

C6. BLOOD DONATION AND THE MODIFICATION OF THE DONOR'S PERCEPTION UPON HIS OWN HEALTH

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The long experience that we have had with blood donors permitted us to observe the strong positive-reflexive relation between the blood donation process and the perception of the donor upon his own state of health.

A questionnaire applied on 500 donors revealed the following:

Once the donor had his first blood donations, he becomes more and more aware of his own state of health, seeing it as an asset, asset that he didn't realize to have before his blood donations.

This revelation is followed in a natural way by a positive change in the donor's behavior, as to maintain the state of health, now in a conscious way.

The changes, according to the questionnaire, refer to the adaptation or accommodation of the donor to a keep fit program, to giving up all behaviors that could endanger health- drinking, smoking, etc.

From the data obtained from the questionnaire we could follow up the group of population with the highest modification in their perception upon their own state of health, that is the group of people between 20-28 years old. The adaptation to a risk free behavior and to nutrition hygiene was of 87% for this age group.

At the age group of 35-48 years old, the changes were smaller in percentage, only 68% from the people taking the questionnaire had a positive modification in nutrition hygiene and behavior.

The big picture indicates though very clearly that the relation between blood donation and health is obvious and positive.