THE SIGNIFICANCE OF BLOODLESS SURGERY IN MODERN MEDICAL PRACTICE

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Introduction: Bloodless surgery is the provision of quality surgical care to patients without the use of allogeneic blood with the aims of improving outcome and protecting patients' right. It is synonymous with Transfusion-free Surgery. This review examines the techniques and significance of bloodless surgery in modern medical practice.

Materials and methods: A non-systematic review of literature was done on bloodless medicine and surgery, blood conservation, patient blood management and blood transfusion.

Results: Bloodless surgery involves the use of blood conservation techniques in combinations that are specific to individual patients. Bloodless surgery techniques are built on four pillars which are: 1) Optimizing the hematocrit, 2) Minimizing blood loss, 3) Optimizing tissue oxygenation, and 4) Lowering the "transfusion trigger". Evidence-based medicine gives credence to bloodless surgery, which is evidence-based, in contrast to blood transfusion which has been propelled by tradition over the years. Blood transfusion is plagued with many untoward effects ranging from infective to non-infective serious hazards, as well as increased morbidity and mortality. In contrast, bloodless surgery results in faster recovery, shorter hospital stay, lower mortality, lower cost, better patient satisfaction, patient's autonomy is respected, and the hazards of blood transfusion are avoided.

Conclusion: Bloodless surgery should not be an alternative but the standard of care.

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Abstract track: Outcomes of bloodless care