



Patient Blood Management



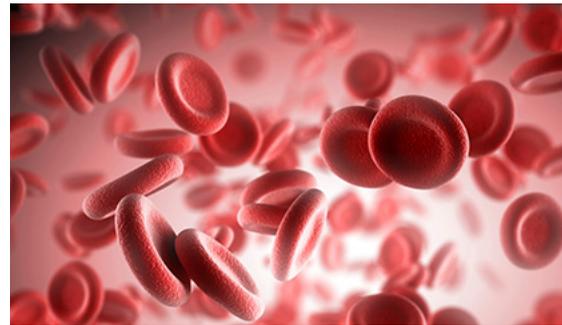
The goal of patient blood management (PBM) is to help you heal better and faster by assessing your blood needs, optimizing your blood health, and minimizing the need for blood transfusion.

After determining your blood management needs, your physicians, nurses, and PBM professionals use a team approach to develop a plan of treatment that can increase red blood cell production, optimize coagulation or clotting, and conserve your blood.

You'll be informed of the risks and benefits of all treatment options and involved in deciding the best course of action for you.

The Important Role of Blood

Blood is responsible for transporting hormones, chemicals, and nutrients necessary for proper body function. Oxygen is delivered to tissues and organs by means of hemoglobin, a protein in red blood cells. When hemoglobin drops below the normal level, a condition called anemia occurs. Even mild anemia should not be left untreated, as it is associated with poorer outcomes.



Build Your Red Blood Count

Your body needs iron to produce red blood cells. Eating foods that are rich in iron will ensure that you have sufficient iron stores. Iron found in meat and shellfish is more easily absorbed by the body than iron found in plants and dietary supplements. Consuming foods containing vitamin C with all meals will improve iron absorption. Foods containing vitamin B12 and folic acid will assist in blood cell formation and maturation. Iron absorption is impaired by dairy products, coffee, tea, chocolate, eggs, and fiber. Antacids, proton pump inhibitors and calcium supplements can also interfere with iron absorption, so discuss these with your doctor.



Bloodless Medicine & Surgery

The goal of patient blood management is to improve patient outcomes by minimizing the need for red blood transfusion for all patients. For some, however, blood transfusion is never an option. Some patients object to transfusion due to religious beliefs, while others do so as a result of health concerns, knowledge of potential complications, or other personal convictions.

Ask your healthcare providers whether the bloodless medicine & surgery option is available to you. If it is, staff specially trained in bloodless medicine and surgery will provide you with information and counseling on bloodless care and help you enroll in the program. We will work closely with your physicians, nurses, and other caregivers to ensure that your choices and wishes are respected. You will be clearly identified as a "NO BLOOD TRANSFUSION" patient during your hospital stay.



About SpecialtyCare

SpecialtyCare is a leading provider of medical specialists in more than 1,000 hospitals across the U.S. Our patient blood management specialists serve as members of your medical team. We help you make informed decisions, so please contact us with any questions you may have. To learn more, visit www.specialtycare.net



SpecialtyCare is certified & accredited by The Joint Commission

SABM Affiliate

Our patient blood management program is affiliated with the Society for the Advancement of Blood Management. Learn more at www.sabm.org.

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Benefits of Patient Blood Management

We recommend a complete blood count (CBC) test four weeks prior to a scheduled procedure. A CBC tells us your hemoglobin level, which indicates the number of red blood cells in your body. Normal hemoglobin levels:

Male: 14-18 g/dL
Female: 12-16 g/dL

The results of your CBC will help us develop a treatment plan that can:

- Increase safety by reducing your exposure to blood
- Avoid complications associated with blood transfusion
- Minimize the risk of hospital acquired complications and infections
- Reduce hospital length of stay
- Promote better patient outcomes

Risks Associated with Transfusion

Red blood cell transfusion is a liquid organ transplant and there is still much unknown about its effects. Blood transfusions are associated with increased length of stay in the hospital, likelihood to be readmitted, infection, and a variety of immunologic reactions,

Our goal is to help speed your recovery by decreasing the need for a blood transfusion and avoiding any unwanted reactions and complications that may result.

What If I Am Anemic?

If tests show that you are anemic, we will develop a treatment plan specifically for you. This plan may include:

- Iron therapy
- Vitamin C
- B12
- Folic acid
- Erythropoietin

What Causes Anemia?

Normally, your body makes enough red blood cells, but certain diseases, treatments, and conditions can cause the under-production or destruction of these cells. Anemia is a common complication of many diseases, such as rheumatoid arthritis, inflammatory bowel disease, chronic heart failure, renal failure, and chronic kidney disease.

Why Treat Anemia?

Having anemia going into surgery is the most common predictor of receiving a blood transfusion during your hospital stay, so we identify patients at greatest risk and implement a care plan that will minimize blood loss and avoid blood transfusion. Identifying and treating anemia before surgery can:

- Improve health before surgery
- Reduce risk of transfusion
- Help diagnose diseases that cause anemia
- Improve chronic diseases

Strategies to Optimize Blood Counts

Discuss medications

Discuss your medications with your physician at least two weeks before surgery. The following, for example, can increase your risk of bleeding during a procedure:

Herbal medications, vitamin E, non-steroidal anti-inflammatory drugs (e.g., ibuprofen, naproxen) and medications that affect blood clotting (e.g., warfarin, dabigatran, aspirin, and clopidogrel).

Synthetic erythropoietin

A hormone that stimulates production of blood cells in your bone marrow.

Iron (oral and intravenous)

A mineral essential for the formation of red blood cells.

Vitamin B12, folic acid, vitamin C

Vitamins necessary for red blood cell production.

Strategies to Minimize Blood Loss

Surgical approach

A meticulous surgical approach includes use of surgical instruments and techniques that prevent or minimize blood loss.

Thrombin and adhesives

Human-derived or synthetic products used in surgery to promote clotting and reduce bleeding.

Volume expanders

Intravenous fluids made with water, salts, sugars, or starches that help maintain the correct balance of fluid in the blood vessels.

Hemostatic drug therapy

Medications that help the blood coagulate or clot.

Blood cell recovery and reinfusion

The process of collecting blood lost during or after surgery and returning it to the patient once it has been processed appropriately.

Acute normovolemic hemodilution

A specific amount of blood is removed during surgery, replaced with intravenous (IV) fluids and then returned during or after surgery. This minimizes the amount of red blood cells and clotting factors lost during the surgery.

Advanced & minimally invasive surgical techniques and devices

Examples include robotic and laparoscopic surgeries.

Advanced cauterization

Devices that use heat, electricity, vibration, or light to stop bleeding tissue.

Reduced blood for testing

Reducing the number of times blood is drawn and the amount of blood used for testing.