A Patient Blood Management 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 pharmaceuticals, technology and techniques to decrease blood loss and to enhance blood cell production. This approach reduces or eliminates the need for a blood transfusion.

SABM’s Mission is to improve patient outcomes through optimal blood management. We encourage all individuals to become informed and educated in the management of their blood.

To find a blood management program in your area, visit www.sabm.org

What is Patient Blood Management?

What does Patient Blood Management accomplish?

How do I proceed if my doctor says I am anemic?

How am I part of the decision making process in Patient Blood Management?
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 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 hemoglobin level. Hemoglobin level tells your doctor if your body has enough red blood cells.

NORMAL HEMOGLOBIN RANGES:
- Male: 14-18 g/dL
- Female: 12-16 g/dL

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 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.

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 (refer to "Strategies" box)

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 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?
- What are you prepared to do to minimize or eliminate the likelihood of a blood transfusion in my care plan?
- What can be done before, during, and after surgery to reduce my risk for bleeding?
- If I am a patient for whom blood transfusion is NOT an option, what medical or surgical techniques are you planning on employing?

For a more detailed explanation of these terms, please visit www.sabm.org