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Implementation: To be determined by each Service

Change Notification UK National Blood Services No. 27 – 2019

Palpitations and Arrhythmias

Palpitations

These changes apply to the Whole Blood and Components Donor Selection Guidelines

Please add the following new entry:

Obligatory

Must not donate if:

1. The donor has a history of palpitations.
2. A significant arrhythmia or other cardiac cause has been confirmed or is suspected as the cause of palpitations.

Discretionary

1. Donors with a history of palpitations where:
 - The donor has consulted their GP and a cardiac cause has been excluded, and
 - The donor is not undergoing any investigations, and
 - The donor is symptom-free on the day of attendance;Accept, even if on beta blockers to prevent symptoms.
2. Donors with a history of palpitations where a cardiac cause has not been excluded, refer to Arrhythmia entry.

See if relevant

Arrhythmia

Additional Information

Donors with ongoing symptoms of palpitations are at risk of a donor adverse event during or after donation.

Many donors will have experienced palpitations at some time in their lives. Symptoms are often associated with anxiety or stress. As long as they are symptom-free on the day of donation and investigations have ruled out a cardiac cause, donors can be accepted, even if on treatment to prevent symptoms.

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Reason for Change *New entry*

A-Z index: Add 'Palpitations' as a keyword for this item

Arrhythmias

These changes apply to the Whole Blood and Components Donor Selection Guidelines

Please make the following changes to the entry:

Obligatory

1. Must not donate if:

~~Symptomatic or requires treatment.~~

- a) Symptomatic or requires treatment
- b) The donor is undergoing investigation
- c) The donor has a history of an arrhythmia (eg Atrial Fibrillation, Atrial Flutter, Supraventricular Tachycardia, Ventricular Tachycardia) even if their symptoms have now settled.

2. In other cases:

Refer to a Designated Clinical Support Officer (DCSO).

Discretionary

- 1. Donors with a previous history of an arrhythmia triggered by a non-cardiac medical condition which has now been treated (eg thyrotoxicosis), refer to a DCSO.
- 2. Donors who have been treated by ablation therapy for Supraventricular Tachycardia (including Wolff-Parkinson White Syndrome), refer to a DCSO.
- 3. Donors with a history of palpitations where the donor has been assessed clinically and a cardiac cause has been excluded, see the entry for 'Palpitations'

See if relevant

Cardiovascular Disease
Palpitations

Additional Information

Some heart irregularities may be made worse by giving blood. ~~It may be necessary to contact the specialist who has made the diagnosis.~~ This includes a risk that donation could trigger a recurrence in someone with a history of a previous arrhythmia. In cases where the donor's eligibility is not clear, DCSO referral ensures further information can be sought regarding their condition..

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Information This is a requirement of the Blood Safety and Quality Regulations 2005

Reason for Change This entry has been revised to refer to the new entry for Palpitations and to clarify the obligatory and discretionary criteria.

A-Z index: Remove 'Palpitations' as a keyword for this item

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