

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102 – Nursing Care of Adults

2023 Volunteer Hours Experience

Indicate (✓): Either listed on pre approved activities __✓__ OR Pre Approved (Date): _____

Volunteer activity: Whole Blood Donation @ Blood Bank of Delmarva (Newark DE- Christiana Center)

Date of activity: 04/28/2023

Timeframe of activity: 0830-0930 Total hours = 1

Student signature: Courtney David

Community representative name: Shameka (Front Desk)

Community representative phone number: 1-888-825-6638

Explain the rationale and/or benefits of this activity in respect to the community:

Donating blood during a blood shortage allows for the chance to save someone's life in our community. Blood levels are critical in hospital right now which could result in less elective surgeries due to the blood shortage, or not being able to treat the patients that are need of blood transfusion in the hospital because we don't have the correct blood to match theirs due to the critical low levels of blood. Without blood donations, lives can't be saved, and treatment can't be done such as a blood transfusion for a GI bleed, or cancer patients that need blood, trauma that need blood ready to go in the OR for life saving surgery.

**STUDENT ELECTRONIC SIGNATURE ON THIS FORM VERIFIES ATTENDANCE.
COMMUNITY REPRESENTATIVE NAME AND PHONE NUMBER MUST BE PROVIDED
FOR PERIODIC AUDIT VERIFICATION PURPOSES.**

Submit this form via email or hard copy to Mrs. Zahner

Blood Bank of Delmarva
100 Higgella Drive Newark, DE 19713

DONOR RECEIPT 9-35

04/28/2023
CHR
WB

Deferred until: T-083
Hemoglobin: H5
Blood Pressure: 119/75
Contact your physician if your BP is greater than 160/90.

THANK YOU FOR COMING TO DONATE BLOOD.
To ensure that we're being, we strongly request you remain in the refreshment area for at least 15 minutes.

To prevent faintness or dizziness we suggest the following:

- If your diet permits, we suggest you eat a salty snack while in our refreshment area and increase your fluid intake by drinking at least 4 eight-ounce glasses of water for 2 days.
- Avoid alcoholic beverages until after a meal and a nonalcoholic beverage.
- Avoid vigorous exercise, becoming overheated and long periods of standing for the rest of the day.

Contact Blood Bank of Delmarva at 302-737-7003 (800-533-6957):

- For any medical concerns or questions prior to donation.
- If you feel your blood should not be given to a patient or if you experience signs or symptoms of illness - contact us and provide your blood unit number.

WJ36923207008 APOS
DAVID COURTNEY MARIE

Keep your sleeves rolled above your elbows until you are ready to leave the establishment area. Should bleeding from the venipuncture site occur, raise your arm and apply pressure until the bleeding stops.

Keep the bandage on and dry for at least 6 hours and try to avoid any heavy lifting for the rest of the day.

