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Further information is available from the Joint Action website:

www.arthiqs.eu

Useful links:

www.goodtissuepractices.eu

<https://vistart-ja.eu>

<https://www.wmda.info>

<https://www.ebmt.org>

Info for

Hematopoietic Progenitor Cells Donor Follow-Up



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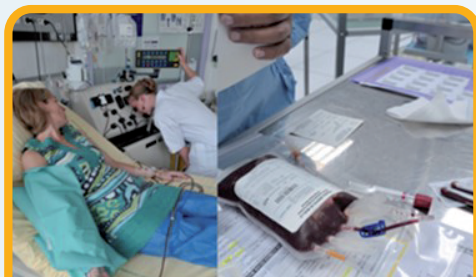


Introduction

If you are reading this flyer you are willing to be an Hematopoietic Progenitor Cells (HPC) donor or you have recently donated. Depending on whether your donation has been carried out through bone marrow harvesting or from peripheral blood collection, you already received info related to the medical procedure from your physician and by reading the informed consent. Moreover, in order to ensure that your health status is not affected by the donation, an in-depth medical examination has been performed before and a medical evaluation will be done after it.



Bone marrow collection from the iliac crest



Peripheral Blood Stem cell Collection

The importance of Follow-Up

Once back home, you will have the awareness that your choice made the difference in someone else's life, but there are no doubts that the benefits will also apply to yourself in terms of healthier lifestyle, health prevention and new social relationships. In your country there is a structured and robust vigilance and surveillance system that guarantees not only the health of the HPC recipient but also your wellbeing with the highest standards of quality and safety. Your procurement, donor centre or other centre involved in the donation process will contact you (usually via phone) on a regular basis at following deadlines at least:

> 1, 7 and 30 days after collection (very short –term follow-up)

> 1, 5 and 10 years after collection (long–term follow-up).
The best practice for conducting your follow-up includes the following:

- a specific questionnaire for gathering information on your physical and psychological status;
- a medical interview conducted by a health professional if a deeper investigation needs to be performed in case of pathological conditions occurring after HPC donation and possibly related to it;
- a physical examination conducted by a health professional when needed;
- blood testing including at least blood cell count if necessary;
- diagnostic exams in case further clinical information should be necessary.

Don't wait for the call, be active

Usually the procurement, donor centre or other centre involved in the donation process facilitates the access to the hospital by scheduling your appointments avoiding queues and saving time. Indeed, the follow-up visit aiming at checking your health status would last only about half an hour.



If you cannot be contacted after some attempts, you will be considered as 'lost at follow-up'. Please don't lose the chance to be regularly monitored for your health. If you change your contact details, incl. phone number, e-mail address etc., or in case you perceive a change in your health status, don't hesitate to call your centre. This will help to exclude any possible link between your symptoms/signs and the donation.

Moreover your personal involvement will contribute to accomplish the need for internationally standardised, continuous and rigorous donor follow-up. The follow-up has become a paramount requirement, not only from a clinical but also from an ethical point of view. Data on the incidence of short and long-term donor adverse reactions is crucial to ensure maximum donor safety.