



## Quashing Myths and Revealing Facts on Organ Donation.

Sylvia Joice M.J., Ph.D. Scholar, Department of Nursing, Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan.

Dr. Preeti Chouhan, Department of Nursing, Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan.

### INTRODUCTION:

Organ donation is a lifesaving process that helps thousands of people worldwide. However, various misconceptions and myths surround the process, discouraging potential donors. Organ donation saves countless lives, but misconceptions and myths surround the process. These myths can discourage people from registering as donors, ultimately harming those awaiting transplantation. It's essential to address and quash these myths, providing accurate information to encourage informed decision-making.

### AIM:

This article aims to quash common organ donation myths, providing accurate information and encouraging readers to consider donation.

### COMMON MYTHS AND FACTS:

1. Myth: If I'm an organ donor, medical professionals won't work as hard to save my life.  
Fact: Medical professionals prioritize saving lives, regardless of donation status.
2. Myth: Organ donation disfigures the body, making it unsuitable for open-casket funerals.  
Fact: Donation procedures preserve the body's appearance, allowing for traditional funeral services.
3. Myth: Only hearts, livers, and kidneys can be donated.  
Fact: Organs and tissues that can be donated include: heart, lungs, liver, kidneys, pancreas, corneas, skin, bone, and more.
4. Myth: Organ donation is against my religion.  
Fact: Most major religions support organ donation as a selfless act.
5. Myth: I'm too old or unhealthy to donate.  
Fact: Age and health aren't always barriers; medical professionals evaluate potential donors case-by-case.
6. Myth: Organ donation costs my family money.  
Fact: Donation costs are covered by the recipient's insurance or the organ procurement organization.
7. Myth: I can sell my organs for profit.  
Fact: Organ sales are illegal in most countries; donation is a selfless, altruistic act.
8. Myth: Organs are only donated after brain death.  
Fact: Organs can be donated after brain death or cardiac death, depending on the situation.
9. Myth: Living donation is risky and harmful.  
Fact: Living donation is generally safe, with thorough evaluation and follow-up care.
10. Myth: Organ donation is unnecessary; there are alternative treatments.  
Fact: Transplantation is often the best or only option for patients with end-stage organ failure.

### EXPERT INSIGHTS:

1. Organ procurement organization representatives
2. Transplant surgeons or physicians
3. Organ recipients or donor families
4. Ethicists or medical researchers

### STATISTICS AND RESOURCES:

1. Number of people awaiting transplantation.
2. Over 120,000 people await transplantation.
3. People die daily waiting for a transplant.
4. Donor can save up to 8 lives.
5. National organ donation registries.
6. Organizations promoting organ donation awareness.



## ADDITIONAL TIPS:

1. Use clear, concise language
2. Include personal stories or anecdotes
3. Provide actionable steps for readers (e.g., registering as donors)
4. Utilize reputable sources for statistics and information
5. Consider including infographics or visual aids.

## BECOMING AN ORGAN DONOR IS A SELFLESS ACT THAT CAN SAVE LIVES. A STEP-BY-STEP GUIDE:

### A. Online Registration:

1. Visit the National Organ and Tissue Transplant Organization (NOTTO) website: (link unavailable)
2. Click on "Become a Donor" and fill out the registration form.
3. Provide required details: name, address, contact information, and medical history.
4. Confirm your registration.

### B. In-Person Registration:

1. Visit your local hospital or transplant centre.
2. Ask about organ donation registration.
3. Fill out the registration form.
4. Submit the form to the hospital or transplant centre.

### C. Other Ways to Register:

1. Contact a local organ procurement organization (OPO).
2. Register through your state's health department.
3. Indicate your consent on your driver's license application.

### Required Information:

1. ID proof (Aadhaar, passport, or driver's license)
2. Address proof (utility bill, bank statement)
3. Medical certificate (if applicable)
4. Contact information
5. Medical history (optional)



### Types of Organ Donation:

1. Deceased donation (after death)
2. Living donation (donating organs or tissues while alive)

### Organs and Tissues That Can Be Donated:

- |            |             |            |
|------------|-------------|------------|
| 1. Kidneys | 5. Pancreas | 9. Tendons |
| 2. Liver   | 6. Corneas  | 10. Veins  |
| 3. Heart   | 7. Skin     |            |
| 4. Lungs   | 8. Bone     |            |

### IMPORTANT CONSIDERATIONS:

1. Discuss your decision with family and friends.
2. Understand the organ donation process.
3. Know the laws and regulations in your country or state.
4. Consider registering as a living donor.

### INDIAN LAWS AND REGULATIONS:

1. The Transplantation of Human Organs Act (THOA), 1994
2. The Transplantation of Human Organs and Tissues Rules, 2014

### ADDITIONAL RESOURCES:

1. National Organ and Tissue Transplant Organization (NOTTO)
2. Indian Organ Donation Registry
3. Organ Retrieval Banking Organization (ORBO)
4. Mohan Foundation (organ donation NGO)



## State-wise Organ Donation Helplines:

1. Andhra Pradesh: 0866-2451066
2. Delhi: 011-23233333
3. Maharashtra: 022-22620222
4. Tamil Nadu: 044-28251111

## By becoming an organ donor India, you can:

1. Save up to 8 lives
2. Improv the quality of life for many others
3. Honor your legacy

## Helplines:

1. NOTTO Helpline: 1800-111-678
2. Mohan Foundation Helpline: 044-28251111
3. ORBO Helpline: 011-23233333

**Register today and share your decision with loved ones!**

**Becoming an organ donor in India is a noble act that can save lives.**

## CONCLUSION:

Organ donation myths can be harmful, discouraging potential donors. By separating fact from fiction, we can promote informed decision-making and increase donation rates. Encourage readers to register as donors and share their decision with loved ones.

## REFERENCES:

1. Shah, R. K., & Jha, S. (2019). Organ Donation in India: Challenges and Solutions. Journal of Clinical and Diagnostic Research, 13(9), 1-4.
2. Kumar, A., & Kumar, S. (2020). Organ Donation: Myths and Facts. Journal of Transplantation, 2020, 1-5.
3. Singh, P., & Singh, S. (2018). Organ Donation in India: A Review. Journal of Organ Transplantation, 2018, 1-8.
4. Dr. Sunil Shroff (2019) "Organ Donation: A Guide for Donors and Recipients"
5. "The Organ Donation Handbook" by Mohan Foundation (2018).
6. National Organ and Tissue Transplant Organization (NOTTO).
7. Ministry of Health and Family Welfare, Government of India.
8. Indian Organ Donation Registry. (n.d.). Organ Donation.
9. World Health Organization (WHO).
10. The Transplantation of Human Organs Act (THOA), 1994
11. The Transplantation of Human Organs and Tissues Rules, 2014.