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**INDUSTRY STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

WS/T 595-2018

**Guidelines on the interventions for donation related vasovagal
reaction**

(English Translation)

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Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

This standard was proposed by the National Health Standards Committee Blood Standards Committee.

This standard was drafted. Fujian Blood Center, Zhejiang Blood Center, Beijing Red Cross Blood Center.

1 Scope

This standard specifies the donation related vasovagal reaction (DRVVR) Identification, prevention and disposal measures, personnel and facility requirements for the population.

This standard applies to the prevention and disposal of DRVVR.

2 Normative references

The following documents are indispensable for the application of this document. For dated references, only the dated version applies to this document.

For undated references, the latest edition (including all amendments) applies to this document.

WS/T 551 Classification guide for adverse reactions to blood donation

3 Terms and definitions

The terms and definitions defined by WS/T 551 apply to this document.

4.1.1 Vulnerable population

People with the following characteristics, especially those with the following two or more characteristics are more likely to have DRVVR.

- a) young (age < 23 years old, especially age < 20 years old);
- b) women;
- c) initial blood donation;
- d) blood volume < 3 300 mL;
- e) have certain psychological or physiological characteristics, such as blood donation fear or anxiety, orthostatic hypotension, history of syncope.

4.1.2 Predisposing factors

The following situations are likely to induce DRVVR in blood donors.

- a) change in position (from lying position to sitting position or standing position, from position or sitting position to standing position) or standing for a long time;
- b) emotional stress, anxiety or fear (eg initial blood donation);
- c) fasting, fatigue, drinking, lack of sleep, no water for a long time;
- d) using a drug with vasodilating or diuretic effects;

- e) Overheated environment (eg hot shower and hot bath) or the ambient temperature suddenly becomes high (eg in summer, blood donors are empty from use) Adjust the indoor blood donation site to the outdoor hot environment) or the environment is stuffy;
- f) irritations of pain or discomfort (such as venipuncture, especially when venipuncture is not successful or when someone sees an adverse reaction to blood donation);
- g) The blood collection time is too long (for example. whole blood collection time > 10 min).

4.2 Evaluation of blood donor tension

4.2.1

Incorporate the blood donor's nervousness into the blood donor's health consultation content.

4.2.2

Evaluate whether blood donors are nervous or even fearful of blood collection through observation, inquiry and questionnaires.

Example.

Question. Are you afraid of taking blood from your arm?

Option. A. Not afraid B. A little scared C. More scared D. Very scared E. Extremely afraid

4.2.3

Take appropriate precautions based on the degree of stress of the donor.

4.3 Blood donor blood volume estimation

4.3.1

For DRVR-prone people, the blood volume estimation is included in the blood donor health check.

4.3.2

According to the body mass index (BMI) of the blood donor, select the corresponding human blood volume estimation formula, and donate blood to the donor.

Capacity is estimated. See Appendix A for the calculation method of BMI.

4.3.3

For blood donors with a BMI < 26, it is recommended to use the Nadler formula to estimate blood volume. See Appendix B for details.

4.3.4

For blood donors with BMI $\geq$ 26, it is recommended to use the Holme formula to estimate

blood volume. For details, see Appendix B.

4.4 DRVR clinical manifestations

See WS/T 551 for clinical presentation and grouping of DRVR.

5.1 Pre-blood counseling

5.1.1

Prepare blood donation counseling materials, the main contents of which include.

- a) Introduction to the blood donation process;
- b) safety precautions for blood donation;
- c) Introduction to adverse reactions to blood donation;
- d) Blood donors are familiar with and master the following DRVR precautions.
 - 1) Compare the characteristics of DRVR-prone population (see 4.1.1). If it belongs to DRVR-prone population, it should inform the blood donor service member;
 - 2) Avoid DRVR predisposing factors (see 4.1.2);
 - 3) Master and apply preventive measures (see 5.4 to 5.6).

5.1.2

In addition to the blood donation counseling materials, the blood donation counseling materials should be distributed to the intended blood donors when they are close to the blood donation date.

Blood donation organizer.

5.1.3

The blood donation counseling material is used as an integral part of the blood donation informed consent, and the blood donor is informed about the blood donation process before the blood donation, and may occur.

Information on adverse reactions to blood donation and preventive measures allows blood donors to make blood donation decisions on a well-informed basis.

5.2 Control of blood donation

5.2.1

Whole blood donation should not exceed 15% of blood donor's blood volume (see Table 1).