

Dear Educators,

Donate Life North Carolina is very grateful for your partnership in helping to educate teens about donation. Almost all North Carolinians who choose to register as a donor do so by getting a heart on their driver's license. Covering this topic in your classrooms helps prepare your students to make this very important decision.

The enclosed materials have been developed to help you cover donation in your classrooms. This packet includes:

- A sample lesson plan
- DVD with stories about donation from national news organizations
- Descriptions and Comprehension Questions & Answers for each story
- An Understanding Donation Handout for students
- Homework Assignment to help facilitate family conversations
- Donation and Transplantation Quiz

We are grateful to the instructors whose classrooms have provided a testing ground for many of these materials. For those teachers already covering this topic in their classrooms, we hope that you will find some of these materials helpful as a supplement to your current resources. For those of you new to the topic, we hope that the materials will offer you an accessible starting point.

Please contact us with your feedback or to suggest other activities and/or resources you have found useful so that we can share them with other instructors across the state.

Sincerely yours,

The Donate Life North Carolina Team info@donatelifenc.org

Set of 40 Reusable Handouts Included

Please remember to collect these afterwards so you have them to use with future classes.



LESSON PLAN: UNDERSTANDING ORGAN DONATION

Time Frame: Variable 15 to 45 minutes



This lesson is designed to introduce the student to the topic of organ donation in preparation for being asked if they want to join the NC Donor Registry when they apply for their driver's license.

Students will:

- Watch a video about organ donation provided by Donate Life North Carolina.
- Be provided printed materials that explain the legal decision they are making in joining the donor registry.
- Be encouraged to have a conversation with their parent/guardian about their decision.

Performance Objectives	Learning Activities	Resources
Students will understand the basics of the donation process and the opportunity they have to save lives as a donor.	Select and play a video that provides an overview of the topic.	Stories of Hope DVD (compilation DVD provided by Donate Life NC including ESPN's Ray of Hope, CBS' Chris Henry story, and others ranging from 4 to 15 min. in length)
Students will understand the ways they can register as a donor and that placing a heart on their license is a legal decision. Students will also know where to get additional information if they have further questions on the topic.	Distribute and review Understanding Donation Handout with this information.	Understanding Donation Handout
Students will speak with their parents/guardian about their decision.	Distribute the Share Your Decision Handout and begin assignment or assign as homework.	Share Your Decision Handout or ask students to write about their thoughts on donation on their own paper and bring it back with a parent's signature. Note: Several teachers offer extra credit for returned/signed assignments.

Optional Additions	Activity	Materials
Class Discussion	Following the video, lead a class discussion using the comprehension questions provided for that video. Note: Questions may be shared with the students in advance to help focus their attention.	"Stories of Hope" DVD Guide
Quiz	May be given prior to the lesson to introduce the topic or following the lesson to gauge comprehension and retention of the information.	Donation & Transplantation Quiz



DonateLifeNC.org

"STORIES OF HOPE" DVD GUIDE with Comprehension Q&As



Ray of Hope – 15 min (ESPN)

This video tells the story of Jason Ray, the former mascot for the University of North Carolina Tar Heels. It provides an overview of the donation and transplantation process. It also explains how and why Jason registered as a donor and emphasizes the importance of sharing your decision with your family. Viewers hear from Jason's parents, as well as the four recipients of Jason's organs and their families.



Jason Ray Story – 6 min (CBS)

This video is a shorter version of Jason Ray's story. It covers the same topics as the Ray of Hope video, but in less detail, and features three of the transplant recipients.



Chris Henry Story – 8 min (CBS)

This heart-warming story filmed in Charlotte recalls the fatal accident that took the life of NFL wide-receiver Chris Henry and the gift of life that followed for the four people who received his organs. It provides a succinct overview of the donation and transplantation process, and Chris' mother describes the decision that families must make if their loved one is not a registered donor.



Samantha's Story – 4 minutes (Donate Life Illinois)

Donor family member Tim Joos recounts the tragic loss of his teenage daughter, Samantha, who helped save the lives of others through tissue donation. Samantha was in a collision while driving in a rainstorm. This short video emphasizes safe driving precautions, as well as the importance of making a decision about donation and sharing it with your family. This video offers an excellent supplement to the other stories and lends itself to inclusion within a lesson on driving in hazardous conditions.



ESPN's Ray of Hope

- 1. How many people did Jason Ray help through organ and tissue donation? Over 50 people.
- 2. How did Jason register as a donor and why did he want to be a donor?

 Jason had registered at the DMV by placing a heart on his license and had told his mother that he didn't want to be buried with anything that could help someone else.
- 3. How did Jason's family feel about organ donation?

Initially, it was hard for the family to hear about organ donation when they were approached in the hospital because Jason's father said he wasn't thinking about sharing Jason's organs with anyone at that point — he still wanted Jason to recover and had not accepted his death. Jason had indicated on his license that he wanted to be a donor and his parents honored his decision. They described feeling "uplifted" by the process of meeting his recipients and taking comfort in being able to visualize the families Jason has helped. (NOTE: At the time of Jason's death, the heart on your license was an indication of your wishes. In 2007, The Heart Prevails law was passed, making the heart on your license legal authorization for organ and eye donation. Families are closely involved in the donation process but cannot override their loved one's decision if they are age 18 or older.)

4. Which organs did the four men receive?

Ronald — heart, Antwan — kidney, David — kidney/pancreas, Dennis — liver

- 5. What were some factors that were required for Ronald (the heart recipient) to receive a heart?

 His blood type and body size matched Jason, the donor. Ronald was also very sick, so he was at the top of the national waiting list.
- 6. The donation process is confidential. How did the recipients guess who their donor was in this case? Because of medical privacy laws and out of respect for the donor family who has just lost a loved one, everything is kept confidential. However, because Jason's death was highly publicized by the media, recipients were able to guess who their donor was. If all parties agree to disclose their personal information, communication between the donor's family and the recipients is facilitated by the organ donation and transplant agencies.
- 7. How many people were on the national waiting list at the time of Jason's death?

 Nearly 100,000 people were waiting. As of April 2013, more than 117,000 people were waiting.

 (The waiting list is updated daily at UNOS.org)

CBS' Jason Ray Story

1. What organs did the recipients featured in the video receive? Ronald – heart, Antwan – kidney, David – kidney/pancreas

2. How did Jason register as a donor and why did he want to be a donor?

Jason had registered at the DMV when he got his driver's license. He told his mother about his decision and his desire to save lives saying, "What if some child's daddy was dying and I could save that man?"

3. How did his decision impact his family?

Jason's father said that it made it easier that Jason had made the decision himself because when you're faced with your child being in a situation like Jason was, you can't think logically. He couldn't imagine making a decision to donate Jason's organs at a time when he was still hoping Jason would recover. (NOTE: At the time of Jason's death, the heart on your license was an indication of your wishes. In 2007, The Heart Prevails law was passed, making the heart on your license legal

authorization for organ and eye donation. Families are closely involved in the donation process but cannot override their loved one's decision if they are age 18 or older.)

4. The donation process is confidential. How did the recipients guess who their donor was in this case? Because of medical privacy laws and out of respect for the donor family who has just lost a loved one, everything is kept confidential. However, because Jason's death was highly publicized by the media, recipients were able to guess who their donor was. If all parties agree to disclose their personal information, communication between the donor's family and the recipients is facilitated by the organ donation and transplant agencies.

5. Is race a barrier to donation and transplantation?

No. Race is not a barrier, nor is it a criterion for organ placement. As seen in this instance Jason's recipients included both Caucasians and African Americans. A computer database matches organ donors with potential recipients according to medical suitability. However, patients waiting for kidney transplants are more likely to have an antigen match with a donor of the same race.

CBS' Chris Henry Story

1. Who made the decision to donate Chris' organs?

His mother had to make that decision at the time of his death, because Chris had not registered as a donor beforehand.

2. Why did she want to donate his organs?

His mother described it as "a hard decision to make but one that she would do again if she had to." She feels donation has allowed Chris to live on and brought her a new family.

3. What organs did the recipients featured in the video receive?

Brian — kidney, Donna — pancreas & kidney, James — liver, Thomas — lungs

4. What quality of life did Chris' recipients have prior to their transplants?

Brian had been on dialysis for many years; James had been given 6 months to live. All were fighting for life.

5. Are race or gender barriers to donation and transplantation?

No. The recipients of Chris Henry's organs included people of both genders and African Americans as well as Caucasians. A computer database matches organ donors with potential recipients according to medical suitability. However, patients waiting for kidney transplants are more likely to have an antigen match with a donor of the same race.

Samantha's Story

1. What caused Samantha to lose control of her vehicle?

A sudden rainstorm caused her to spin out of control and into oncoming traffic.

2. Why did her father describe the decision to donate as "easy?"

Samantha had decided to be a donor. It had been discussed and agreed upon by the family ahead of time when she registered.

3. Who did Samantha help?

She donated 25 tissues, helping many different people — and she saved a stranger's life. (The video does not include the details of her donation, but it was heart valve donation that saved an individual's life. Spine and bone are some of the other 25 tissues she donated that saved or improved many other lives.)



UNDERSTANDING DONATION

Transplantation, the surgical process of recovering organs or tissue from one person and placing them into another, is one of the most remarkable success stories in the history of medicine.

Organs that can be transplanted are the lungs, heart, kidneys, liver, pancreas and small intestine. Commonly donated tissues include corneas, bone, tendons, ligaments, skin, and heart valves. One organ, eye and tissue donor can save or improve up to 50 lives!

The need for organs and tissue is vastly greater than the number available for transplantation. Over 3,500 North Carolinians — parents, siblings and friends — are waiting for a transplant. Your willingness to be a donor brings them hope.







Alive today... because someone like you said, "YES."

Antwan, kidney recipient; Lucy, kidney recipient; Zeb, heart recipient

The NC Donor Registry does not include living donation, but some organs, including your kidneys and liver, can be donated while you are alive. To learn more, visit DonateLifeNC.org/LivingDonation



You don't have to wait for your next DMV visit — learn more and register today at DonateLifeNC.org.

What's the NC Donor Registry?

Joining the donor registry means that you are willing to be a donor at the time of your death. Once you are 16, your DMV license examiner will ask if you'd like to be a donor. If you say "yes," a heart is added to your license. Joining the registry is a legal decision. If you are under 18 your parents/legal guardians will make the final decision, but once you turn 18 your decision to be an organ and eye donor cannot be overturned by others. It relieves your family of making this decision on your behalf, so please be sure to share your decision with them.

Quick Facts

- Saying "yes" to donation will not affect your medical care. If you are sick or injured, a doctor's top priority is to save your life.
- People of all ages and medical histories should consider themselves
 potential donors and can join the registry. Advances in medicine continue
 to allow more people to donate and organs are carefully screened prior
 to transplant.
- There are no costs to donors or their families for organ donation.
- Minority donors can make a big impact. Minorities are more likely to suffer from life-threatening diseases and are in dire need of transplants. When minorities register as donors, it increases the likelihood that good matches can be found for minority patients.
- All major religions support organ donation or view it as an individual's decision.
- An open casket funeral is possible for donors. Through the entire process, the body is treated with care, respect and dignity.
- The organ allocation and distribution system is based on many factors including blood type, length of time on the waiting list, geographical location, severity of illness and other medical criteria. Factors such as race, gender, income, or celebrity status are never considered.



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What Organs and Tissues Can Be Donated For Transplantation?

To restore or improve sight

Heart

Helps patients with cardiomyopathy, coronary artery disease and other life-threatening heart conditions

Lungs 🖤

Single and double lung transplants help patients with emphysema, cystic fibrosis and other life-threatening lung conditions

Liver ♥

Whole or partial liver transplants help patients with cirrhosis, Wilson's disease and other life-threatening liver conditions

Kidneys ♥

Can free two people from dialysis; needed by over 80% of people on the waiting list

Pancreas/Islet Cell

Can dramatically improve or cure diabetes

Saphenous & Femoral Veins

To replace blocked arteries in heart bypass surgery; also used for "limb-saving" reconstructive surgeries

Corneas Heart Valves

To replace defective or diseased valves

Intestine

For children with malabsorption or congential defects

Vertebral Bodies

For spine stabilization surgery

Long Bones & Connective Tissue

Long bones for whole or partial replacement, such as hip replacement, to repair skeletal defects caused by cancer, degenerative diseases, trauma or birth defects

Tendons for knees, ankle and shoulder repair and stabilization surgery, such as ACL reconstruction

Connective Tissue for multiple surgical applications

Skin

Life-saving temporary skin replacement for severely burned patients; also used for trauma reconstruction



This symbol indicates that an organ or a portion of the organ can be donated while you are alive. Over 80% of people on the waiting list need a kidney or liver.



SHARE YOUR DECISION...

thoughts and feelings.	organ and tissue donation, please write down your
Homework Assignment	
	ation with your family. Tell them what you learned from)/guardian(s) sign this letter after they have reviewed ctor.
Name	
Class/Period	Date
Dear Parent/Guardian:	
 they want to register to be a donor. To encourage students to discuss this prior to visiting the DMV. 	identification card with the NC Division
daughter brings home. It is very important for tion wishes. Even though it may feel a little un tissue donation now could someday make a	this issue and review any information your son/ r family members to be aware of each other's dona- ncomfortable, a family discussion about organ and decision about donation easier for your family. Many that it was a relief to know their loved one's feelings
·	ants to be a donor can register his or her decision by t symbol (donor designation) added to their driver's ey renew it at the DMV.
Parent/Guardian Signature	Date



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DONATION & TRANSPLANTATION QUIZ

1.	Your heart, lungs and kidneys are the only organs that can be transplanted. ☐ True ☐ False
2.	If I decide to register as an organ donor, I should: ☐ A. Learn the facts about donation and transplantation. ☐ B. Let my family know my wishes. ☐ C. Say "yes" to donation at the DMV office when I get my license or identification card, or register with DonateLifeNC.org ☐ D. All of the above.
3.	Everyone can register as an organ donor even if you are old or sick. True False
4.	If I'm not registered as an organ donor, my family will be asked to make a decision before organ and tissue donation can take place. ☐ True ☐ False
5.	If I register as a donor, I am making a legal decision that cannot be revoked by my parents/legal guardians once I turn 18. ☐ True ☐ False
6.	If I have a heart on my license or have registered with Donate Life NC, it means I am giving consent to become a living donor (for example, to donate a kidney to someone else while I'm still alive). True
7.	If I register as an organ donor, doctors won't try to save my life in an emergency. ☐ True ☐ False
8.	One organ, eye and tissue donor can help save lives or improve the lives of as many as 50 individuals as well as ease the pain and suffering of many others. True





ANSWER KEY: DONATION & TRANSPLANTATION QUIZ

- Your heart, lungs and kidneys are the only organs that can be transplanted.
 False. The organs that can be transplanted are: heart, lungs, liver, pancreas, kidneys, and small intestine.
- 2. If I decide to register as an organ donor, I should:
 - A. Learn the facts about donation and transplantation.
 - B. Let my family know my wishes.
 - C. Say "yes" to donation at the DMV office when I get my license or identification card, or register with DonateLifeNC.org
 - D. All of the above.
 - D. All of the above.
- 3. Everyone can register as an organ donor even if you are old or sick.
 - True. Everyone can register as a donor. While certain medical conditions may prevent someone from being a donor at the time of death, advances in medicine continue to allow more people to donate and potential donors are carefully screened prior to transplant, so all people are encouraged to register.
- 4. If I'm not registered as an organ donor, my family will be asked to make a decision before organ and tissue donation can take place.
 - True. If you do not make this decision for yourself, your legal next-of-kin will be asked to make this decision.
- 5. If I register as a donor, I am making a legal decision that cannot be revoked by my parents/legal guardians once I turn 18.
 - True. Once you are 16, you can choose to be a donor when asked at the DMV and have a heart placed on your license. However, if you die before you reach the age of 18, your parent/legal guardian can revoke your decision, so it is very important to tell your family your wishes.
- 6. If I have a heart on my license or have registered with Donate Life NC, it means I am giving consent to become a living donor (for example, to donate a kidney to someone else while I'm still alive).
 - False. Registering with the NC Donor Registry, either at the DMV or through Donate Life NC, means that you are consenting to be a donor in the event of your death. If you want to learn more about living donation, you can visit www.transplantliving.org/livingdonation
- 7. If I register as an organ donor, doctors won't try to save my life in an emergency.

 False. Registering as a donor will not affect your medical care. If you are sick or injured, a doctor's top priority is to save your life.
- 8. One organ, eye and tissue donor can help save lives or improve the lives of as many as 50 individuals as well as ease the pain and suffering of many others.

True. Your decision to donate can create a far-reaching legacy and impact many lives.

LIFE

North Carolina

Educator Frequently Asked Questions

Q. Who can register as a donor?

A. Everyone is eligible to join the registry, regardless of medical history or health habits. Individuals can make a legal decision to register as a donor once they are 16, but parents/guardians of minors under 18 years of age are consulted before donation can occur.

Q. How do I register as a donor?

A. You can register as a donor at a North Carolina Division of Motor Vehicles (NC DMV) Driver License office OR you may register online with Donate Life NC at **DonateLifeNC.org/register**.

- If you register via the DMV, a red heart will be placed on your driver's license or ID card. This symbol means that you are giving legal consent for the donation of your organs and corneas/eyes after you die. It does not include tissue donation, nor does it include whole body donation.
- If you register online, you can be more specific about your donation wishes. For example, you can choose which organs or tissues you want to donate and exclude those you do not want to donate. You can also register your decision about the disposition of your organs/tissues/eyes in case they cannot be used for transplant.
- If you have a heart on your driver's license and you also register as a donor online, your online record supersedes your DMV record because it is the more specific donation document.
- Once you register online or via the DMV, you donor record becomes part of the NC
 Donor Registry, a confidential database that is accessed by donation professionals at the
 appropriate time. Through the North Carolina Heart Prevails Law (Session Law 2007538), if you have registered your decision to be a donor your wishes cannot be
 overturned by others. It relieves the family of making this decision on your behalf, so
 please be sure to tell them when you join the registry.
- In addition, one of the most important things you can do is make sure your family knows
 your wishes regarding donation. Whether you wish to be a donor or not it is
 important to share your decision with your family

Q. What does the red heart on my license mean?

A. Donors leave an incredible legacy — there are many, many North Carolinians who are alive today because someone like you said "yes" at a NCDMV driver license office. We want everyone to understand what that "yes" means.

When you say "yes" to donation at the DMV, a red heart is added to your license. This heart is legally binding consent to be an organ and eye donor. Deciding to be an organ and eye donor at the DMV means that you have chosen to make all of your organs available for transplant at the time of your death. It does NOT mean that you agree to whole body donation. If an organ cannot be used for transplantation or therapy then it may be used for medical research and education, unless you specify otherwise. The donor's body is then available for whatever funeral and burial arrangements the family wishes to make, including an open casket funeral if they so desire.

You can create a separate, online registration at DonateLifeNC.org/registry that will allow you to specify your donation options through this website. This registry allows you to decide which organs and tissues you want to donate — and which ones you do not wish to donate. You can also decide what you want to happen if the organs, tissues and eyes cannot be used for transplant. Since an online registration is more specific, it will supersede a person's DMV registration.

Once you register online or via the DMV, your donor record becomes part of the NC Donor Registry, a confidential database that is accessed by donation professionals at the appropriate time.

We encourage all individuals to tell their families about their decision to give life through donation.

Q. What if I change my mind — how can I change my donor record?

A. If your donor registration (red heart) is on your NC driver's license or ID card, you can create an online donor record at DonateLifeNC.org/register that will supersede your DMV donor record. Go to the Update Your Donor Profile page and log in by entering your driver's license number and birthdate (make sure you have selected: "Update My DMV Profile"). Once you log in, you can update your donor record however you wish. Because this online donor record is more detailed, it supersedes your DMV donor record.

If you wish to remove yourself from the NC Donor Registry, log in as noted above and then scroll to the very bottom of the page. You will see a box that you can check that says "Remove me from the donor registry." Click that box to remove your name from the online donor registry, then click Submit.

However, because we have read-only access to DMV data, it will not change the donor designation on your driver's license. The next time you renew your driver's license, please tell the examiner that you would like the donor designation removed from your license, so your

online donor record and your DMV donor record will match. In the meantime, your online donor record is the one that will be followed since it is the most detailed record.

If you registered via our website, visit the Update Your Donor Profile page in the Donor Registry section of the site. Make sure you have "Update my Online Profile" selected. Enter your username or email address and your password. If you do not know your password, click the "I forgot my account information" link below.

Once you are logged in, scroll to the bottom of the registration form and check the box to be removed from the registry.

Questions About Organ and Tissue Donation

Q. What organs and tissues can be donated and how are they used?

A. Organs that can be donated include the heart, lungs, liver, pancreas, kidneys, and small intestines. Organs are used to save lives by replacing diseased organs with healthy ones. Tissues that can be donated include skin, bone, corneas, heart valves, and veins. Corneas are transplanted to give sight and heart valves are used in valve replacement surgery, common in children. Skin grafts are used for burn victims. Bone, tendons and ligaments can be used in reconstructive surgeries.

The recovery process is only initiated with the hopes that transplantation will be possible. If it is determined that a particular organ or tissue is not suitable for transplant, then it may be used for medical research and education, unless you have specified otherwise. The online registration allows you to specify whether organs and tissues may be used for which organs and/or tissues you wish to donate or to determine if they should be appropriately discarded.

Q. Who can be a donor?

A. Just about everyone is eligible to donate, regardless of age, medical history or health habits. Newborns as well as senior citizens have been organ donors. Organs must have a continuous blood and oxygen supply to be suitable for transplantation, so typically only individuals who have died in a hospital intensive care unit, have the potential to be organ donors. However, tissue and eye donation can occur when someone dies at home. Medical suitability for donation is determined at the time of death, with medical professionals making sure that organs and tissues are safe for transplant. Advances in medicine continue to allow more people to be donors, so we encourage anyone who is willing to donate join the registry.



Q. How does the process work?

A. By law, hospitals have to notify Organ Procurement Organizations (OPOs) and/or Tissue/Eye Banks of death or imminent death. If organ or tissue donation is a possibility, recovery agency personnel check the NC Donor Registry to see if the person had designated his/her wishes. Recovery agency representatives will meet/talk with the family to discuss their loved ones wishes, take a medical history, and arrange for tests determining if the person can be a donor.

Q. How soon to organs and tissues need to be transplanted after recovery?

Heart and lungs 4 hours - 6 hours
Pancreas 12 hours - 24 hours
Liver 18 hours - 24 hours
Kidneys 48 hours - 72 hours
Bone/Skin Two years - five years

• Corneas Can be preserved 7 – 14 days

Q. Is there any cost to my family if I am an organ/tissue donor?

A. No. The donor's family does not pay for the cost of organ or tissue donation. All costs related to donation of organs and tissues are paid by the recipient, usually through insurance, Medicare or Medicaid. Medical costs for care given prior to a person's death — and funeral expenses — remain the responsibility of the family.

Q. Does my religion support organ and tissue donation?

A. All major organized religions approve of organ and tissue donation and consider it an act of charity and an individual decision. Some religions have taken a proactive stance with a resolution or adopted a position that encourages people to seriously consider donation and plan accordingly.

Q. Will signing up on the donor registry affect the quality of medical care I receive?

A. Absolutely not. Medical care is always based on what is necessary to save a patient's life. If you are sick or injured, the emergency medical personnel, doctors and nurses only job is to care for you and save your life.

Q. How do they match donors and recipients for organ transplants?



A. Patients are matched to organs based on a number of factors including blood and tissue typing, organ size, medical urgency, time on the waiting list, and geographical location. The United Network for Organ Sharing (UNOS) coordinates the nation's transplant system, under contract with the federal government. Factors such as race, gender, age, income, or celebrity status are never considered when determining who receives an organ.

Q. Are there any racial barriers to donation and matching organs?

A. No. Race is not a barrier, nor is it a criterion for organ matching. A computer database matches organ donors with potential recipients according to medical suitability. However, patients waiting for kidney transplants are more likely to have an antigen match with a donor of the same race. Therefore, African-Americans will "match" better with a kidney donated from an African-American than any other race — as will Asians with Asians, etc.

Q. Can I sell my organs for money?

A. No. The National Organ Transplant Act (Public Law 98-507) makes it illegal to sell human organs and tissues in the United States. Violators are subject to fines and imprisonment.

Q. If I have a medical condition like diabetes, heart disease or another health concern, can I still donate?

A. We recommend that all individuals consider themselves potential organ and tissue donors. Transplant professionals will evaluate potential donors and determine suitability for donation of particular organs or tissue when the time for donation arises. Regardless of any pre-existing medical circumstances or conditions, determination of suitability to donate organs or tissue is based on a combination of factors that take into account the donor's general health. This determination is done by the medical staff that recovers the organs or by the transplant team that reviews all of the data about the organ(s) or tissue(s) that have been recovered from the donor.

Q. Can I be a donor if I have or have had cancer?

A. People who have or have had some forms of cancer can be eye donors. They could be an organ and tissue donor if they have been cancer-free for at least five years. Advances in medicine continue to allow more people to be donors, so we encourage everyone to register.

Q. Can my organs be transplanted if I die at home?

A. Unfortunately, no. Organs must have a continuous blood and oxygen supply to be suitable for transplantation. Typically, only individuals who have been determined brain dead in

a hospital intensive care unit, have the potential to be organ donors. However, tissue and eye donation can occur when someone dies at home.

Q. What does "brain death" mean?

A. Brain death is the complete and irreversible loss of all brain function. It means there is no blood flow through the brain or brain stem and the patient has stopped responding to outside stimuli. When a person is declared brain dead, they are clinically and legally dead. Brain death is not the same as being in a coma, since coma patients still have brain function and respond to stimuli. Extensive testing is done to determine brain death and a brain death declaration is made by a physician who is not involved in donation or transplantation.

Q. What is Donation after Circulatory Death (DCD)?

A. Donation after Circulatory Death (DCD) is organ donation from a patient who dies from cardiac arrest rather than being determined to be brain dead. A DCD donor is a patient who is on a ventilator but does not meet brain death criteria. The patient is ventilator dependent to live. Donation options are presented to the family after the family decides to discontinue ventilator support. Once the heart has stopped beating and the patient is no longer breathing, the patient is declared dead by a medical professional not affiliated with organ transplantation. The organ donation process takes place soon after death is declared. If cardiac arrest doesn't happen in a certain amount of time, donation doesn't take place.

DCD donation increases the number of organs available for transplant and is a source of donation that can help to alleviate the shortage of organs. It also allows more people who wish to donate, the ability to do so. DCD donors most often donate kidneys and, in less common circumstances, liver, pancreas, lungs and heart.

Q. If I am a donor, will there be a delay in funeral services?

A. In most cases, no. Usually, the procedure can be completed and the body released to the funeral home the next day.

Q. If I am a donor, can there still be an open casket funeral?

A. Yes. Organs and tissues are recovered in a surgical procedure where an incision is made, closed, and dressed. Donation does not change the appearance of the body at a funeral service. Open casket visitation, burial and cremation are all possible.



Q. Does an organ donor's family get to meet the recipient?

A. A donor's family will be told the age, sex, state and other general characteristics of recipients. If both the donor family and the recipient agree to release information to one another, they may exchange names, correspond and even meet. This process is coordinated through the organ procurement organization.

Q. How many people are waiting for organs in our country?

A. The number of people requiring a life-saving transplant continues to rise faster than the number of available donors. As of 2014, there were over 120,000 people waiting for a transplant in the U.S. Approximately 4,300 transplant candidates are added to the waiting list each month. For the most current number of patients on the waiting list and other data, visit the Organ Procurement and Transplant Network's website at http://optn.transplant.hrsa.gov/.

Q. How many people are waiting for transplants in NC?

A. Almost 3,300 North Carolinians need life-saving organ transplants.

Q. How many people can be helped by tissue donation?

A. More than 50 people can be helped through one tissue donor.

Q. How many lives can be saved by one organ donor?

A. One organ donor can save the lives of up to eight people.

Q. Can someone who is an organ transplant recipient also be a donor?

A. Yes, someone who has received an organ donation can also be an organ and/or tissue donor.

Q. If I can't donate blood, can I donate organs?

A. If you have been ruled out from being a blood donor, you can still give the gift of life through organ donation! The same restrictions do not apply to organ donation, so we encourage you to register at DonateLifeNC.org/register. Don't rule yourself out!

Questions About Other Types of Donation

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Q. How do I donate my whole body for medical study/research?

A. The Donate Life NC registry does not include whole body donation, as being an organ and/or tissue donor usually prevents whole body donation. In some instances, medical schools

will accept eye-only donors, but each program has different requirements. If an individual wishes to make a gift of their whole body to a body donation program in North Carolina, they should make advance arrangements with a specific medical school or research program.

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- UNC School of Medicine Body Donation Information
- Duke University School of Medicine Anatomical Gifts Program
- East Carolina University: Department of Anatomy and Cell Biology of the Brody School of Medicine
- Wake Forest University: The donation of bodies for medical education, or Anatomical Bequeathal Program, is administered by the Department of Neurobiology and Anatomy.
 For more information, please call (336) 716-4369.
- Fayetteville Technical Community College Mortuary Science Program

Q. Can I still be an organ donor and also donate my body to science?

A. If you are an organ or tissue donor, most medical schools will not accept your remains for teaching purposes. However, if you are an eye donor, you may be able to donate the rest of your body to a medical school. In addition, some research institutions may accept your body for research after organ and tissue donation.

If you wish to make a gift of your whole body to a body donation program in North Carolina, you should make advance arrangements with a specific medical school program or research program.

Q. How can I donate bone marrow or blood?

A. While Donate Life NC is not directly involved with blood or bone marrow donation, we encourage you to consider these life-saving types of donation. To learn more about bone marrow donation, visit the National Marrow Donor Program website, a website which includes answers to frequently asked questions, myths, how to register and more. If you can't find what you're seeking online, you may want to contact one of the NC marrow donor offices including: Charlotte 704-921-3570, Raleigh 919-414-8312.

You can also make saving lives a habit by regularly donating blood. Appointments to give blood can be coordinated through your local blood bank. To locate a blood bank near you, visit the AABB website or by contacting the Red Cross to learn about blood drives in your area.



Q. What is living organ donation?

A. In 1954, the first living organ donation/transplant was done when a kidney was transplanted from a healthy 23-year-old identical twin to his brother, who had chronic kidney failure. Since then, medical science has advanced to the point where living donors can provide a kidney, lobe of a lung, portion of the liver, pancreas, or intestine to a recipient. Living donation is happening more often because of the shortage of organs for transplant. Relatives, loved ones, friends and even individuals with no prior relationship are serving as living donors for the growing number of people on the national organ transplant waiting list.

For more information about living donation, visit UNOS's Transplant Living website or contact your local transplant center.

- Carolinas Medical Center (Charlotte)
- Duke University Medical Center (Durham)
- UNC Health Care (Chapel Hill)
- Wake Forest Baptist Medical Center (Winston-Salem)
- Vidant Health (Greenville)

Q. Is the NC Donor Registry associated with living donation?

A. No. The NC Donor Registry is for deceased donation only. If a person wishes to donate an organ to someone in need while alive, they would make arrangements at the recipients' transplant center. For more information about living donation, visit UNOS's Transplant Living website or contact your local transplant center.

Q: How can I become a living organ donor?

A. Giving the gift of life to another person is one of the most meaningful things a person can do. Today, more than 6,000 living donors per year give the gift of life to another person, and one in four of these living donors aren't biologically related to the recipient. A living donor can save and/or greatly improve the quality of life of a transplant candidate. However, you should only make a decision about donating an organ after you are fully informed of the possible risks and benefits. For more information about living donation, visit UNOS's Transplant Living website or contact your local transplant center.



Educator Resources

<u>Organizations Involved in Organ, Eye and Tissue Donation in North Carolina</u>

Carolina Donor Services

http://www.carolinadonorservices.org

One of the federally-mandated organ procurement organizations; serves 77 NC counties and 1 VA county; works with hospitals, donor families, community outreach; also conducts tissue recoveries

Donate Life North Carolina

http://www.donatelifenc.org

Nonprofit that focuses on statewide outreach, education; home of the NC donor registry (http://www.donatelifenc.org/register)

LifeShare Of The Carolinas

http://www.lifesharecarolinas.org

One of the federally-mandated organ procurement organizations; serves 23 NC counties; works with hospitals, donor families, community outreach; also conducts eye/cornea and tissue recoveries

North Carolina Eye Bank

http://www.nceyebank.org

Recover cornea/eye tissues in 77 NC counties and 1 VA county; works with hospitals, donor families, community outreach, and funeral homes

Organizations Involved in Organ Transplants in North Carolina

Carolinas Medical Center

http://www.carolinashealthcare.org/cmc-transplant

Transplant center located in Charlotte for liver, heart, kidney, kidney/pancreas, and pediatric transplants

Duke University Medical Center

http://www.dukehealth.org/services/transplants/about

Transplant center located in Durham for heart, liver, lung, kidney, kidney/pancreas, and small bowel transplants

University of North Carolina - Chapel Hill

http://unctransplant.org/

Transplant center in Chapel Hill for heart, lung, liver, kidney, kidney/pancreas, heart/lung transplants



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Vidant Health

https://www.vidanthealth.com/transplant/

Transplant center in Greenville for kidney transplants

Wake Forest Baptist Medical Center

http://www.wakehealth.edu/General-Surgery/Transplant-Surgery.htm

Transplant center in Winston-Salem for kidney, kidney/pancreas, heart transplants

National Donation and Transplantation Organizations

American Association of Tissue Banks http://www.aatb.org/

Donate Life America http://www.donatelife.net

Eye Bank Association of America http://www.restoresight.org

United Network For Organ Sharing (UNOS) http://www.unos.org

National Kidney Foundation http://www.kidney.org

Transplant Living http://www.transplantliving.org/

U.S. Dept. of Health & Human Services http://www.hhs.gov/

http://www.organdonor.gov

Transplant Games of America http://www.transplantgamesofamerica.org

Living Donor Resources

Living Donation: Information You Need to Know (via UNOS)

http://www.unos.org/docs/Living Donation.pdf

National Kidney Registry http://www.kidneyregistry.org

Living Book http://www.livingbank.org/

