

## HOW AM I PART OF THE DECISION MAKING PROCESS IN PBM

There are many strategies to manage the medical issues that result in anemia, clotting problems or bleeding. For some patients, blood transfusion may never be an option because of medical, religious or other personal reasons. Each person must make an individual decision based on understanding with the assistance of the physician and healthcare team. Here are a few questions you can ask your physician regarding your status:

What are the risks, benefits and alternatives to any proposed treatment, including blood transfusion?

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What are you prepared to do to minimize or eliminate the likelihood of a blood transfusion in my care plan?

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What can be done before, during and after surgery to reduce my risk of bleeding?

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If I am a patient for whom a blood transfusion is NOT an option, what medical or surgical techniques are you planning on using?

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## MORE INFORMATION

For more information, including resources, please visit [saskblood.ca](http://saskblood.ca).

## CONTACT US

To contact us, please email [SouthSaskTransfusions@saskhealthauthority.ca](mailto:SouthSaskTransfusions@saskhealthauthority.ca) or [pbm@saskblood.ca](mailto:pbm@saskblood.ca).

SHA's A Patient's Guide to Patient Blood Management is based on SABM's A patient's Guide to Patient Blood Management with permission from the Society for the Advancement of Blood Management ([SABM](http://SABM.org)).

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# A PATIENT'S GUIDE TO PATIENT BLOOD MANAGEMENT



 Saskatchewan  
Health Authority

*Healthy People, Healthy Saskatchewan*

## THE ROLE OF BLOOD IN YOUR BODY

Red blood cells bring oxygen to your organs and tissues. Oxygen is carried and released by hemoglobin (Hgb), a protein present in red blood cells. A lower than normal hemoglobin level (less than 130 g/L) is called anemia. Anemia is a condition that should not be left untreated. If it is severe or allowed to progress for a long period of time, anemia can add risk to your health.

## KNOW YOUR BLOOD COUNT

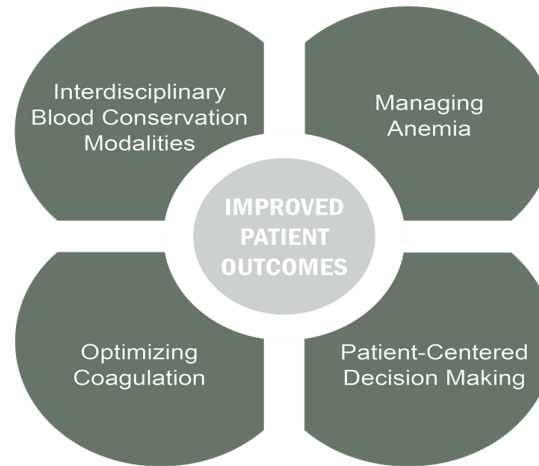
Your doctor can test your blood to determine a hemoglobin level. A hemoglobin level tells your doctor if your body has enough red blood cells.

## HOW DO I PROCEED IF MY DOCTOR SAYS I AM ANEMIC?

- Undergo tests to find the cause of anemia.
- Analyze blood to determine iron levels.
- Get information about increasing your blood count with:
  - ◆ Iron therapy.
  - ◆ Vitamin B12.
  - ◆ Folic acid.
  - ◆ Vitamin C.
  - ◆ Erythropoietin.
- Develop a treatment plan to improve your blood count.

## WHAT IS PATIENT BLOOD MANAGEMENT

Patient Blood Management (PBM) is the scientific use of safe and effective medical and surgical techniques designed to prevent anemia and decrease bleeding in an effort to improve patient outcomes.



## WHAT DOES PBM ACCOMPLISH

- Improves patient safety by minimizing exposure to blood.
- Reduces hospital length of stay.
- Minimizes risk of exposure to viruses and other blood-borne diseases.
- Decreases the risk of hospital-acquired complications and infections.
- Promotes improved outcomes.
- Enhances quality of life and well-being.

## STRATEGIES TO ENHANCE RED BLOOD CELL PRODUCTION AND MINIMIZE BLOOD LOSS

If you are having a medical procedure, have a complete blood count (CBC) taken well in advance of your procedure date; 4 weeks prior is recommended. This allows the medical team time to optimize your health status well ahead of hospitalization.

## PATIENT BLOOD MANAGEMENT PROGRAMS

A PBM program uses a team approach to assess a patient's blood management needs. The goal of the team is to develop a plan of care that uses medications, technology and techniques to decrease blood loss and to enhance blood cell production. This approach reduces or eliminates the need for a blood transfusion.



The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.