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BLOOD DONATION IS A LIFESAVER: A GIFT STRAIGHT FROM YOUR HEART

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Blood Donation Program was held successfully on 23rd Feb 2023 (Monday) from 10 am to 4 pm at the lobby of the Faculty of Medicine, UiTM Sungai Buloh. This program collaborates with Pusat Darah Negara (PDN), Kementerian Kesihatan Malaysia. This program aimed to educate the students, staff, and visitors of UiTM Campus Sungai Buloh about the importance of blood donation. Later, they were encouraged to donate their blood during this program.

This program was led by Dr. Nurul Sazmi Rosani and facilitated by eight (8) Year 2 medical students. The team from PDN has 22 people, consisting of doctors, assistant medical officers, and nurses. Dr. Mahfuzah Awal led the PDN team and was assisted by Dr. Nur Ellyana Kamaron Muhsin. In total, 31 people were involved in this program.

The PDN is the main blood donation center in Malaysia. It actively runs a mobile team for blood donation programs to meet the demand for blood in Malaysia, especially in the Klang Valley area. The blood is used to save patients with anemia, blood loss, and coagulopathy. A pint of blood can save three lives. Hence, this blood donation program is an initiative as a part of a blood donation campaign to promote the students and staff to save patients' lives by donating their blood.

There were two (2) sections: the poster exhibition and the blood donation area. These posters demonstrated information about blood donation and blood components. The participants were allowed to answer the quiz to challenge their understanding. The poster exhibition aims to increase participants' knowledge about blood donation and its components.



Blood donation started with registration, health screening, counseling, donation area, and refreshment. There were 192 participants registered. This program received the highest participation from students, especially Medical and Dental students, followed by the staff and visitors. However, 103 were eligible for blood donation. Eighty-nine participants differed in blood donation to ensure donors.



The blood groups collected during this program were O, B, and A. Although 32 participants with AB blood groups registered, all of them were deferred because PDN had enough stock of AB blood. In this program, we were honored to collect 40,150 ml of blood, which saved 247 lives. All the donors were discharged well without any complications.



At the end of the program, the closing ceremony was officiated by Associate Professor Dr. Hazlyna Baharudin, the Deputy Dean (Academic) of the Faculty of Medicine, who delivered a token of appreciation to the PDN. Later, prizes are presented to the quiz winners and donors with the highest number of blood donations. All the participants gave good feedback about this program.





We want to express our sincere gratitude to all donors from various backgrounds who, with full hearts, donated their blood to this program. The Year 2 medical students and staff from the Faculty of Medicine were working together to ensure this program ran successfully. Pusat Darah Negara for collaboration, expertise, and support. This collaboration between PDN and UiTM Campus Sungai Buloh, Selangor, had a positive output. Posters on blood donation and blood components and a video on blood donation flow (link: <https://www.youtube.com/watch?v=5mrTrxIvSQA>) were created and reconstructed by the Year 2 medical students shared with PDN, hoping it will encourage and motivate the community to continue to donate their blood.