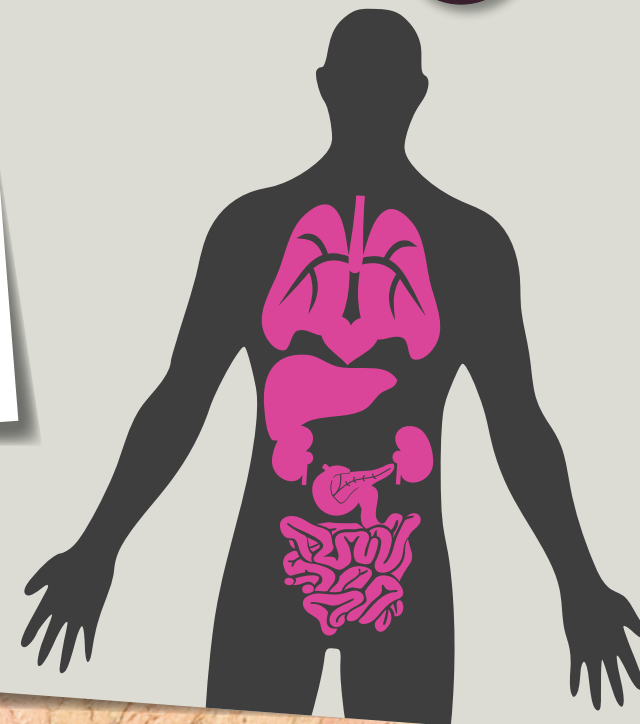


Lesson 1:

An introduction to organ and tissue donation



Lesson outcomes

- To be able to give a definition of organ and tissue donation, a transplant, a recipient and the NHS Organ Donor Register
- To be able to describe how a person can become an organ and tissue donor
- To be able to identify some key points to consider when talking about organ and tissue donation.



Introduction

**Does anyone know
anything about organ
and tissue donation?**

**What do
you know?**



Introduction: Organ and tissue donation quotes

Let's discuss

“When my mother died, we supported her decision to donate her organs and tissues. Although I was sad at the time of her death, it was a comfort to know that they will help others in their need.”

“I will not need my organs and tissues after I die, so I am happy to donate my organs and tissues.”

“I know that if I choose to be an organ and tissue donor, I will not get to choose who my organs and tissues go to.”



Activity 1: True or false organ and tissue donation quiz
What do you know about organ and tissue donation?

Statement	True	False
1. The kidney, liver and heart are the only organs that can be donated.		
2. Most people would consider donating their organs and tissues but few have told their families.		
3. Around 6,000 people in the UK are in need of an organ transplant.		
4. Having a medical condition prevents you from becoming an organ or tissue donor.		
5. On average three people die every week in need of a transplant.		
6. Age is a barrier to organ and tissue donation.		
7. You need to be registered on the NHS Organ Donor Register to be a donor.		
8. A child's donated organs go to a child recipient.		
9. One organ donor can save one life.		
10. All major religions in the UK support the principles of organ and tissue donation.		
11. People who wear glasses can't donate their corneas.		

Activity 1: True or false organ and tissue donation quiz
What do you know about organ and tissue donation?

Statement	True	False	Reason
1. The kidney, liver and heart are the only organs that can be donated.		✓	The organs that can be donated include kidney, liver, heart, lungs, and small bowel and tissues such as corneas, heart valves, skin and bone.
2. Most people would consider donating their organs and tissues but few have told their families.	✓		More than 25 million people have registered on the NHS Organ Donor Register. However, people often do not talk to their families about their decision.
3. Around 6,000 people in the UK are in need of an organ transplant.		✓	There are currently around 6,000 people in the UK on the transplant waiting list but there are many more who are in need of an organ transplant.
4. Having a medical condition prevents you from becoming an organ or tissue donor.		✓	Not necessarily. At your time of death, qualified healthcare professionals responsible for your care will decide whether some or all organs or tissue are suitable for transplantation.
5. On average three people die every week in need of a transplant.		✓	On average three people die every day in need of a transplant because there aren't enough organ donors.
6. Age is a barrier to organ and tissue donation.		✓	There is no age limit for donating. With your family's support, healthcare professionals decide to use your organs and/or tissue based on strict medical criteria, not age, and will determine whether your organs and tissues are suitable for transplants when you die.

Statement	True	False	Reason
7. You need to be registered on the NHS Organ Donor Register to be a donor.		✓	While you do not need to be registered on the NHS Organ Donor Register to be an organ donor. Recording your decision on the register will help medical professionals to support your donation decision should you die in circumstances where you may be able to donate. Whatever your organ donation decision, it is vital that you tell your family and friends, so they can support what you want.
8. A child's donated organs go to a child recipient.		✓	A child's donated organs can go to an adult too.
9. One organ donor can save one life.		✓	One donor can save or transform up to nine lives.
10. All major religions in the UK support the principles of organ and tissue donation.	✓		All major religions and belief systems in the UK support organ donation and transplantation and accept that organ donation is an individual choice. However, sometimes a person may think their faith doesn't allow donation and this stops them agreeing to donate their organs. So, NHS Blood and Transplant work with faith leaders and communities to raise awareness and build trust.
11. People who wear glasses can't donate their corneas.		✓	Most people can become eye donors – it doesn't matter if you have poor eye sight, you could still donate.



Activity 2: Talking points poster 1

Read the term and definition and answer the below questions

Term and definition

Organ and tissue donation:

The giving of an organ or tissue to a person who needs a transplant.

Read and answer these questions

1. What do you think are the main arguments for organ and tissue donation?
2. Who might need a transplant?
3. Who might/might not decide to donate their organs and tissues?
4. How do people register to become an organ or tissue donor and can you change your mind?



Activity 2: Talking points poster 1

Answers

1. The main benefit of organ and tissue donation is saving and improving lives.
2. People from various backgrounds and ages may need an organ transplant. An organ is given to a person whose organs are not working due to illness or disease. The organs that can be transplanted are: kidneys, heart, liver, lungs, pancreas and small bowel and tissues such as corneas, heart valves, skin and bone.
3. Having a medical condition does not always prevent you from becoming an organ or tissue donor. At your time of death, qualified healthcare professionals responsible for your care will decide whether some or all organs or tissue are suitable for transplantation. You cannot become an organ donor if you have:
 - HIV (in some circumstances people with HIV can donate to another person who already has HIV)
 - Creutzfeldt-Jakob Disease (CJD)
 - Cancer that has spread in the last 12 months
4. You can register your decision to become a donor on the NHS Organ Donor Register (ODR) online or by phone on **0300 123 23 23**. It's also vital to tell your family about your decision. Age is not a barrier – anyone can join the ODR. Healthcare professionals decide which organs and tissue are suitable for donation. Organ and tissue donation is a personal decision and choice. You can change your mind at anytime.



Activity 2: Talking points poster 2

Read the term and definition and answer the below questions

Term and definition

Organ and tissue transplantation:

An operation that removes an organ or tissue from one person and places it into another e.g. a heart is removed from the donor's body and then stored and transported to a hospital. A specialist team of doctors will place the new heart into the recipient.

Read and answer these questions

1. How many people do you think are waiting for an organ transplant in the UK?
2. How do you join the NHS Organ Donor Register?
3. How long do you think you need to wait for an organ transplant?
4. Why do you think there is a waiting list for an organ transplant?
5. Do you have any choice on whether to be an organ or tissue donor?



Activity 2: Talking points poster 2

Answers

1. There are around 6,000 people in the UK on the active transplant waiting list.
2. You can register to become a donor on the NHS Organ Donor Register (ODR) online or by phone on **0300 123 23 23** and by telling your family and close friends, so they can support what you want.
3. The waiting time for an organ transplant varies. Those from BAME communities wait longer for a kidney transplant than white patients due to the lack of suitable donors. Organs are matched based on blood and tissue typing and people from the same ethnic background are a closer match.
4. When an organ becomes available for donation it is checked to see if it's healthy. Organs have to be correctly matched to the patient. This means that the blood and tissue type of each organ has to be compatible with the patient who is hoping to receive the organ. This means the waiting time for organs varies.
5. Organ and tissue donation is a personal choice and should be discussed with your family because they will be asked to support the decision you have made.



Activity 2: Talking points poster 3

Read the term and definition and answer the below questions

Term and definition

An organ or tissue recipient:

A person who receives the transplanted organ or tissue e.g. a kidney patient has received a new healthy kidney. This patient's life has now been saved or significantly improved after receiving this organ.

Read and answer these questions

1. Should recipients know who donated their organs or tissue?
2. What might it feel like to be a recipient of an organ or tissue?
3. How might recipients' lives be changed by transplantation?



Activity 2: Talking points poster 3

Answers

1. Organ and tissue donors will remain anonymous to their recipients, unless the donor family and recipient consent to contact each other. This contact is carefully controlled by the transplant co-ordinator.
2. There are many stories from organ and tissue recipients whose lives have been improved or saved on the NHS Blood and Transplant website. Example quotes are; "There is nothing more incredible than the gift of organ donation" and "I thank my donor every day for my gift of life. It's my goal not to waste the gift of life I was given."
3. The lives of recipients who successfully receive a transplant will be improved or in some cases saved. Not only will they benefit, but the lives of their family will also likely be improved.



Activity 2: Talking points poster 4

Read the term and definition and answer the below questions

Term and definition

NHS Organ Donor Register:

A confidential database that records the decision of everyone who does or does not want to donate their organs and/or tissue after they die. You can register online at

www.organdonation.nhs.uk/register-your-decision or by phoning **0300 123 23 23**

Read and answer these questions

1. At what age do you think you should be able to join the NHS Organ Donor Register?
2. Why do you think people don't talk more about organ and tissue donation?
3. Can you join the NHS Organ Donor Register if you are ill or disabled?



Activity 2: Talking points poster 4

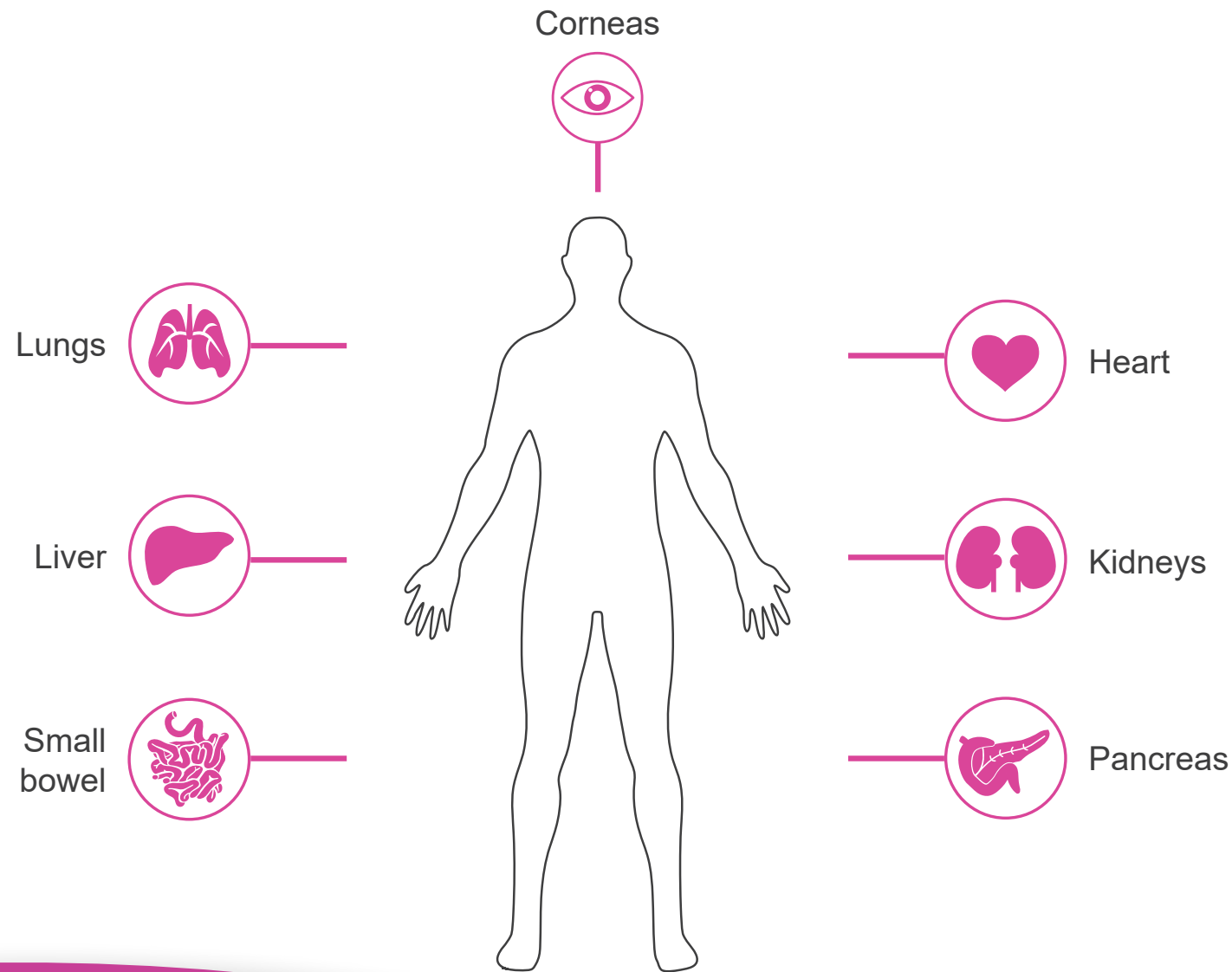
Answers

1. Anyone can sign up as a donor on the NHS Organ Donor Register.
2. Talking about organ and tissue donation can be difficult for lots of people for a variety of reasons including confronting the possibility of your own death.
3. How old you are or any existing medical conditions shouldn't stop people from signing up. At your time of death, healthcare professionals will decide which organs and tissues are suitable for donation.



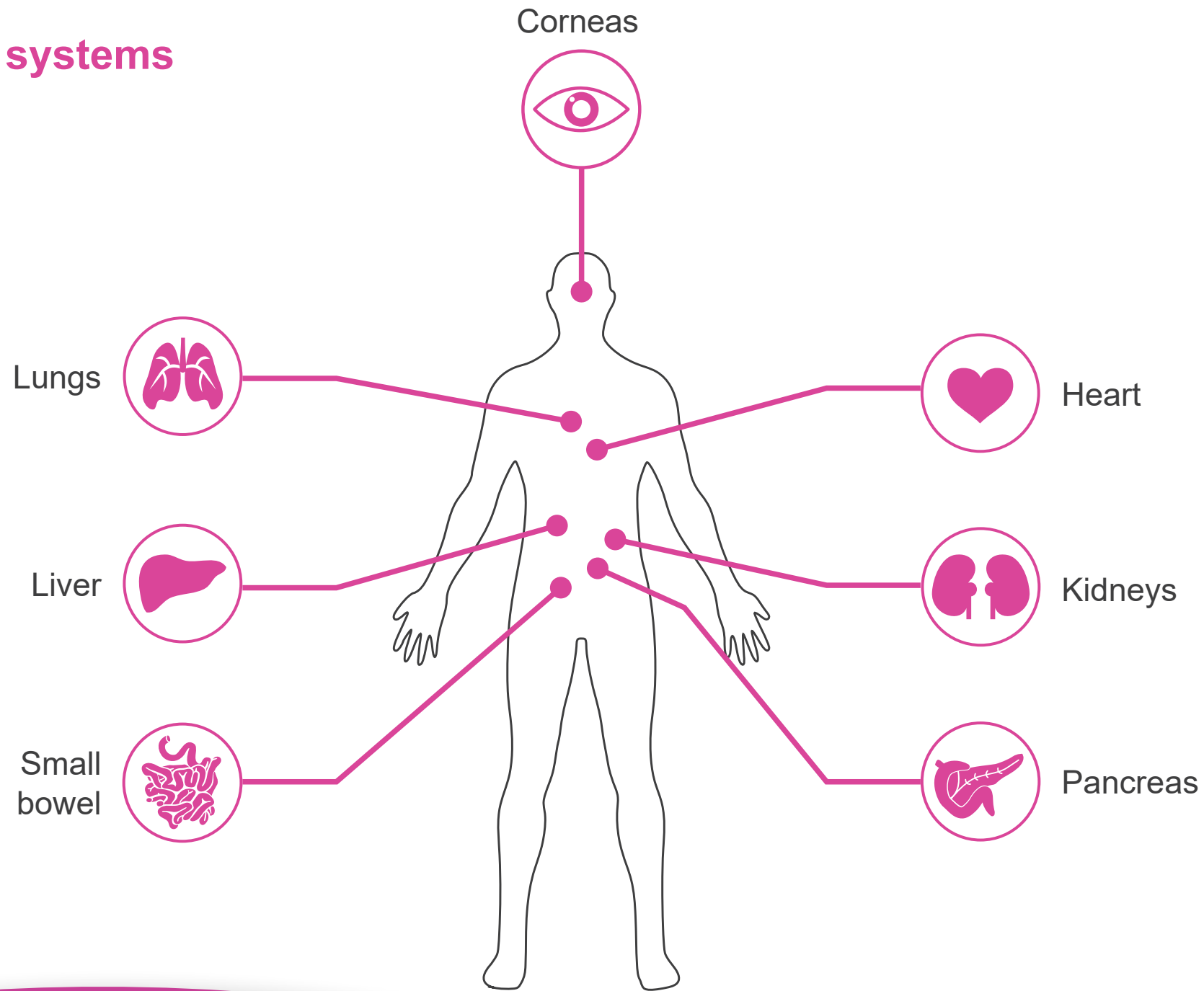
Activity 3: Body systems

Can you identify and label, on the diagram below, the location of the seven major organs and tissues that can be used in transplants?



Activity 3: Body systems

Answers



Activity 3: Body systems

Find information about the seven major organs and tissues and complete the table below:

Organs or tissues that can be donated	How does this organ or tissue work in our body?	What disease can damage this organ or tissue (list ONE example for each)
Heart		
Lungs		
Liver		
Kidneys		
Small bowel		
Pancreas		
Corneas		



Activity 3: Body systems

Answers

Organs or tissues that can be donated	How does this organ or tissue work in our body?	Examples of diseases that can damage this organ or tissue
Heart	Pumps blood	Coronary disease, Heart failure
Lungs	Enable breathing	Cystic fibrosis, Pulmonary hypertension
Liver	Removes toxins from blood	Cirrhosis, Viral hepatitis
Kidneys	Make urine	Diabetes, Chronic kidney disease
Small bowel	Makes digestive enzymes	Crohn's Disease, Bowel cancer
Pancreas	Makes insulin	Pancreatic cancer, Type 1 diabetes
Corneas	Lets light into your eye so that you can see	Keratoconus, Fuch's dystrophy



Lesson summary

Donation is the giving of a tissue or organ to a person who needs a transplant.

A **transplant** is when an organ or tissue donated by someone else is placed into a patient to replace an organ or tissue that isn't working.

A **recipient** is a person who receives the transplanted organ or tissue.

The **NHS Organ Donor Register** is a confidential and secure database that records the decision of everyone who does or does not want to donate their organs and/or tissue after they die.

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