

Issued by JPAC: 30th August 2022

Implementation: To be determined by each Service

Change Notification UK National Blood Services No. 44 - 2022

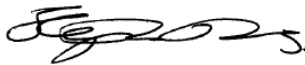
Sleep Apnoea

These changes apply to the Whole Blood and Component Donor Selection Guidelines.

Please amend the following entry.

<i>Obligatory</i>	Must not donate
<i>Discretionary</i>	<p>If asymptomatic on CPAP (continuous positive airway pressure) treatment, accept.</p> <p>If</p> <ul style="list-style-type: none"> The donor's symptoms are well controlled with lifestyle change and/or treatment, and The donor reports no daytime sleepiness (and there is no restriction on activities such as driving), and No underlying cause for sleep apnoea has been identified which would preclude donation, <p>accept.</p>
<i>See if Relevant</i>	<p><u>Central Nervous System Disease</u></p> <p><u>Donor weight</u></p> <p><u>Surgery</u></p>
<i>Additional Information</i>	<p>Untreated Sleep Apnoea can lead to day-time daytime sleepiness, difficulty in concentration and an increased risk of accidents. Treatment with CPAP can prevent these problems. Not everyone with sleep apnoea will require treatment. Corrective measures that can improve symptoms include:</p> <ul style="list-style-type: none"> weight loss the use of gum shield smoking and alcohol reduction/cessation sleep hygiene <p>Surgery may be required for some individuals e.g. tonsillectomy, uvuloplasty, mandibular surgery, or nasal septum surgery.</p> <p>Some individuals may use CPAP (Continuous Positive Airway Pressure) and BiPAP (Bi-level Positive Airway</p>

	Pressure) Ventilation devices while sleeping. These use a close-fitting mask to deliver pressurised air to the lungs through the respiratory cycle as treatment for Sleep Apnoea.
<i>Reason for change</i>	This is a new entry. The guidelines have been revised to allow acceptance of donors whose symptoms are well controlled regardless of the treatment used.



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