good health and feeling well
 - (a) See the [American Red Cross Eligibility FAQ](#) for details on medications, vaccinations, health considerations, travel outside the U.S., medical treatments, medical conditions, etc. that can impact your eligibility to donate blood.
2. You must be at least 17 years old in most states to donate without parental consent
3. You must weigh at least 110 lbs
4. Be free of any aspirin product, aspirin-containing medicine, or Feldene for at least 48 hours prior to donating.
5. Have an acceptable amount of iron in the blood; at your donation, your hemoglobin will be tested to check your iron level.
6. Have a minimum qualifying platelet count.

d. *How is the Platelet donation collected:*

1. Through a process called apheresis, blood is drawn from your arm to a sterile, one-use-only kit in an apheresis machine that spins the blood to remove just the platelets, returning the red cells and plasma to your arm.

e. *How often can you donate Platelets:*

1. Donation frequency: Platelets can be donated every 7 days, as long as eligibility criteria are met-up to 24 times per year. Three days after each platelet donation, you also can return to donate whole blood or double red cells.

f. *How long does a Platelet donation normally take:*

1. From check-in to cookies, platelet donation typically takes 2-3 hours.



Consider Organizing a Blood Drive at Work

Check out the Red Cross "[Guide for a Successful Drive](#)" or check out their [full suite of recruitment resources](#) including checklists, fliers, templates, and more.

Before the drive:

1. Work with your Red Cross representative throughout the process; we're here to offer advice and answer questions.
2. Set the date well in advance, avoiding scheduling conflicts with other major events in your organization.
3. Select a location, preferably a large open room (cafeteria, school gym, large conference room) with space to ensure donor interviews are conducted in a private and confidential manner.
4. Recruit volunteers to help you sign up donors and to help the day of the drive go smoothly.
5. Recruit donors with the help of your volunteers: recruiting is most effective when done face-to-face, and you can reach more people by spreading the effort among your team than doing it alone.
6. Sign up donors, using the Red Cross online scheduling system – this will help you keep track of your signups and offer donor reminders and thank you email templates.
7. Advertise the drive through newsletters, bulletin boards, hallways and elevators, your organization's intranet, social media pages, and via email.



Consider Organizing a Blood Drive at Work

Before the drive: cont'd

8. Engage community partners to supply donor incentives, thank you gifts and treats such as extra cookies or pizzas for your donors and volunteers. (Discuss these in advance with your Red Cross rep!). Some ideas include:
 - a. Department competition – the department that donates the most blood per number of people in the department wins a special lunch or a bragging rights trophy.
 - b. Location competition (if your company has more than one location) - the location that donates the most blood per number of people at the locations wins an ice cream food truck visit or a bragging rights trophy.
 - c. Door prizes/raffle – everyone who donates gets a raffle ticket for prizes (i.e., earbuds, Amazon gift card, etc.). The number of prizes should be tied to the size of the company (if multiple locations are each participating in a blood drive at their own location, prizes should be drawn at each location individually, not the company as a whole). One prize per every two hundred employees at a site is good.
9. Follow the Coordinator Checklists for key steps to complete 12 weeks out, 2 weeks out, the week before and the day before the drive.

The day of the drive:

1. Arrive early to meet the team; we'll arrive up to two hours prior to the first appointment in order to set up.
2. Be available throughout the day in case the Red Cross drive supervisor needs your help adjusting room temperature or addressing other facility questions that may arise.
3. Send reminders or make calls to scheduled donors, especially those who miss their appointments.
4. Manage the volunteer schedule so the registration and refreshments areas are always covered.

This informative document is presented by The Career Experts Group which is a select group of Master Career Practitioners, Personal Branding Strategists, and Diversity, Equity, and Inclusion (DEI) Consultants. We share one mission: to guide and support individuals at all stages of their career journeys, from new college graduates to C-Suite Executives.

Our clients include neurodiverse workers, professionals of color, older workers, early-career professionals, career changers, and those returning to the workforce. Our own professional backgrounds are just as diverse: high-tech, education, counseling, marketing, human resources, recruiting, and entrepreneurship, to name a few.

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LET'S GET TO WORK ON YOUR CAREER!