

## What is patient blood management (PBM) 什麼是病人血液管理？

According to the World Health Organization (WHO), PBM is a “patient-focused, approach to optimize the management of patient and transfusion of blood products for effective patient care. 據世界衛生組織，病人血液管理是一種“以病人為中心”，旨在優化患者和輸血產品的管理，以提供有效的病人護理。

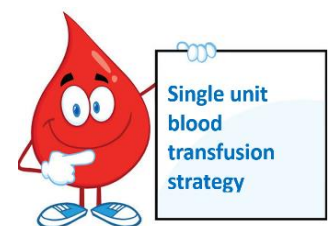
### Why? 為何要做?

1. Improve patient outcome: faster recovery, fewer complications  
改善病人結果：減少併發症，加速康復
2. Reduce risks of transfusion reaction  
降低輸血反應的風險
3. Minimize potential risks of contracting infectious diseases.  
儘量減少感染傳染病的潛在風險
4. Reduce unnecessary hospital and patient care costs.  
減少不必要的住院和病人護理費用
5. Sustainability of blood supply could be maintained  
維持血液供應的可持續性



### How? 如何做?

1. Raise up haemoglobin level with use of nutrition, pharmaceutical treatments and exercise.  
使用營養、藥物治療和運動，增加血色素。
2. Preoperative anaemia management.  
手術前治療貧血。
3. Minimize blood loss during operation and blood collection for laboratory tests.  
手術中減少失血和避免不必要的抽血。
4. Single unit blood transfusion strategy: assess patient clinical condition before subsequent of blood transfusion  
單一包輸血策略：給予後續血液之前，要基於病人的情況才決定輸血
6. Restrictive transfusion strategy: according to the International Standard Guideline, haemoglobin less than 7.0 g/dL is the transfusion trigger.\*  
限制性輸血策略：國際輸血指標現已降低至血色素 7.0 g / dL 。



\*Reference: Transfusion Guideline for HA hospitals