

TABLE 1: INTERNATIONAL TRANSFUSION “DO NOT DO” RECOMMENDATIONS” AND SOCIETIES

“MINIMUM DOSE” (“only one”, “less is more” or “one could be enough”)

- “Do not transfuse a greater number of red blood cell concentrates than is necessary to relieve the symptoms of anemia or to return a patient to a safe range of hemoglobin (7 to 8 g / dL in stable non-cardiac patients)” ^(a)
- “Don’t transfuse more than the minimum number of red blood cell (RBC) units necessary to relieve symptoms of anemia or to return a patient to a safe hemoglobin range (7 to 8 g/dL in stable, non-cardiac in-patients).” ^(b)
- “Don’t transfuse more than the minimum of red blood cell (RBC) units necessary to relieve symptoms of anemia or to return a patient to a safe hemoglobin range (7 to 8 g/dL in stable patients).” ^(c)
- “Don’t transfuse more units of blood than absolutely necessary” ^(d)
- “Don’t transfuse more than one Red cell unit at a time when transfusion is required in stable, non-bleeding patients.” ⁽ⁿ⁾

“HEMOGLOBIN TRIGGER” (“non over 6-7 g/dL”)

- “Don’t transfuse red blood cells in hemodynamically stable, non-bleeding ICU patients with a hemoglobin concentration greater than 7 g/dL.” ^(f)
- “Don’t routinely transfuse red blood cells in hemodynamically stable ICU patients with a hemoglobin concentration greater than 70 g/l (a threshold of 80 g/L may be considered for patients undergoing cardiac or orthopedic surgery and those with active cardiovascular disease).” ^(g)
- “Red blood cell concentrates should not be transfused in non-bleeding hemodynamically stable critically ill patients, without cardiological and / or Central Nervous System involvement with a hemoglobin concentration greater than 7 g / dL” ^(h)
- “Don’t routinely transfuse stable, asymptomatic hospitalized patients with a hemoglobin level greater than 7–8 grams.” ⁽ⁱ⁾
- “Don’t administer packed red blood cells (PRBCs) in a young healthy patient without ongoing blood loss and hemoglobin of ≥ 6 g/dL unless symptomatic or hemodynamically unstable”. ^(j)

“SYMPTOMS RATHER A FIGURE” (“do not transfuse to a figure”)

- “Don’t transfuse patients based solely on an arbitrary hemoglobin threshold.” ^(k)
- “Don’t transfuse red blood cells for arbitrary hemoglobin or hematocrit thresholds in the absence of symptoms, active coronary disease, heart failure or stroke.” ^(e)
- “Avoid transfusions of red blood cells for arbitrary hemoglobin or hematocrit thresholds and in the absence of symptoms of active coronary disease, heart failure or stroke.” ^(l)
- “Don’t transfuse red blood cells for arbitrary hemoglobin or hematocrit thresholds in the absence of symptoms, or if no benefit was perceived from previous transfusions.” ^(m)

“DON’T TRANSFUSE IRON DEFICIENCY ANAEMIA”

- *“Do not transfuse red blood cell concentrates in iron deficiency anemia without hemodynamic instability”* ^(a)
- *“Don’t transfuse red blood cells for iron deficiency without hemodynamic instability.”* ^(d)
- *“Don’t transfuse packed red blood cells (pRBC) for iron deficiency anemia in asymptomatic pediatric patients when there is no evidence of hemodynamic instability or active bleeding.”* ^(p)
- *“Don’t transfuse blood if other non-transfusion therapies or observation would be just as effective.”* ⁽ⁿ⁾
- *“Avoid transfusion, outside of emergencies, when alternative strategies are available as part of informed consent; make discussion of alternatives part of the informed consent process”.* ^(o)

- (a) Sociedad Española de Hematología y Hemoterapia (SEHH) http://10.15.5.20:8162/organizacion/sns/planCalidadSNS/cal_ssec.htm;
- (b) American Society of Hematology (ASH) <http://www.choosingwisely.org/wp-content/uploads/2015/02/ASH-Choosing-Wisely-List.pdf>;
- (c) American Academy of Family Physicians; http://www.choosingwisely.org/wp-content/uploads/2015/02/AAFP-20-things-List_Updated101119.pdf
- (d) American Association of Blood Banks (AABB) <http://www.choosingwisely.org/societies/american-association-of-blood-banks/>;
- (e) Canadian Society of Internal Medicine <https://choosingwiselycanada.org/internal-medicine/>
- (f) Critical Care Societies Collaborative – Critical Care <https://www.choosingwisely.org/clinician-lists/critical-care-societies-collaborative-transfusing-red-blood-cells-in-hemodynamically-stable-icu-patients/>;
- (g) Canadian Critical Care Society, Canadian Association of Critical Care Nurses, Canadian Society of Respiratory Therapists <https://choosingwiselycanada.org/critical-care/>;
- (h) Sociedad Española de Medicina Intensiva Crítica y Unidades Coronarias (SEMICYUC) http://10.15.5.20:8162/organizacion/sns/planCalidadSNS/cal_ssec.htm;
- (i) American College of Obstetricians and Gynecologists <https://www.choosingwisely.org/clinician-lists/american-college-obstetricians-gynecologists-avoid-routine-transfusions-asymptomatic-hospitalized-patients/>;
- (j) American Society of Anesthesiologists (ASA) <http://www.choosingwisely.org/societies/american-society-of-anesthesiologists/>;
- (k) Canadian Hematology Society <https://choosingwiselycanada.org/hematology/>
- (l) Society of Hospital Medicine- Adult Hospital Medicine <https://www.choosingwisely.org/clinician-lists/society-hospital-medicine-adult-red-blood-cell-transfusions-for-arbitrary-hemoglobin-hematocrit-thresholds/>
- (m) Canadian Society of Palliative Care Physicians <https://choosingwiselycanada.org/palliative-care/>
- (n) Canadian Society for Transfusion Medicine <https://choosingwiselycanada.org/transfusion-medicine/>
- (o) Society for the Advancement of Blood Management <http://www.choosingwisely.org/societies/society-for-the-advancement-of-blood-management/>
- (p) American Society of Hematology-American Society of Pediatric Hematology/Oncology (ASPHO) <https://www.choosingwisely.org/clinician-lists/ash-aspho-avoid-packed-red-blood-cell-transfusions-for-anemia-in-asymptomatic-children/>

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26.- Choosing Wisely Canada. Recommendations <https://choosingwiselycanada.org/recommendations/> (last access january 2020)

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SEMICYUC: Sociedad Española de Medicina Intensiva Crítica y Unidades Coronarias: Recomendaciones de la Sociedad Española de Medicina Intensiva Crítica y Unidades Coronarias.. http://www.msc.es/organizacion/sns/planCalidadSNS/pdf/SOCIEDAD_ESP_MIC_UNIDCORONARIAS_OK.pdf (last access january 2020)

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American Academy of Family Physicians

http://www.choosingwisely.org/wp-content/uploads/2015/02/AAFP-20-things-List_Updated101119.pdf

Last reviewed 2019

American Association of Blood Banks (AABB)

<http://www.choosingwisely.org/societies/american-association-of-blood-banks/>

Last reviewed 2017

American College of Obstetricians and Gynecologists

<https://www.choosingwisely.org/clinician-lists/american-college-obstetricians-gynecologists-avoid-routine-transfusions-asymptomatic-hospitalized-patients/>

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American Society of Anesthesiologists (ASA)

<http://www.choosingwisely.org/societies/american-society-of-anesthesiologists/>

Last reviewed 2019

American Society of Hematology (ASH)

<http://www.choosingwisely.org/wp-content/uploads/2015/02/ASH-Choosing-Wisely-List.pdf>

Last reviewed 2019

Critical Care Societies Collaborative – Critical Care

<https://www.choosingwisely.org/clinician-lists/critical-care-societies-collaborative-transfusing-red-blood-cells-in-hemodynamically-stable-icu-patients/>

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Society for the Advancement of Blood Management

<http://www.choosingwisely.org/societies/society-for-the-advancement-of-blood-management/>

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Society of Hospital Medicine- Adult Hospital Medicine

<https://www.choosingwisely.org/clinician-lists/society-hospital-medicine-adult-red-blood-cell-transfusions-for-arbitrary-hemoglobin-hemotocrit-thresholds/>

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