**PPG Newsletter- September 2018**

Do you know your Blood group ?

Blood is made up of red blood cells, white blood cells and platelets in a liquid called plasma. Your blood group is identified by antibodies and antigens in the blood.

**Antibodies and antigens**

Antibodies are proteins found in plasma. They're part of your body's natural defences. They recognise foreign substances, such as germs, and alert your immune system, which destroys them.

Antigens are protein molecules found on the surface of red blood cells.

**The Rh system**

Red blood cells sometimes have an antigen, a protein known as the RhD antigen. If this is present, your blood group is RhD positive. If it's absent, your blood group is RhD negative.

**The ABO system**

Your blood group is determined by the genes you inherit from your parents.

There are four main blood groups (types of blood) – A, B, AB and O.

Each group can be either RhD positive or RhD negative, which means in total there are eight main blood groups.

There are four main blood groups defined by the ABO system:

• blood group A – has A antigens on the red blood cells with anti-B antibodies in the plasma

• blood group B – has B antigens with anti-A antibodies in the plasma

• blood group O – has no antigens, but both anti-A and anti-B antibodies in the plasma

• blood group AB – has both A and B antigens, but no antibodies

Blood group O is the most common blood group. Almost half of the UK population (48%) has blood group O.

Receiving blood from the wrong ABO group can be life threatening. For example, if someone with group B blood is given group A blood, their anti-A antibodies will attack the group A cells. This is why group A blood must never be given to someone who has group B blood and vice versa.

As group O red blood cells don't have any A or B antigens, it can safely be given to any other group.

This means you can be one of eight blood groups:

• A RhD positive (A+)

• A RhD negative (A-)

• B RhD positive (B+)

• B RhD negative (B-)

• O RhD positive (O+)

• O RhD negative (O-)

• AB RhD positive (AB+)

• AB RhD negative (AB-)

About 85% of the UK population is RhD positive (36% of the population has O+, the most common type).

In most cases, O RhD negative blood (O-) can safely be given to anyone. It's often used in medical emergencies when the blood type isn't immediately known.

It's safe for most recipients because it doesn't have any A, B or RhD antigens on the surface of the cells, and is compatible with every other ABO and RhD blood group.

**Blood group test**

To work out your blood group, your red cells are mixed with different antibody solutions. If, for example, the solution contains anti-B antibodies and you have B antigens on your cells (you're blood group B), it will clump together.

If the blood doesn't react to any of the anti-A or anti-B antibodies, it's blood group O. A series of tests with different types of antibody can be used to identify your blood group.

If you have a blood transfusion – where blood is taken from one person and given to another – your blood will be tested against a sample of donor cells that contain ABO and RhD antigens. If there's no reaction, donor blood with the same ABO and RhD type can be used.

**Pregnancy**

Pregnant women are always given a blood group test.

This is because if the mother is RhD negative but the child has inherited RhD-positive blood from the father, it could cause complications if left untreated.

RhD-negative women of child-bearing age should always only receive RhD-negative blood.

**Giving blood**

Your blood's main components the red cells, plasma and platelets are used to treat many different illnesses and conditions.They have a short shelf life, so there is always a need to top up the supply:

• red blood cells can be stored for up to 35 days

• platelets can be stored for up to 7 days

• plasma can be stored for up to 3 years

Most people are able to give blood, but only 4% actually do. You can donate blood if you:

• are fit and healthy

• weigh at least 50kg (7st 12lb)

• are 17-66 years old (or 70 if you've given blood before)

• are over 70 and have given blood in the last two years

In some cases health conditions, medications, professions or travelling to certain countries could affect your ability to give blood,

If you decide to give blood the NHS Blood and Transplant service\* adopts a very personal approach for blood donation.

You will be cared for by one team member, usually a donor carer or nurse who will ask health screening questions and carry out any tests.

All donors are advised to book appointments to ensure blood donation sessions run smoothly and to identify any empty slots for donors whose blood types are most needed by patients in hospital.

After you have donated, you will be encouraged to book your next appointment. You can do this using our ‘NHS Give Blood’ app, or by creating an online account at blood.co.uk. If you do not have access to the internet you can call 0300 123 23 23 and speak to a Donor Helpline team, to book an appointment.

• NHS Blood and Transplant manages the national voluntary donation system for blood, tissues, organs and stem cells see. @GiveBloodNHS and @NHSOrganDonor

**Friends and Family Test Results**

The data below shows how likely our patients are to recommend our practice to friends and family. If you wish to fill out a Friends and Family Test Questionnaire a form can be obtained from reception.

June 2018 July 2018 August 2018

Extremely likely 38 45 40

Likely 7 3 8

Neither likely nor unlikely 1 0 1

Unlikely 1 1 1

Extremely Unlikely 2 1 1

Don’t know 1 0 0

**DNA Data**

The data below shows how many appointments were wasted due to patients not attending. If you’re unable to attend your appointment please let the surgery know so we can offer the appointment to someone else.

June 2018: 7hrs 40m (46 appointments)

July 2018: 7hrs 30m (45 appointments)

August 2018: 5hrs 20m (32 appointments)

**Orchard Practice Red Suite PPG**

**September 2018**