

INTRODUCTION

In the United States, nearly 4.5 million patients per year receive blood products. In 2012, the American Association of Blood Banks (AABB) released the Clinical Practice Guideline on Red Blood Cell Transfusion. The guideline was designed to optimize clinical outcomes and to avoid transfusions that are not clinically indicated while combating the rising cost of healthcare in the United States.¹ As recommended by the latest guidelines, using a more restrictive hemoglobin threshold of 7g/dL in hemodynamically stable patients instead of 9g/dL to 10g/dL, has shown to reduce the number of adverse outcomes related to packed red blood cell (PRBC) transfusion.² In this study, we incorporated a review process to see if it would reduce the number of inappropriate packed red blood cell transfusions and enforce a more restrictive transfusion threshold of 7 g/dl.

METHODS

- Extensive literature review to examine current guidelines for appropriate blood transfusions was performed.
- A plan-do-study-act model was performed that involved the Transfusion Committee made up of attending physicians, residents, and nursing from various specialties in the hospital.
- Monthly chart reviews were performed by residents to examine the appropriateness of inpatient transfusions based on current guidelines and practice. The review form can be seen below.
- Current transfusion guidelines were distributed to ordering physicians of transfusions that were deemed inappropriate.
- Transfusion data was analyzed to examine how effective the transfusion review process is and the impact on the number of transfusions performed.

TRANSFUSION COMMITTEE
Resident Review: Transfusion Appropriateness: Audit

MR # H000	Date of Transfusion:
Ordered By:	Attending:
At Time of Transfusion:	Patient Location:
BP: _____ Heart Rate: _____	
Pre Hgb: _____ Pre Hct: _____	Post Hgb: _____

Laboratory Component Therapy Ordered:

Packed red blood cells

Reason for Transfusion:

Acute blood loss

Rapid blood volume loss >1000 mL

Blood loss >250 mL per hr

Rapid blood loss >15% of blood volume with any risk factor

Hgb >7.0

Hgb >7.0 with any risk factor

Documented symptoms R/T anemia

Chronic Anemia

Hgb less than 7.0 gm per dl

Hgb >7.0 gm/dl w/ any risk factor

Documented symptoms R/T anemia

Symptoms:

Dyspnea Tachycardia Hypotension not responsive to volume replacement alone Angina

Risk Factors:

Congestive Heart Disease Chemotherapy Acute respiratory failure

Peripheral Vascular Disease Cerebrovascular disease Traumatic head injury

Reviewed By: _____ Comments: _____

Figure 1. Transfusion Review Sheet utilized to evaluate the appropriateness of blood transfusions.

HYPOTHESIS

We predict that the transfusion review process and providing education about current guidelines will reduce the number of packed red blood cells transfused by 20% for patients with hemoglobin levels greater than 7 g/dl.

RESULTS

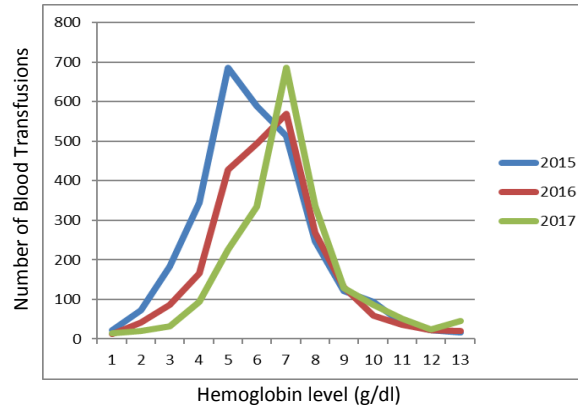


Figure 2. Total Number of PRBC transfusions per year by Hemoglobin level

	2015	2016	2017
9.5-9.9	23	12	15
9.0-9.4	73	42	20
8.5-8.9	184	86	32
8.0-8.4	345	166	93
7.5-7.9	685	427	226
7.0-7.4	589	493	335
6.5-6.9	514	569	686
6.0-6.4	247	269	336
5.5-5.9	122	131	128
5.0-5.4	94	59	87
4.5-4.9	39	35	51
4.0-4.4	23	23	25
<4.0	16	21	46

Table 1. Total Number of PRBC transfusions per year by Hemoglobin level

DISCUSSION

Since implementation of the Transfusion Review Committee at OSUMC in 2015, total PRBC transfusions have decreased. In 2016, transfusions decreased by 35% and by 61% in 2017 for pre-transfusion hemoglobin concentration 7-11.9g/dL. The aim to decrease blood transfusions by 20% was met. There was a 39% decrease in blood transfusions from 2016 to 2017 with a hemoglobin level between 7g/dL – 7.9g/dL.

A t-test analysis was performed for the number of transfusions from 2016-2017 with a hemoglobin level of 7 g/dl-7.9 g/dl. The p value was 1.063 and not statistically significant. However, there continues to be a downward trend of total blood transfusions by year since the institution of the transfusion committee.

CONCLUSION

- Implementing A review process utilizing AABB practice guidelines for transfusions decreased the number of total PRBCs transfused.
- Future research includes analyzing the impact of the Transfusion Review Committee on dollars saved and adverse reactions related to PRBC transfusions.
- Future goals also include evaluation of fresh frozen plasma, cryoprecipitate, and platelets.

REFERENCES

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- Carson, J. L., Guyatt, G., & Heddle, N. M. (2016). Clinical Practice Guidelines From the AABB Red Blood Cell Transfusion Thresholds and Storage. *JAMA*, 316(19), 2025-2035. doi:10.1001/jama.2016.918

Acknowledgments

- Dr Kathy Cook, Oklahoma State University Medical Center, Internal Medicine
- Jamie Flower, MSN, RN, Oklahoma State University Medical Center