Giving blood: Donor stress and hemostasis

Don't let your blood run cold

Hoogerwerf, M.D.
Does a donation induce stress in blood donors, and does this affect the donor’s hemostasis? Indeed, the results presented in this thesis show the presence of a donation-induced psychological, hormonal and physiological stress response. Thereby, psychological and physiological stress responses indicate a decrease in stress from pre- to post-donation, while peaking during needle insertion and uncoupling. The donation-induced stress responses are associated with small but clear pro-hemostatic effects. In conclusion, a whole-blood donation induces stress in blood donors, thereby affecting the donor’s hemostasis.
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Maurits D. Hoogerwerf
The studies described in this thesis were carried out at the Academic Medical Center/University of Amsterdam, Department Coronel Institute of Occupational Health; Amsterdam Public Health research institute, Amsterdam, The Netherlands. Research in this thesis was financially supported by the department of Donor studies, Sanquin Research, Amsterdam, the Netherlands.

Cover design Lisa Klinkenberg, Hoorn, the Netherlands.

Printed by Proefschriftenprinten.nl, Print Service Ede

ISBN/EAN 978-94-91043-17-8

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GIVING BLOOD: DONOR STRESS AND HEMOSTASIS
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ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad van doctor
aan de Universiteit van Amsterdam
op gezag van de Rector Magnificus
Prof. dr. ir. K.I.J Maex
ten overstaan van een door het College voor Promoties ingestelde commissie,
in het openbaar te verdedigen in de Agnietenkapel
op woensdag 1 november 2017, te 10:00 uur

door

Maurits Daniël Hoogerwerf

geboren te Bennekom
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Faculteit der Geneeskunde
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