

## ORIGINAL ARTICLE

## KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING BLOOD DONATION AMONG YOUNG PEOPLE OF GUJRAT CITY

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### Abstract:

**Objectives:** To assess the knowledge, attitude and practices (KAP) of young people of Gujrat about blood donation.

**Methods:** KAP Study (Cross-Sectional Study) conducted in Gujrat City from 01-07-2022 to 31-07-2022 in 100 people on a questionnaire.

**Results:** Out of 100 subjects 42 had donated blood, out of total 58 were males and 42 were females. Among 58 males 30 had donated blood (51%) and among 42 females 12 had donated blood (28%). Out of 42 donors 71% were male. Among 100 subjects 71 knew their blood group. The most common blood group among them was B positive 38% and the second common was A positive 21%. However, 65 subjects had the basic knowledge about benefits of donating blood. Most of the people got information about blood donation from friends, relatives 38% and from blood donation camps 28%. Only 17% felt ill effects after donating blood like mild weakness and headache. Among donors 47% had donated blood to unknown people or blood donation foundations. Among 42 donors 76% wanted to donate blood again.

**Conclusion:** 42% of the subjects had donated blood, which shows that the blood donation is quite common among young people of Gujrat while majority had donated it to the blood donation camps. Blood donation is common among males and majority of them are aware of basic knowledge about blood donation.

**Keywords:** .....

**Cite this Article as:** Qayyum A., Azmat M.A., Khan R.M.A.A., Sattar R., Ahmad S., Akram M., et al.; *Knowledge, Attitude and Practices Regarding Blood Donation among Young People of Gujrat City. SJAL J Med. Sci. 2023 V-2 (Issue-01):26-30*

### Introduction

A blood transfusion is a routine medical procedure in which donated blood is provided through a narrow tube placed within a vein in your arm.<sup>1</sup>

Blood transfusion saves lives and improves health, but many patients requiring transfusion do not have timely access to safe blood. The need for blood transfusion may arise at any time in both urban and rural

areas. The unavailability of blood has led to deaths and severe illness. An adequate and reliable supply of safe blood can be assured by a stable base of regular, voluntary, unpaid blood donors.

Regular, voluntary, unpaid blood donors are also the safest group of donors as the prevalence of blood-borne infections is lowest among these donors. Around 118.5 million units of blood are collected globally every year.<sup>2</sup> The age for blood donation is 18-45 years but it must not be more than 60 years.

**According to Punjab Blood Transfusion Authority**

The donor must be:

1. In good health (free from hepatitis, CVS diseases, HIV/AIDS etc)
2. Aged 18 years or older but less than 60 years.
3. Weigh at least 45kg
4. Have haemoglobin level of at least 12.5g/dl
5. Not have donated blood in the last 3 months
6. The time duration between two blood donations should be more than 8 weeks.<sup>3</sup>

**Objective**

To assess the knowledge, attitude and practices about blood donation among young people of Gujrat City.

**Methodology:**

A KAP study was done among young people of Gujrat city, in July 2022, with the sample size of 100 individuals of age 18-30 years.

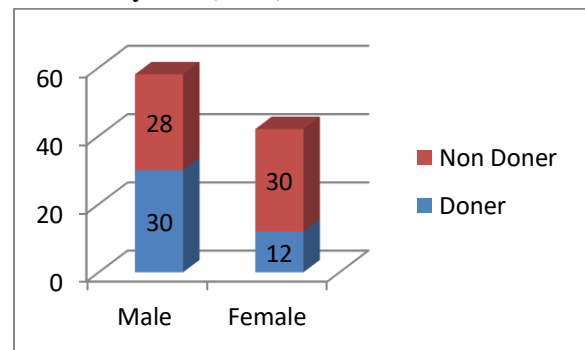
A questionnaire was distributed among the 100 interested and voluntary individuals and was filled by them.

Personal and demographic information was recorded like name, sex, age, educational status, occupation and marital status.

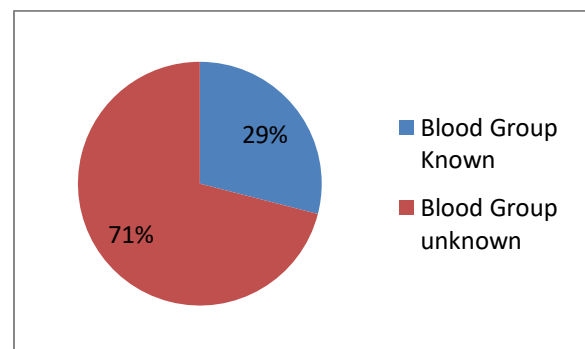
The response forms were then collected and analysed. Out of 100 response form 30 were filled online. The data was then analyzed using Microsoft Excel Spreadsheet Software 2021.

**Result:**

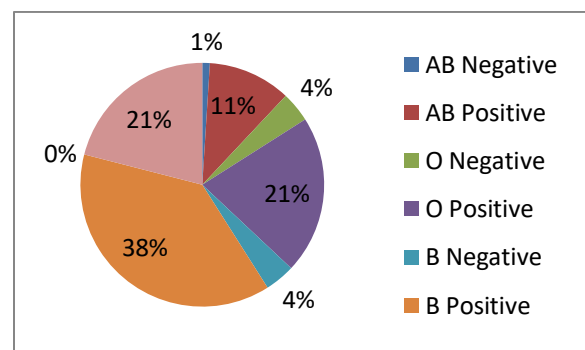
According to the current data the rate of blood donation among young people of age 18-30 years old in Gujrat city was 42%. Among the donors mostly fall in age group of 18-22 years (46%).



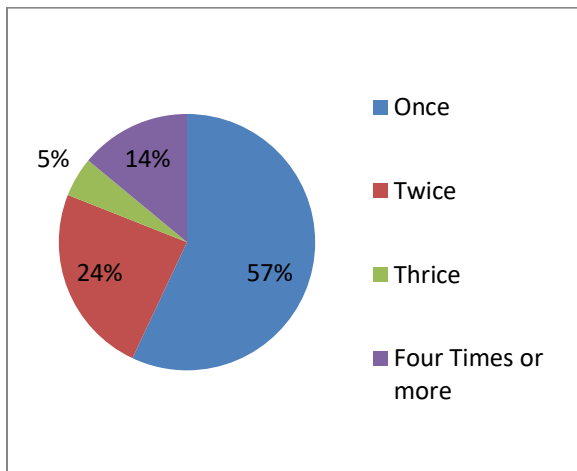
**Figure-I: Ratio of Blood Donation among males and females**



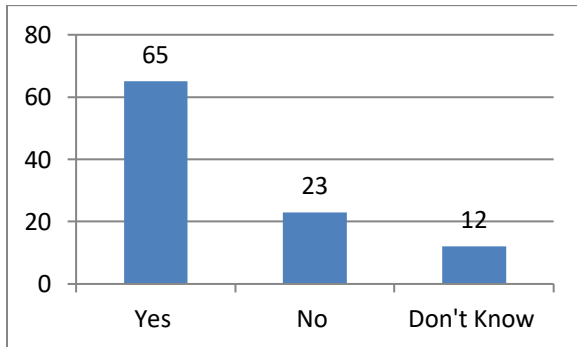
**Figure-II: Blood Group Known/Unknown**



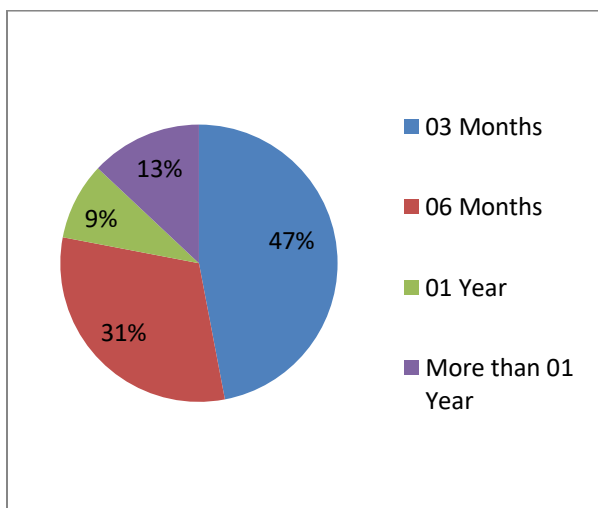
**Figure-III: Ratio of Blood Groups**



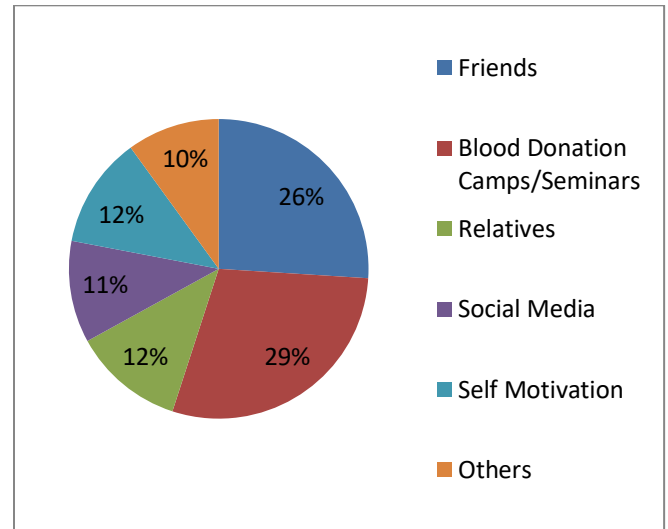
**Figure-IV: Rate of Blood Donation among 42 donors.**



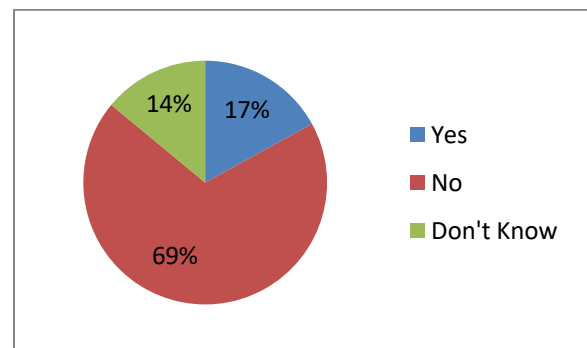
**Figure-V: Basic Knowledge about benefits of donating blood/ blood donation has no negative effect on health.**



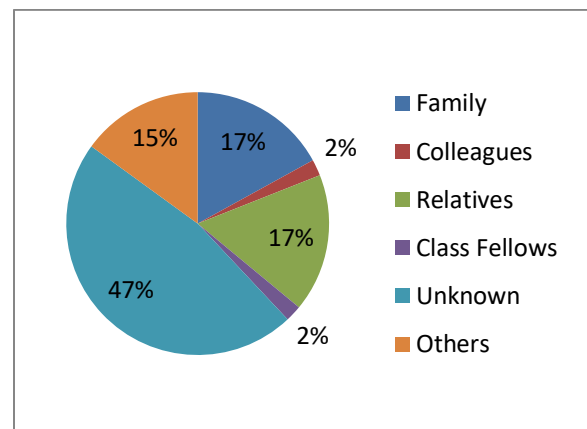
**Figure-VI: Knowledge about after how much time you can donate blood again**



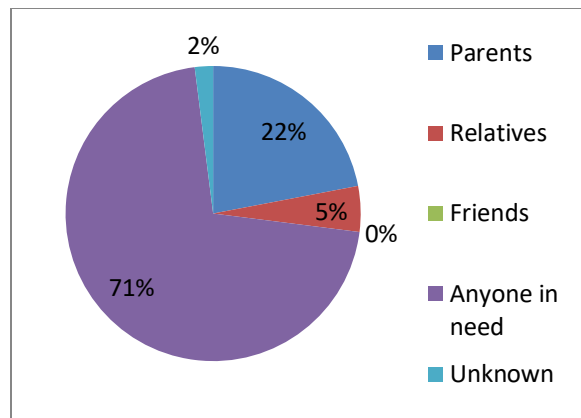
**Figure-VII: From where most people get information about blood donation**



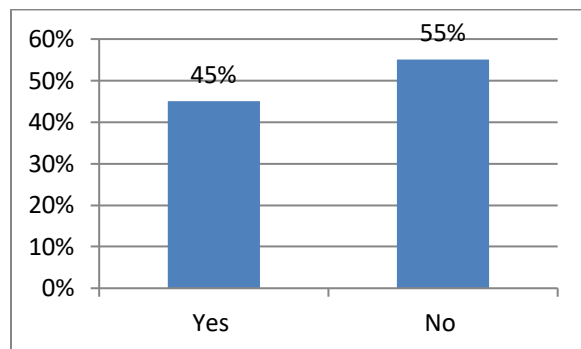
**Figure-VIII: Number of people feeling ill effects after donating Blood**



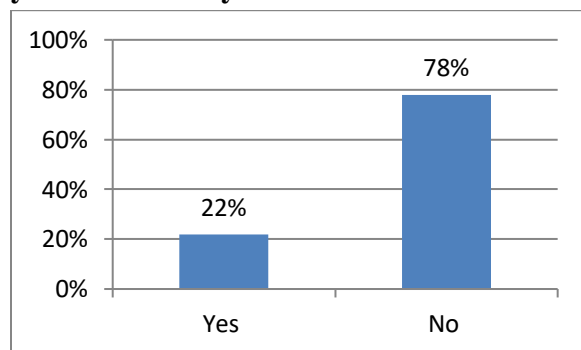
**Figure-IX: To whom the donor donated blood**



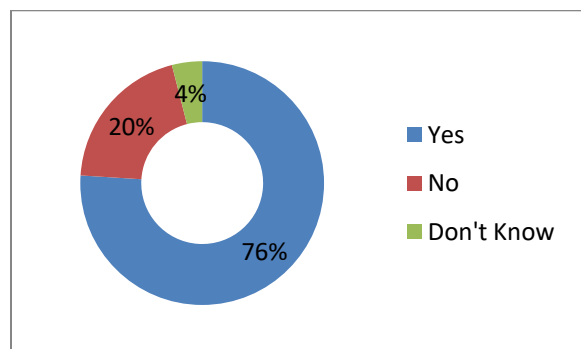
**Figure-X: To whom most people prefer to donate blood**



**Figure-XI: Is donating blood common in your community**



**Figure-XII: Are Blood donating campaigns common in your area?**



**Figure-XIII: Will you donate blood again?**

**Discussion:**

Maintaining an adequate and safe blood supply is an issue of concern to health planners especially with the increase in demand. Therefore, understanding the beliefs, attitude and level of knowledge associated with blood safety and donation is crucial.

Out 100 subjects 42 had donated blood which is comparable to a Saudi study in which among all the donors 87.9% belongs to the age group of 18-30 years of age.<sup>4</sup>

It also coincides to a study held in Lahore according to which 36% of subject were blood donor.<sup>5</sup>

It also has an agreement with a Malaysian study i.e. 49.5%.<sup>6</sup>

It differs from an Indian study according to which the rate of blood donation was 22%<sup>7</sup> this may be because they of the fear of needles among female participants.

About 71% know their blood group, most common is B+ (38%) followed by A+ (21%) and O+ (21%). About 97% of the subjects are literate, which suggests that literacy rate have a direct relation to people having knowledge of their Blood group.

About 65% of subjects have basic knowledge that blood donation is beneficial for health and it has no negative effects on our body which is comparable to a study done in Kathmandu 70%.<sup>8</sup> And it differs from a UK study 78.9%<sup>9</sup> because of increased awareness, increased number of blood donation campaigns are there because it is a developed country.

A direct relationship was observed between adequate knowledge and voluntary blood donation. In other studies, there was a strong relationship between knowledge level and performance.<sup>10,11</sup>

47% of the people have knowledge after how much time is required between two donations, so it is comparable to a study held in Lahore<sup>12</sup> but differ from a UK study as it was 53.8%.<sup>9</sup>

Most people get information about blood donation from blood donation camps 29%, from Friends 26%, and from social media 11% which is comparable to an Indian study which shows figure of 31% as far as blood donation camps are concerned.<sup>7</sup>

### Conclusion:

This study suggests that the study population has relatively good knowledge and a favourable attitude about voluntary blood donation although knowledge is less than attitude. However, the prevalence of blood donation is low among the females. Regarding practice most of people are willing to donate blood but they do not have an easy access for it, so more blood donation campaigns are needed to be launched. This study indicates the direct relation between knowledge and attitude, so, by increasing the knowledge the increase in blood donation can be seen,

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