

DEPARTMENT OF THE ARMY
FIFTH U.S. ARMY & HEADQUARTERS
FORT SAM HOUSTON
Fort Sam Houston, Texas 78234-5000

FSH SUPPLEMENT 1 TO AR 40-2

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Medical Services

ARMY MEDICAL TREATMENT FACILITIES
GENERAL ADMINISTRATION

SCOPE. This supplement is applicable to units and activities of Headquarters Fort Sam Houston.

SUPPLEMENTATION. Further supplementation is prohibited without prior approval of Headquarters, U.S. Army Garrison, ATTN: AFZG-PA-HR, Fort Sam Houston, Texas 78234-5000.

SUGGESTED IMPROVEMENTS. The proponent of this supplement is the Directorate of Personnel and Community Activities. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended changes to Publications and Blank Forms) to the Commander, Fort Sam Houston, ATTN: AFZG-PA-HR, Fort Sam Houston, Texas 78234-5000.

AR 40-2, 3 March 1978, as changed, is supplemented as follows:

Page 12-1, paragraph 12-2b. Add subparagraphs (1) through (8) as follows:

(1) Headquarters, Fifth U.S. Army & Fort Sam Houston has the continuing responsibility of providing a command-supported program to assist with the recruitment of whole blood and platelet apheresis donors to meet the blood needs of Brooke Army Medical Center (BAMC). If blood donations on Fort Sam Houston are insufficient to meet BAMC patient needs, blood products must be procured from outside sources, often at enormous cost.

(2) The Chief, Army Community Services Division, this headquarters, is designated as the Project Officer for the establishment of a blood donor program for Headquarters, Fifth U.S. Army & Fort Sam Houston, and to serve on the Blood Donor Coordinator Board as the Commander's designated representative.

(3) Command support. The success of the Fort Sam Houston blood donor program relies upon command support at all levels. A key element of the commander's blood recruitment program is the establishment and support of a blood coordinator team. This team usually consists of a well-motivated chief coordinator (appointed on orders) and a number of assistant key workers, networked throughout the organization. This structure is especially important for larger organizations.

(4) Donor motivation. Although various pins, hats, mugs, and T-shirts are available in limited quantities at the Akeroyd Blood Donor Center to encourage blood donors, commanders and supervisors are in an excellent position to promote the blood donor program. The three most powerful tools for commanders are time off, competition, and support of the previously-mentioned blood coordinator team. Commanders are encouraged to authorize a pass to military personnel as an incentive. Supervisors are encouraged to give their civilian employees who donate blood a minimum of four hours excused absence to be taken in conjunction with the donation of blood. At the commander's discretion other creative incentives may be implemented, such as exemption from physical training for a day.

(5) Donation eligibility. Determination of eligibility to donate blood rests with the Medical Director of the BAMC Blood Bank. To insure the safest possible blood supply for Fort Sam Houston, BAMC follows strict medical guidelines for deferring blood donors. The next two subparagraphs list the most frequently encountered reasons for disqualifying blood donation.

(a) Individuals permanently deferred are those with a history of any of the following:

- Heart disease;
 - Hepatitis;
 - Cancer (except cured basal cell or in situ cervical cancer);
 - Drug abuse (illicit intravenous drugs);
 - Human Immunodeficiency Virus (HIV) infection/AIDS or have had intimate contact with anyone who has HIV/AIDS, hemophilia, or intravenous drug abuse;
- Sexually transmitted disease on more than one occasion, even if treated/cured

(b) The following are some of the common reasons for an individual to be deferred temporarily:

- Weighs less than 110 pounds;
- Is pregnant or has been pregnant in the past six weeks;
- Is under the age of 17 without parental consent;
- Feels ill on the donation day;
- Has had tatoos or ears piercing in the last year;
- Has donated blood in the last 56 days (8 weeks);
- Has had malaria, visited a malaria endemic area in the last six months, or took anti-malarial medications while in a malarial endemic area within the past three years;
- Is presently on a course of antibiotics for an acute infection (for example, acne);
- Has received a blood transfusion in the last year;
- Has diabetes requiring insulin.

(6) Location. The Akeroyd Blood Donor Center is located in building 1240 on Harney Road, behind the Budge Dental Clinic, diagonally across the street from the post library. The center is open for walk-in donations on Thursdays from 0800-1600. For all other days of the week blood drives/walk-ins are scheduled by appointment. Telephone numbers for the Akeroyd Blood Donor Center are 916-7654/7989 or 916-7109/7546.

(7) Platelet apheresis. A very important program for the collection of platelets is available at the Akeroyd Blood Donor Center. These platelets are critical in the treatment of BAMC's cancer, heart surgery, and trauma patients. The process of apheresis takes two hours and is no more painful than giving whole blood. The number of platelets collected is equal to that of six to ten whole blood donations. A platelet donor can give platelets up to 24 times per year, as frequently as every 72 hours. More frequent donations are possible with platelet apheresis, compared to whole blood donation, because the donor's red blood cells are returned to the donor. Platelet apheresis is by appointment only, phone 916-7654/7989 or 6179/6412.

(8) Safety of blood donations. All blood and platelet collections at the Akeroyd Blood Donor Center are performed by trained personnel with sterile, single-use, disposable supplies.

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