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Awareness Campaign on Vistas of Organ Donation in India & Avenues for Sikkim

Sikkim Manipal Institute of Medical Sciences (SMIMS)
Sikkim Manipal University (SMU)

Organ Donation: The Gift of Life

The demand for transplant of organs and tissues in India has grown exponentially in the last ten years, to the point the available supply outweighs the demand, creating the core ethical necessity for implementing awareness on organ donation and transplantation as an emergency of the modern world. The gap between supply and demand is large and is more critical especially in our country due to two key loopholes hindering access to donation and transplants.

- First, is the lack of access to a transplant centre as many potential recipients do not get admitted to a programme due to geographical isolation of the regions/states, and or simply because they do not have access to a competent primary care physician who can refer them to a transplant programme.
- The second main reason is the financial obstacles to access to transplant lists of hospital and many in India die because there is no capacity or a very limited capacity to perform transplants which is due to limited few centres in India with retrieval and transplant facilities and a relatively long waiting list.

Therefore, the demand for organs will always exceeds the supply chain, and this will only contribute towards the expanding list of patients waiting for the transplant. The reality of unavoidable shortage of organ hinders saving more lives and increasing organ donation and supply is a moral good to the ones who need the organs. The, current public policies for obtaining organs from deceased person or cadavers are the highlight of this booklet.

SMU opens this venture to the state of Sikkim through the organ donation awareness programme.

SMU hope's that with this effort as a new beginning we are able to help the ones who are in need of organs and wish to live longer.

Organ Donation Act of India

Transplantation of Human Organ Act (THO) was passed in India in 1994 to facilitate organ donation and transplantation activities. The act accepts brain death as a form of death and allows removal of kidney, liver, heart, lungs, cornea, bone grafts, and pancreas from an organ donor after a thorough consent, and these organs are available only for the sole purpose of saving life of the ones in need of an organ.

In an attempt to make organ donation a more approachable perspective the National organ and tissue transplant organisation (NOTTO) was established in India in 2015. NOTTO regulate the organ donation and transplantation activity in India to perform the functions of the National Human Organs and Tissue removal and Storage Network, as mandated by an parliamentary act of 2011, and thus currently in India there are 471 transplant and/or retrieval centres. However, the eastern region of India and Sikkim is still deprived in the perspective organ donation venture and conductance of Organ Donation awareness programme as a primary approach.

In this regards, the Hon'ble Vice-Chancellor of Sikkim Manipal University Lt., Gen., (Dr) Rajan S Grewal is the first to aid and initiate the process behind Organ Donation Awareness Program, adding to the humane efforts as laid down by NOTTO & WHO.

Registry of Hospital for Organ Donation

The Central Government of India established the National Human Organs and Tissues Removal & Storage Network named NOTTO which has five Regional Networks ROTTO (Regional Organ & Tissue Transplant Organization) and each region of the country will have to develop SOTTO (State Organ and Tissue Transplant Organisation) in every State/ UT.

Further, each hospital of the country related to transplant activity, whether as retrieval or transplant, has to link with NOTTO, through ROTTO/SOTTO

as a part of National Networking. Currently, Sikkim is associated with ROTTO centre at Kolkata, **Figure 1**.

Proposed States/UTs to Regional Organ and Tissue Transplant Organization(ROTTTO)

Regional Organ and Tissue Transplant Organization (ROTTTO)	States Under Regional Organ and Tissue Transplant Organization (ROTTTO)	State Organ and Tissue Transplant Organization (SOTTO)	Status
ROTTTO EAST Institute of Post Graduate Medical Education and Research, Kolkata	West Bengal	IPGMER & SSKM Hospital, Kolkata, West Bengal	
	Jharkhand	--	
	Sikkim	--	
	Bihar	IGIMS, Patna	
	Odisha	SCBM College and Hospital, Cuttack	

Figure 1. SOTTO

The first step is therefore to register the hospital (online) desirous of starting the process of Organ donation and retrieval. The process to registration can be accessed by visiting the NOTTO website, and the sample copy of the form is included as *Annexure-1* in this booklet.

Registries of the hospital can be either to retrieve organs/tissue to save life and/or to retrieve and perform transplant in the same hospital.

CRH of Sikkim Manipal University can register for Organ retrieval process

Common FAQ's

Q1. Why should I become an organ donor?

At present around **5 lakh people** in India need organ donation every year as per National Organ and Tissue Transplant Organization (NOTTO), Organ donation will either save or dramatically improve their lives. Fifteen people a day will die before they have the opportunity to receive a transplant. As many people as possible can be prepared to donate after their death to help reduce the waiting lists.

The idea that our death may help others is comforting, and families may often feel better knowing that some good has come out of the tragedy and that a

part of their loved ones still survives in someone else's body, Imagine your heart beating in another's person body even when you are gone!

Q2. When will my organs be removed if I register for Organ Donation?

Organs are only removed after a person has died. Death is certified by a doctor or doctors independent of the transplant team. Doctors and nurses do everything possible to save a patient's life prior to removing any organs, and will remove the organ only after a firm consent from the person who expressed their wish to donate the organ.

Q3. What is meant by living organ donors?

A living donor is an option for patients who otherwise may face a lengthy wait for an organ from a deceased donor. To spare an individual from a long and uncertain wait, normally relatives, loved ones, friends, and even individuals who wish to remain anonymous may serve as living donors.

Kidney and liver transplant candidates who are able to receive a living donor transplant can receive the best quality organ much sooner, often in less than a year.

Q4. How are the organs removed?

The removal of organs takes place in the operating theatre, with the same care and respect as in any other operation.

Q5. What does tissue donation for transplantation mean?

Tissue donation means the process of removing a part of a tissue from a living or deceased person and which is used to revive/help the recipient in need.

- Heart valves can be transplanted to save the lives of children born with severely deformed hearts, or adults with diseased valves.

- Corneas are transplanted to restore the sight in patients with diseased or opaque corneas. Sclera tissue is used in reconstructive surgery.
- Bone grafts are used in a variety of orthopaedic procedures including joint replacement and spinal surgery.
- Large sections of long bone can be transplanted to prevent limb amputation.
- Skin grafts can act as a temporary or permanent biological covering and may save the life of a severely burned patient.
- Tendons are transplanted to restore mobility and stability to young adults with traumatic knee injuries.

Useful Links & References:

- ⇒ <https://www.notto.gov.in/>
- ⇒ <https://notto.gov.in/download-forms.htm>
- ⇒ <https://www.organindia.org/>

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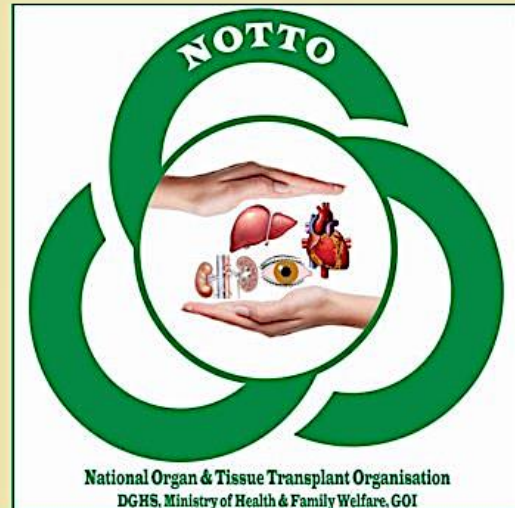
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Notes