

處理捐血後 不良反應



整個捐血過程是很安全的。捐血的份量只佔人體總血液量百分之八至十。大部份人士能於捐血後作出迅速調適，只有少部份捐血者會因未能適應而在捐血過程中或捐血後出現暈眩現象。一般情況而言，只要作適當處理，暈眩不需特定治療均可自行恢復。

一般較易發生暈眩的情況

- 第一次捐血
- 年輕或女性捐血者
- 空腹
- 捐血後休息不足
- 捐血前吸收水份不足

預防方法

捐血前應

- 充足休息
- 於 4 小時內進食，切忌空肚捐血
- 飲用充足水份 (250 毫升飲料) 及進食鹹味小食，有助維持體液容積。



捐血後應於休息區

- 安坐 15-20 分鐘
- 享用小食及飲品以補充失去水份

處理方法

如果您在離開捐血點後感到暈眩

1. 請立即坐下或躺下休息。在可行的情況下，將雙腳抬高，有助增加腦部血液供應。
2. 解鬆衣扣，確保呼吸暢順。



3. 保持鎮靜，作緩慢深長的呼吸。
4. 清醒後應繼續坐下休息，補充失去水份，待身體狀況好轉。
5. 情況許可下，尋求旁人協助。如休息後仍感不適，請前往求醫或致電緊急求助熱線 999。



瘀腫



捐血後，手臂入針位置附近及前臂的地方有機會出現瘀腫。瘀腫可以即時或於捐血後一至兩日逐漸浮現。入針位置出現的紅腫瘀青多是血液滲入皮下組織所致。

成因

穿刺時出血

- 靜脈一般相對較細且脆弱，入針時或會不慎刺穿靜脈後壁令血管壁受損，導致血液於手臂的皮下組織內滲漏。
- 皮膚下，既有靜脈，也有微細的小血管。進行穿刺時微細血管可能被刺破繼而出血。由於這些微細血管是肉眼看不見的，因而不可預測，這種情況較多發生在手臂靜脈不明顯的捐血者身上。

拔針後出血

- 當捐血針從靜脈拔出時，靜脈上的穿刺孔仍未閉合，仍有少量血液自穿刺孔流出。如按壓入針位置力度不足或按壓位置有所偏差，會使血管壁未能完全止血及癒合。
- 捐血後初期，於穿刺位置的血管壁較為脆弱，如捐血手臂曾過度用力或提取重物，會令少量血液自穿刺孔流出，於皮下組織內滲漏。

瘀腫消退過程

當血液於皮下組織內滲漏，並逐漸聚集在該部位會形成紫藍色的瘀腫。數天甚至數週後，瘀腫會逐漸變為青黃色，最終顏色變淡，繼而消散。雖然瘀腫範圍有時會較廣，但一般不影響健康。瘀腫的退減時間視乎瘀腫範圍的大小和程度，一般約一至四星期會完全消散。

預防方法

1. 捐血者應直接按壓入針位置直至完全止血。
2. 捐血的手臂於當天應避免提取重物及暫停進行劇烈運動。



處理方法

1. 如出現瘀腫，捐血後 24 小時內可先以冰敷患處減低瘀腫在該部位聚集，往後可以熱敷舒緩有助瘀腫消散。
2. 發現瘀腫後數天應避免提舉重物；為幫助瘀腫散退，可於患處輕輕塗上去瘀膏。
3. 受影響之手臂無需刻意避免活動，因適量的手臂活動可促進血液循環，從而加快退瘀。
4. 如出現嚴重疼痛、手臂、手或手指麻木或針刺感、手或手指顏色改變或腫脹，可於辦公時間內致電 2710 1202 與本會護士聯絡，以提供建議及適當跟進。若症狀嚴重或惡化，請盡快尋求醫生協助。



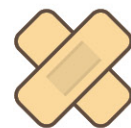
皮膚過敏



皮膚過敏是其中一種常見的過敏反應，當皮膚受到外來刺激時，出現紅腫、發癢等現象。

成因

主要是因皮膚受到外來刺激，如消毒皮膚的消毒藥水或膠布等。



處理方法

1. 用和暖水徹底清洗患處，以清除刺激物。
2. 避免用清潔液刺激皮膚，幾天後紅腫痕癢的現象便會漸漸消退。
3. 不應於未經醫生評估前，自行使用外用藥膏塗於患處。
4. 如出現過敏情況，請於辦公時間內致電 2710 1202 與本會護士聯絡，以提供建議及適當跟進；若症狀嚴重或惡化，請盡快尋求醫生協助。

Handling Donation Related Adverse Reaction



Fainting

Donating blood is a safe process. During blood donation, around 8-10% of blood volume will be collected from your body. Although most people feel fine after donation, a small number of people may feel lightheaded or faint during or after blood donation. Fainting shall gradually subside and does not require special treatment.

Causes

- First time donor
- Young and/or female donor
- Missed meals
- Inadequate rest after donation
- Insufficient fluid intake before donation

Preventions

Before donation

- Adequate rest
- Consume food within 4 hours. Do not give blood on an empty stomach.
- Drink sufficient fluids (250ml of fluids) and eat salty snacks just before donating. Salt helps you retain the body fluid.



After donation in resting area

- Stay for 15-20 mins
- Have some drinks and snack

Treatments

Fainting after leaving the blood donation site

1. Sit or lie down immediately.

If possible, raise your legs to increase blood flow to the brain.

2. Loosen tight clothing and belts.
3. Keep calm, take slow and long deep breaths.



4. Sit up for a while upon regain consciousness. Drink plenty of fluids. Do not leave until you feel well enough.



5. Seek assistance from passers-by or call the Emergency Hotline 999 if condition does not improve.

Bruising

Bruising may develop at the venipuncture site or in the forearm immediately or in one to two days after blood donation. It occurs when blood leaks into tissue underneath the skin.



Causes

Bleeding during venipuncture

- Veins in general are relatively small and fragile, which can result in the needle accidentally perforating the back wall of the vein during blood donation, leading to blood leaking into tissues underneath the skin.
- In addition to veins, there are tiny fragile blood vessels running just under the skin. When the needle is inserted into the arm, one of the small vessels may be punctured and bleeding occurs. It is impossible to predict this, as such blood vessels are not usually visible. This is more likely to happen when the veins in the arm do not stand out well.

Bleeding when the needle is taken out

- When the needle is taken out of the vein, a little bleeding may continue until the small hole in the vein closes up. Inadequate pressure or failure to apply pressure accurately to the venipuncture site that causes incomplete haemostasis.
- The blood vessel walls around the venipuncture site are relatively fragile right after blood donation. Lifting heavy objects or exercising with the arm could put pressure on the venipuncture site and result in blood seeping into the surrounding tissue.

Healing process

When blood leaks and settles underneath skin tissues, black-and-blue bruises will be formed. With time, the discoloration will turn to yellow-green and gradually fade and disappear. Although a bruise may spread out, it is usually harmless and resolves within one to four weeks subject to the size and severity of the bruises.

Preventions

- Apply firm pressure to the venipuncture site after donation.
- Avoid heavy lifting and vigorous exercise on the day of donation.



Treatments

1. Apply cold pad to the bruise within 24 hours after blood donation; warm pad could be used for pain relief thereafter.
2. Avoid heavy lifting for few days; bruise relief cream can be applied to the affected area to speed up recovery.
3. Bruising shall not restrict normal daily activity. Gentle movements could improve circulation and help the bruise to heal.
4. If you experience any of the following: severe pain, numbness or tingling feeling in your arm, hand or fingers, change in color or swelling of the hand or fingers, contact our nursing staff at 2710 1202 during office hour for advice or further treatment.

If condition deteriorates, please seek medical advice immediately.



Skin Allergy



Skin allergy is another common reaction after blood donation. Donors may develop redness, mild swelling or itchiness of skins.

Causes

The allergic reaction is mainly due to the exposure to the following external stimuli:

- Disinfecting agent
- Plaster used for blood donation



Treatments

1. Use warm water to thoroughly clean the skin in order to remove the irritants.
2. Avoid using stimulating cleansing agent on the affected skin area. Symptoms should gradually subside within few days.
3. Do not apply over-the-counter ointment or soothing cream on the affected skin area without doctor's advice.
4. If you experience the above reactions, contact our nursing staff at 2710 1202 during office hour for advice or further treatment. In case of severe allergic reaction, please seek medical advice immediately.