

PHC

Organ Donation and Transplant Awareness



Organ donation is giving an organ or tissue to help someone who may have damaged organs and needs a transplant.

Transplants can save or greatly enhance the lives of other people. But this relies on donors and their families agreeing to donate their organ or tissue.

Thousands of people in the UK are waiting for an organ transplant. Many may never get the call saying that we have found a suitable donor organ.

Being an organ donor is a generous and worthwhile decision that can save lives.

Organ Donation Facts:

- There are two types of organ donation: living and deceased.
- There are always significantly more people waiting for an organ transplant than there are suitable donors.
- There's no upper age limit for joining the register and recording your wish to be a donor. Tissue from people in their 70s and 80s is often transplanted successfully, although organs are only selected from those under 80 years of age.
- People under 18 years old can donate their organs, tell your parents you want to donate your organs after your death. They can give their consent knowing that it's what you wanted. Children, too, need transplants and usually organs smaller than those an adult can provide.
- All donors can choose which organs and tissues they wish to donate.
- Having a medical condition does not always prevent you from becoming an organ or tissue donor.
- More donors from Black, Asian and minority ethnic (BAME) groups are needed because some blood and Human Leukocyte Antigen (HLA) types are more common among some ethnic groups. Some ethnic groups are more likely to develop medical conditions that need blood, organs or tissue donations and people needing bone marrow are more likely to find a match with someone with a similar ethnic background.
- The major religions in the UK support the idea of organ donation and transplant. This includes:
Christianity, Islam, Judaism, Buddhism, Hinduism, Sikhism; if you're unsure of, or uncomfortable with your faith's position on donation, ask your religious leader or teacher.
- One donor can help several people as they can donate a number of organs, including:



- kidneys
- liver
- heart
- lungs
- small bowel
- pancreas

- the cornea (the transparent layer at the front of the eye)
- bone
- skin
- heart valves
- tendons
- cartilage

How to Donate:

The **NHS Organ Donor Register** is a confidential national database that holds the details of around 21 million people who want to donate their organs when they die.



Adding your name to the register and telling your family and friends that you want to be a donor will make it easier for them to agree to donation in the event of your death.

You can join the register in a number of ways. For example, you can:

- ✓ complete an online form here: <https://www.organdonation.nhs.uk/register-to-donate>
- ✓ call the free NHS Donor Line on 0300 123 23 23 – lines are open 24 hours a day, 365 days a year
- ✓ text SAVE to 62323

The **NHS Blood and Transplant Service** has an online service for new or existing blood donors to book an appointment to give blood in England. New donors must be aged between 17-65 years.



- ✓ visit here: <https://www.blood.co.uk/the-donation-process/registering-online/>
- ✓ call 0300 123 23 23
- ✓ or attend a donation venue here: <https://my.blood.co.uk/home>

For more information please visit:

<https://www.organdonation.nhs.uk/about-donation/organ-spotlight/>

<https://www.hta.gov.uk/guidance-public>

<https://www.blood.co.uk/>