CONTINUING EDUCATION TEST
THE EFFECT ON BLOOD SUPPLY WHEN IMPLEMENTING DONOR INTERVAL STRATEGIES TO PREVENT IRON DEFICIENCY

OCTOBER 2018
(This form may be photocopied. It is no longer valid for CEUs after April 30, 2020.)

TEST QUESTIONS

1. Over the past few years, there has been a growing concern with ________ by the American Association of Blood Banks (AABB).
   - shortages of blood bankers
   - iron depletions
   - infectious disease transmission
   - shortages of testing supplies

2. The focus of the study in this article is to identify the effects of the blood supply based on implementation of three recommendations by the AABB.
   - a. True
   - b. False

3. Before donating a unit of blood in United States, what screening process is required to protect the health of donors?
   - a. serum iron
   - b. serum ferritin
   - c. hemoglobin/hematocrit
   - d. red cell volume

4. About how much iron does a donor lose during the donation process?
   - a. 10-20 mg
   - b. 25-75 mg
   - c. 100-150 mg
   - d. 200-250 mg

5. In a bulletin from March 16, 2017, the AABB recommended taking voluntary actions to
   - a. monitor iron deficiency in blood donors.
   - b. limit iron deficiency in blood donors.
   - c. prevent iron deficiency in blood donors.
   - d. all of the above

6. The 30th edition of Standards for Blood Banks and Transfusion Services recommend that donor centers provide donors with educational materials that identify the risks of iron deficiency from blood donation.
   - a. True
   - b. False

7. The study in this article is based off of which iron mitigation recommendation from the Standards for Blood Banks and Transfusion Services?
   - a. Development of a program to provide replacement iron in absence of ferritin measurements
   - b. Measurement of serum or plasma ferritin
   - c. Evidence-based lengthening of donation interval, or restrict number of donations per year
   - d. All of the above

8. What option(s) did the research design use to compile quantitative data for statistical analysis?
   - a. Limits whole blood donations to two times in a 12-month period.
   - b. Limits whole blood collections from 16-18 years old to one time in a 12-month period.
   - c. Limits whole blood collections from premenopausal women to one time in a 12-month period.
   - d. All of the above

9. Data from this study was gathered from the
   - a. southeast community blood center.
   - b. northeast community blood center.
   - c. southwest community blood center.
   - d. American Red Cross.

10. What will the calculations in the data being studied reveal?
    - a. change in hemoglobin result
    - b. change in iron levels
    - c. change in donor compliance
    - d. change in the number of units collected

11. The study’s limitations were identified as external factors that lead to fluctuations and differing demographics from region to region.
    - a. True
    - b. False

12. What was the overall change calculated based on the data collected in which the three interval changes would go into effect altogether?
    - a. 4.6% loss of red cells
    - b. 10.2% loss of red cells
    - c. 18.8% loss of red cells
    - d. 25.8% loss of red cells

13. Which blood group is of higher concern in regards to limiting the times per year of donations?
    - a. O Positive
    - b. O Negative
    - c. AB Negative
    - d. AB Positive

14. The National Blood Collection and Utilization Survey (NBCUS) has identified a decline of ________ red cell transfusions between 2012 and 2015.
    - a. 10 percent
    - b. 14 percent
    - c. 18 percent
    - d. 23 percent

15. NBCUS data identifies a gap of red cell collections to red cell transfusions which has ________ through past years.
    - a. narrowed
    - b. widened
    - c. stayed the same
    - d. none of the above

16. NBCUS estimates that the United States has an extra ________ red cell units available, if needed, for unexpected circumstances.
    - a. 267
    - b. 556
    - c. 1,048
    - d. 1,257

17. Given that the data collected by NBCUS currently remains the same, what can be assumed if the three blood donation interval recommendations become mandated?
    - a. There will be not enough units of red blood cell units in our available blood supply.
    - b. There will be a large abundance of red blood cell units in our available blood supply and wastage may become a problem.
    - c. There will be no change.
    - d. None of the above

18. A study performed in the U.K. by Angelantonion et al. concluded that shorter intervals of donation lead to severe iron deficiency anemia, which decreases quality of life.
    - a. True
    - b. False

19. Conclusions in red blood cell supplies and demand from the study in this article are based on a population perspective that baby boomers are have shifted from ________ to ________ and the younger generations are ________.
    - a. users; donors; growing
    - b. user; donors; shrinking
    - c. limits whole blood collections from 16-18 years old to one time in a 12-month period.
    - d. none of the above

Fl: Your FL license number:____________________
CA: Accrediting Agency: 2001 (for use in submitting your CE credits to CA)

Tests can be taken online or by mail. Easy registration and payment options are available through NIU by following the links found at www.mlo-online.com/ce.

FEE NOT REFUNDABLE OR TRANSFERABLE

Send your $20 check payable to Northern Illinois University with this form to: University Outreach Services, Northern Illinois University, DeKalb, IL 60115-2860 Phone: 815-753-0031

Name ________________________
Mail address ________________________
City ________________________ State ______ Zip ______
Institution/Facility ________________________
Telephone ________________________
E-mail address ________________________

MLO ONLINE
October 2018

P = Poor; E = Excellent

1. To what extent did the article focus on or clarify the objectives?
   - P = Poor
   - E = Excellent

2. To what extent was the article well-organized and readable?
   - P = Poor
   - E = Excellent

3. How will you use the CE units?
   - state license
   - employment
   - recertification
   - other

MLO and Northern Illinois University (NIU), DeKalb, IL, are co-sponsors in offering continuing education units (CEUs) for this issue’s CE article. CEUs or contact hours are granted by the College of Health and Human Sciences at Northern Illinois University, which has been approved as a provider of continuing education programs in the clinical laboratory sciences by the ASCLS P.A.C.E.® program. Approval as a provider of continuing education programs has been granted by the state of Florida (Provider No. P0000498). Continuing education credits awarded for successful completion of this test are acceptable for the ASCP Board of Registry Continuing Competence Recognition Program. Readers who pass the test successfully (scoring 70% or higher) will receive a certificate for 1 contact hour of P.A.C.E.® credit. Participants should allow three to five weeks for receipt of certificate. The fee for this continuing education test is $20. This test was prepared by Amanda Voelker, MPH, MT(ASCP), MLS, Clinical Education Coordinator, School of Health Studies, Northern Illinois University, DeKalb, IL.

MLO ONLINE
18  OCTOBER 2018  MLO-ONLINE.COM