

BLOOD POST

Newsletter

BLOOD
事通訊

Blood 門大使
負使命
事資訊
之花絮



世界捐血者日
World Blood Donor Day

每份捐血都是生命之禮
EVERY BLOOD DONATION IS
A GIFT OF LIFE

Blood 門大使

Blood Ambassadors

愛互動·愛分享·讓捐血成為樂事

捐血是快樂的事，身體健康才有能力捐血，是福氣，能使自己心靈更為富足。要幫助年青人明白這個訊息，就需要以年青人的角度出發，透過他們容易接受及理解的方式去推廣。故此，本校紅十字會青年團近年除了透過常規的途徑（如海報、早會、壁報等），亦利用互動媒體進行宣傳。我們的捐血大使會利用社交網絡、如電郵、討論區、論壇、YouTube、Facebook專頁及活動等，將訊息直接送到各同學的電腦或手機中，同學可即時閱覽各式宣傳資訊、圖片及影片。他們更可隨時讚好及留言，與老師、朋輩、校友及家長等多向互動，感染更多人參加，分享捐血的喜與樂，解答疑難及交流捐血經驗。

我們在捐血日前一個多月，舉行專題周會，以簡報及短劇形式宣傳；又在捐血日前一星期，向已報名的同學送出捐血小禮品（捐血大使物資），以加強校園氣氛及凝聚力。另外，我們搜羅了百多段世界各地的經典捐血電視廣告，再加前一年度捐血日的精選相片，在捐血日當天循環播放，讓捐血者在輪候及捐血期間欣賞，使他們在輕鬆愉快的環境下，享受捐血助人之樂，留下難忘的回憶。這些廣告片段各具特色，生動有趣，雖然來自不同地方，不同文化背景，但都有一共通點，就是同樣以愛觸動每個人的心靈。

期望學校能成為一個傳承愛心的園地，推動青少年勇敢踏出第一步，養成持續捐血的習慣。投身社會後亦能成為定期捐血者，成為「樂捐」新一代，愛互動·愛分享·讓捐血成為樂事。

天主教鳴遠中學紅十字會青年團第234團團長徐閏桓

Let blood donation become fun

Blood donation is a happy affair. Being eligible to become a healthy blood donor is a blessing to yourself and others. To promote blood donation from the point of view of youngsters helps disseminate this message to our students. Our blood donation school ambassadors deliver the message of blood donation not only through conventional means such as posters, morning assembly and classroom decorations, but also through the use of nowadays electronic social networks, such as e-mail, discussion forum, YouTube as well as Facebook. The promotional materials reach the students' computers or/and smartphones directly and efficiently. These media can also allow multi-directional interaction between teachers, peers, alumni and parents to share their blood donation experience and answer inquiries with a single click.

We perform promotional presentation, briefing and drama about one month prior to the scheduled school blood donation activity. Moreover, promotional gifts are sent to those students who have signed up for blood donation around one week before the donation activity. In addition, many series of classic blood donation television advertisements around the world are collected and displayed in the blood donation area in order to provide a joyful and memorable environment. Although the advertisements come from different countries and cultures, they deliver a simple common message: "To love, To share, To Donate".

We hope every school can become a unique place where our adolescents learn to share their love through blood donation, and we will be more than grateful to see them take up this habit when they enter our society.

Mr Wally Chui, YU234, Unit Officer
Catholic Ming Yuen Secondary School



愛互動·愛分享·
讓捐血成為樂事
To Love, To Share, To Donate
Pleasure from blood donation



Blood之花絮

Blood Activity Snapshots

捐得有「營」飲食篇——鐵一般事實

你曾否滿腔熱忱去捐血，卻因血紅素不足，暫時不能捐血，失望而回？去年便有約12%的捐血人次（即逾35,000），在捐血前篩選過程中碰到這問題。鐵質是製造血紅素的必要元素，當身體吸收鐵質不足，便不能製造足夠血紅素，引致貧血。輸血服務中心及伊利沙伯醫院營養部因此於1月19日合辦講座，教導捐血者如何「食得有道、捐得有『營』」，家庭醫生鄭志文醫生及中心顧問醫生李卓廣醫生講述缺乏鐵質的成因、症狀及缺鐵高危一族（如孕婦和素食者）的日常飲食須知；營養師黃思敏小姐則建議高鐵質餐單。講座後大會以高鐵質的健康茶點供參加者享用，證明有營養的食物也可以很美味可口的。

Donate In Good Shape Diet Tips - Iron ABCs

Have you ever been disappointedly rejected as a blood donor due to a low hemoglobin level? You are not alone. Last year, of all the prospective donors, some 12% (or over 35,000) were rejected because of low hemoglobin level. Iron is a major component of haemoglobin. When the body cannot take in sufficient iron to produce the necessary amount of haemoglobin, anaemia will occur. To enhance public awareness on iron intake and help our donors stay fit for blood donation, the Blood Transfusion Service (BTS) and the Dietetics Department of the Queen Elizabeth Hospital co-organized a seminar entitled "Donate In Good Shape Diet Tips - Iron ABCs" on 19 January. At the seminar, Family Doctor, Dr Cheng Chi-ming, and Consultant of BTS, Dr Lee Cheuk-kwong, pointed out the causes and symptoms of iron deficiency. They also discussed what the high risk groups (pregnant women and vegetarians) should pay attention to regarding their diet. Dietitian, Ms Candy Wong, recommended an iron-rich menu. The participants got to enjoy some iron-rich and healthy refreshments after the seminar. The refreshments proved the point that nutritious food could be very tasty also.

無血緣造血幹細胞移植研討會

對於部份患有嚴重血液疾病的病人來說，接受骨髓及臍帶血移植可說是一線曙光。部份幸運的病人可從親屬中找到吻合的造血幹細胞，但大部分病人卻要從非親屬人士中尋找捐贈者，覓得合適配對的機會只有五千至一萬分之一。為讓有關醫護人員掌握無血緣造血幹細胞移植的情況及最新資訊，輸血服務中心於4月6日舉辦無血緣造血幹細胞移植研討會，提供一個直接平台給業界分享經驗。

"Unrelated Haematopoietic Stem Cells Transplantation - All You Need To Know From Donor to Recipient" Seminar

Bone marrow and cord blood transplantations can provide a glimpse of hope for those patients who are suffering from severe blood diseases. Few patients are fortunate enough to find a matched donor within the family. Most patients have to resort to unrelated hematopoietic stem cells transplantation with the odds of finding a match being 1 in 5,000 to 10,000. In order to help medical professionals in the field to learn of the latest development of the unrelated haematopoietic stem cell transplantation, a seminar on "Unrelated Haematopoietic Stem Cells Transplantation - All You Need To Know From Donor to Recipient" was held on April 6. It served as a useful platform for direct sharing and comparing notes for the peers and experts.



鄭志文醫生(中)、李卓廣醫生(右二)及營養師黃思敏(左)與兩位捐血者Shirley及Sam合照。Dr Cheng Chi-ming (middle), Dr Lee Cheuk-kwong (right 2) and Dietitian Ms Candy Wong (left 1) pictured with two blood donors, Shirley and Sam.



參加者享用高鐵質及有『營』茶點。The participants enjoy the iron-rich refreshments.



研討會演講嘉賓馮素婷護士(左一)、郭小燕醫生(左二)、李志光醫生(左三)、李國維醫生(右二)及李卓廣醫生(右一)與輸血服務中心管治委員會蔡永忠主席於會上合照。Guest speakers Ms Carol Fung (left 1), Dr Janette Kwok (left 2), Dr Lee Chi Kong (left 3), Dr Albert Lie (right 2) and Dr Lee Cheuk Kwong (right 1) pose with Mr. Philip Tsai, Chairman of BTS Governing Committee, at the seminar.

Blood 負使命

Blood Rh- Mission

當負型血遇上正型血

血型除了可分為大家都熟識的A型、B型、O型及AB型外，紅血球還可再分為正(Rh+ve)型或負型(Rh-ve)。負型血人士於輸血期間初次輸入正型血時，由於體內未有任何抗體對抗正型血，病人不會即時出現不良反應。然而輸入帶有正型的紅血球會令病人身體產生抗體。假如病人要再次輸血而血液又是正型血的話，身體內的抗體便會與輸入的正型血出現反應，產生溶血現象——即抗體攻擊血液中正型的紅血球，令紅血球不正常地分解。基於上述原因，負型血人士應只接受吻合的負型血。中心希望更多屬負型血的人士成為恆常捐血者，以助中心時刻保持負型血液的供應在一個穩定的水平。

When Negative Blood Mixed with Positive Blood

In addition to the well known ABO blood group system, red cells can be further divided into positive (Rh+ve) and negative (Rh-ve). In the absence of antibodies against the Rh +ve red cells, the negative blood patient will have no immediate adverse reactions when he or she is transfused with positive blood for the first time. However, the recipient will then create antibodies as a result of the transfused positive blood. If that is the case, the hemolysis phenomenon, in which the antibodies attack incompatible blood cells resulting in red cell destruction, will occur when the patient receives positive blood again. For that reason, people with negative blood should always receive negative blood of compatible ABO blood group. We hope that more negative blood donors can become regular donors in order to maintain a stable supply of negative blood.



託「負」有心人》公眾講座

首次《託「負」有心人》公眾講座已於3月及5月圓滿舉行，下次講座舉行日期是7月6日，已報名的負型血有心人士請準時出席，仍未參與的請密切留意下次講座日期。

"Be Positive About Being Negative" Talk

The "Be Positive About Being Negative" Talk was successfully completed in March and May. Another talk will be held on 6 July. For those who have signed up please attend the talk accordingly. If you have not taken part, you may want to keep a close eye on the next event date.



參加者參觀血液處理及化驗過程
Laboratory visit to get familiar with the blood processing and testing process



2012年捐血統計

2012年捐血統計輸血服務中心雖於2012年獲超過30萬人次前來捐血，按年上升10.8%，共成功收集了244,594個全血及成份血漿及血小板單位，較2011年增加4.4%，但如此同時，從醫院管理局提供的數字顯示，公營病人輸血需求亦顯著上升23.2%，至去年共使用206,137紅血球單位。中心預計隨著人口繼續老化，今年需至少增加8,000袋全血收集，至全年總收集共246,000袋全血(即3.4%的增幅)，方可滿足病人臨床輸血的需求。

雖然整體血液收集量增多，但由於中學在2012年學季少了一群中七學生參與捐血，同時學校可提供給捐血活動的場地部份用了作考試之用，因此影響了流動捐血隊的捐血人次及首次捐血人數。去年從流動捐血隊所收集的血液較2011減少10,013單位(至58,965單位)，錄得14.6%跌幅。此外，全年首次捐血人數亦下降6.7%至39,828名，較2011年少2,856名；當中經由流動捐血隊招募的首次捐血者更明顯下降15.4%至23,565名，較2011年少近4,300名。

去年16萬6千多成功捐血人士中，男性及女性的平均捐血次數分別為1.55及1.31次，超過70%(約11.5萬人)捐血者只捐了一次血，捐兩次或以上的人士佔整體捐血人數不足三成，另外較年長者比年輕人傾向多次捐血，其他捐血次數與年齡資料見圖。

要維持穩定及充足的血液供應，市民自覺地定期捐血實屬重要。展望未來，中心希望市民意識到捐血的責任，除有更多市民加入捐血新力軍外，那些已有一刻日子沒有捐血的逾期捐血者亦會回來捐血，與現時一眾長期捐血熱心人士並肩應付日益增加的血液需求。

Blood Donation Statistics 2012

Although the Hong Kong Red Cross Blood Transfusion Service (BTS) recorded over 300,000 donations in 2012 (a year-on-year increase of 10.8%) and collected 244,594 units of whole blood, plasma and platelet by apheresis (equivalent to a 4.4% increase as compared to 2011), a sharp climb of 23.2% to 206,137 units of red blood cells in transfusion at public hospitals last year was also noticed, according to the figures provided by the Hospital Authority. As the population continues to age, it is estimated that blood collection has to be upped by at least 8,000 units or 3.4% to 246,000 units in 2013 so as to meet the demand of clinical use.

Despite an overall increase in blood collection, the cut of the Form 7 class in the 2012 school term, coupled with the difficulty in securing suitable venues for holding blood drives in schools, translated into a decrease in both donations and first-time donors. The blood collected through the mobile collection teams decreased by 10,013 units or 14.6% to 58,965 units when compared to that of 2011. The total number of first-time donors in 2012 also declined by 2,856 or 6.7% to 39,828. The drop was most obvious at the mobile collection locations which saw a decrease by 4,300 or 15.4% to 23,565 new donors compared to the 2011's figure.

Of all the 166,000 donors in 2012, male donors and female donors have donated blood 1.55 times and 1.31 times respectively on average. Over 70% (approximately 115,000) have donated blood only once while less than 30% of donors have donated blood at least twice. Besides, older people tend to donate more frequently compared to the young generations. More figures on the number of donations relative to age are tabulated as shown.

Donors' regular blood donation is the key to the maintenance of a stable and adequate blood supply. Looking ahead, the BTS hopes that the general public are aware of their responsibility for blood donation. Hopefully more new and lapsed blood donors will join hand with the regular blood donors in meeting the challenge posed by the ever rising blood demand.

2012年捐血者年齡分佈

Age distribution of blood donors (2012)

	男捐血者平均年齡 Average age of male donors	女捐血者平均年齡 Average age of female donors
整體情況 Overall	33.6歲 years old	29.7歲 years old
年度內捐血1次 1 time within the year	29.4歲 years old	28.4歲 years old
年度內捐血2次 2 times within the year	34歲 years old	30.9歲 years old
年度內捐血3次 3 times within the year	37.6歲 years old	35.4歲 years old
年度內捐血4次 4 times within the year	39.8歲 years old	不適用 N/A



2012學年少了中七學生參與捐血，影響流動捐血隊的捐血人次及首次捐血人數。

The cut of the Form 7 class in the 2012 school term has affected the number of donations and first-time donors.

註：成份血捐贈並不計算在內。 Remarks: Apheresis donation is excluded.

Blood之花絮

Blood Activity Snapshots

輸血服務中心2012年海報設計比賽及「學生獎勵計劃」紀念品封面設計比賽得獎作品
Winners of the Poster Design Competition and the "Student Regular Blood Donation Programme" Souvenir Cover Competition

海報設計比賽 Poster Design Competition

「學生獎勵計劃」紀念品封面設計比賽 "Student Regular Blood Donation Programme" Souvenir Cover Competition



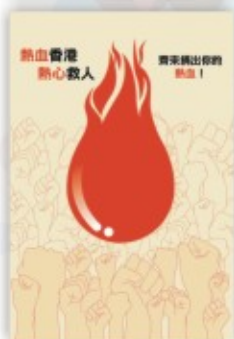
作品名稱：愛的延續
Name: Love will go on

冠軍：何穎儀
Champion: Ho Wing Yee
香港知專設計學院
Hong Kong Design Institute



作品名稱：恆常捐血
Name: Give Blood Regularly

冠軍：劉曉彤
Champion: Lau Hiu Tung
伊利沙伯中學
Queen Elizabeth School



作品名稱：熱血熱心
Name: Passion

亞軍：何志峰
1st Runner-up: Ho Chi Fung
香港理工大學
The Hong Kong Polytechnic University



作品名稱：Give Blood
Name: Give Blood

亞軍：陳穎陶
1st Runner-up: Chan Wing To
英華女學校
Ying Wa Girls' School



作品名稱：你的付出
Name: Your support

季軍：張港清
2nd Runner-up: Cheung Kong Ching
香港知專設計學院
Hong Kong Design Institute



作品名稱：捐血救人
Name: Give Blood Save Lives

季軍：郭彩冰
2nd Runner-up: Kwok Choi Ping
廖寶珊紀念書院
Liu Po Shan Memorial College

希望您享受這期的會訊，如有任何意見，歡迎電郵至 rcbts@ha.org.hk
We hope you will enjoy this issue of the newsletter.
If you have any suggestions, please feel free to contact us at rcbts@ha.org.hk

Information

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