

BLOODLESS MEDICINE



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network



MidHudsonRegional.org

Bloodless medicine is better medicine

Through blood conservation and transfusion alternatives at MidHudson Regional Hospital, we offer a progressive approach to blood management to all patients in our care. Our use of safe and effective transfusion-free medical and surgical techniques reduces the risks that are associated with blood transfusions.

Our goals are to improve patient outcomes, respect the needs of patients for whom blood transfusion is not an option, and educate other medical professionals in how we can improve medical and surgical outcomes for all patients.



Blood Conservation Management FAQ

What is blood conservation?

Blood conservation is the use of scientifically based medical and surgical techniques to minimize or avoid the transfusion of donor blood components.

What are the benefits of blood conservation?

- Fewer complications
- Faster recoveries
- Shorter hospital stays
- Lower rates of serious post-operative complications, including heart attack, stroke, and infections
- Decreased risk of complications and allergic reactions due to transfusion
- Less exposure to blood-borne viruses and infections

How does blood conservation work?

The practice of blood conservation involves a combination of medical and surgical techniques, as well as technology to decrease blood loss and enhance a patient's own blood supply.

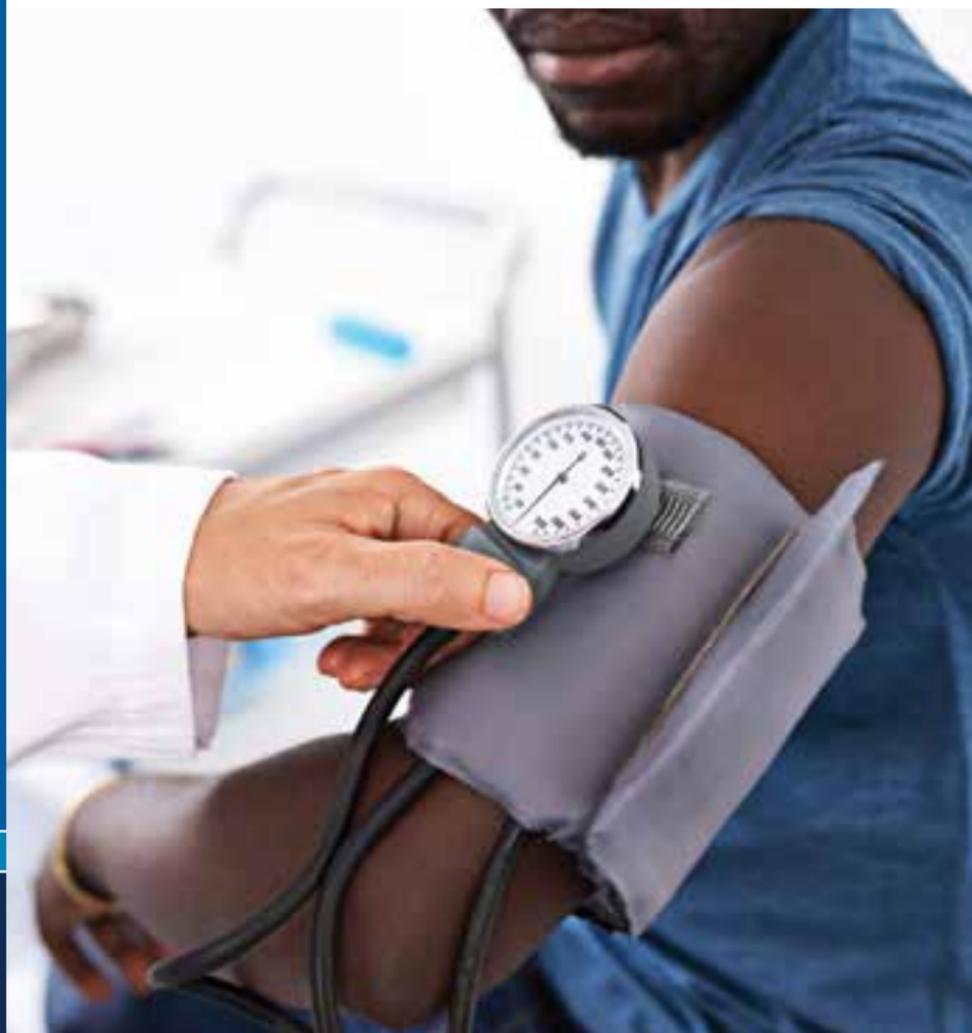
I am having surgery. How can I best prepare and what can I expect?

At MidHudson Regional Hospital, blood conservation is a hospital-wide effort. Our entire health care team of physicians, nurses, pathologists, pharmacists, clinical laboratory scientists and support staff work together to assess and address each patient's blood management needs.

Before Surgery: Based on the results of a patient's blood test, doctors may recommend a regimen of medications and dietary supplements to ensure optimal levels of hemoglobin (an oxygen-carrying protein in red blood cells).

During Surgery: Doctors may use a variety of state-of-the-art technologies and techniques to minimize blood loss (see "Bloodless Surgery FAQ" for detailed information).

After Surgery: Blood loss will be minimized and blood production enhanced through medication and nutrition therapy as well as technology — including the use of post-operative blood salvage.





Bloodless Surgery FAQ

Why Bloodless Surgery?

Many people object to receiving blood or blood products as part of their medical treatment. Some, such as Jehovah's Witnesses, object due to religious beliefs, while others do so as a result of health care concerns, knowledge of potential complications, or other personal convictions.

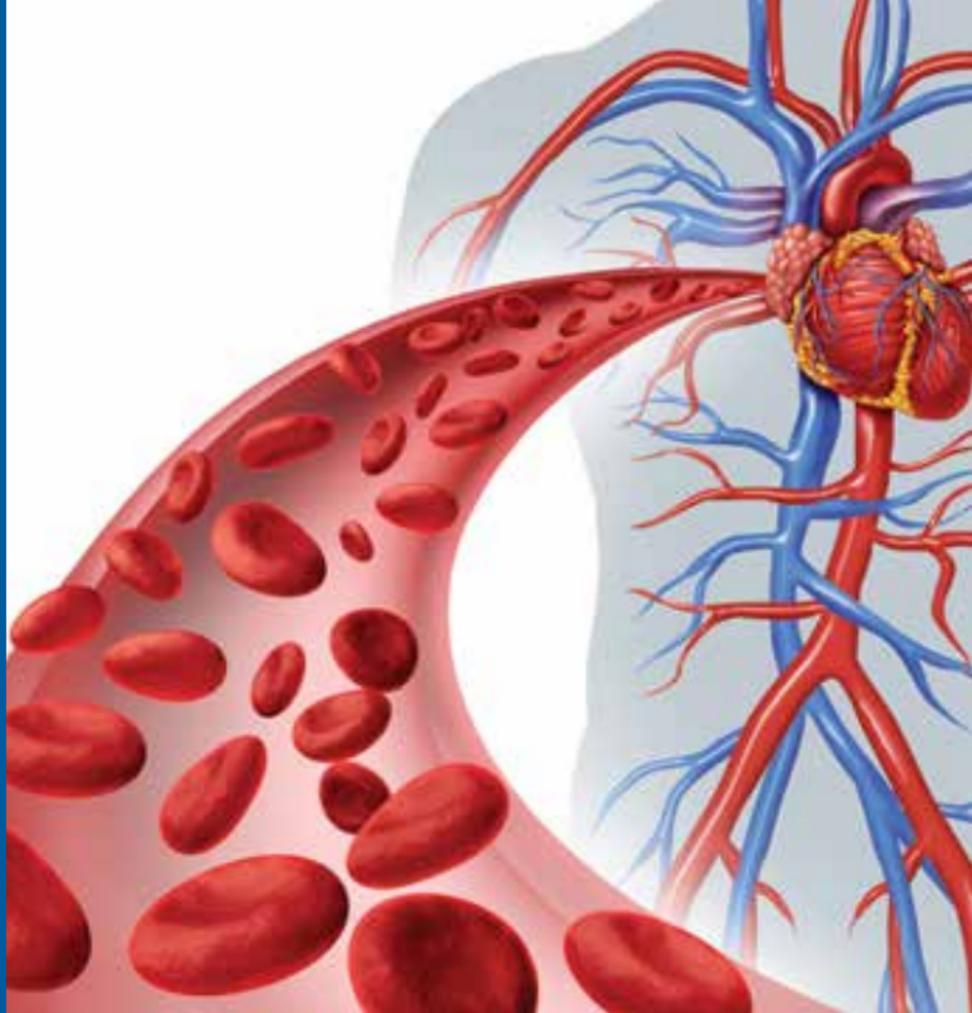
The benefits of bloodless surgery include decreased risk of infection and other complications. (For more details, see "What are the benefits of blood conservation?" earlier in this brochure.)

How Does Bloodless Medicine and Surgery Work?

Through blood conservation and transfusion alternatives, we offer many high-quality, safe, and effective alternatives to blood transfusions. Among the technologies that make bloodless surgery possible are:

Davinci Robot: a da Vinci procedure can offer all the potential benefits of a minimally invasive procedure, including less pain, less blood loss and less need for blood transfusions.

Minimally invasive surgery and meticulous surgical techniques: Surgical instruments and techniques specially designed to minimize blood loss by using the smallest or most efficient incisions.



Blood salvage/cell saver: A device that recycles a patient's own blood that is lost during surgery, collects it, cleans it and returns it to the patient.

Oximetry: Tracks oxygen levels during surgery.

Argon beam coagulator: Coagulates or clots blood during surgery to minimize blood loss.

Hemostat drug therapy: Medications that assist with the clotting functions of blood.

Volume expanders: Enhances the circulation of patient's own blood via intravenous fluids.

Harmonic scalpel: A scalpel that employs vibration and friction to cut and cause blood clotting at virtually the same time.

Electro cautery: Uses heat to stop vessels from bleeding.

Vessel sealing instrument: Cuts and fuses blood vessels at the same time.

Our Mission: Improve patient outcomes through optimal blood management.

This will be achieved through a standard of care in which patient blood management (PBM) strategies are evaluated for use based on the most current research, evidence, and outcomes.

Vital to this end is the provision of a structured bloodless (transfusion-free) program that provides patients for whom blood is not an option with consistently accessible, high-quality care, guided by ethical and humanistic principles.

As a result of the ongoing education of physicians, nurses, and other health care providers in current and emerging transfusion issues, patient blood management guidelines will be implemented throughout the continuum of care within MidHudson Regional Hospital.



Did You Know?

MidHudson Regional Hospital is the first hospital in the Hudson Valley to implement a blood conservation program for all patients, not just those who request it.

In the first two years of the blood conservation program, there was a 50% decline in blood use.

Bloodless medicine appeals to many doctors because it carries low risk of post-operative infection when compared with procedures requiring blood transfusion. Additionally, it helps reduce blood shortages, an increasing national problem.

Contact Us

For more information,
please call **845.431.8189**
Monday - Friday, 8 a.m. to 4 p.m.



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