

THE FACTS ABOUT

ORGAN, EYE & TISSUE

DONATION

SHELTERED INSTRUCTION
WORKBOOK

NOTES



TRANSPLANTATION SCIENCE

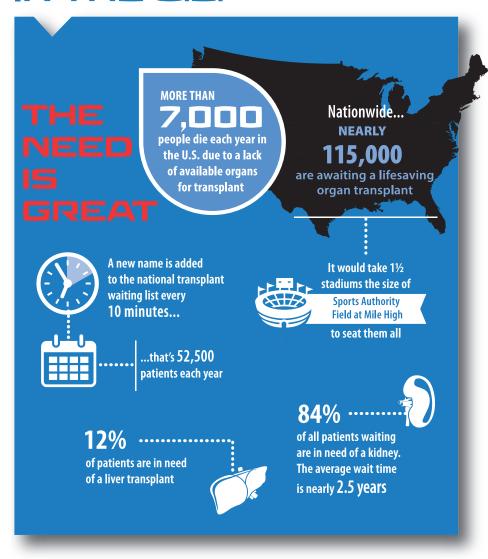
THE FACTS ABOUT

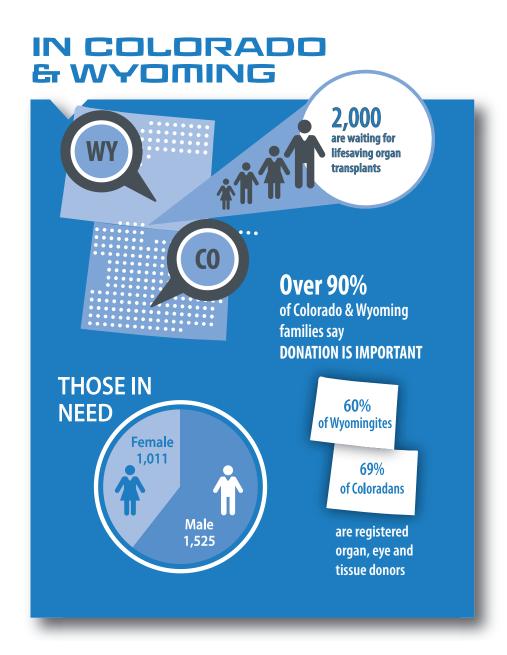
ORGAN, EYE & TISSUE

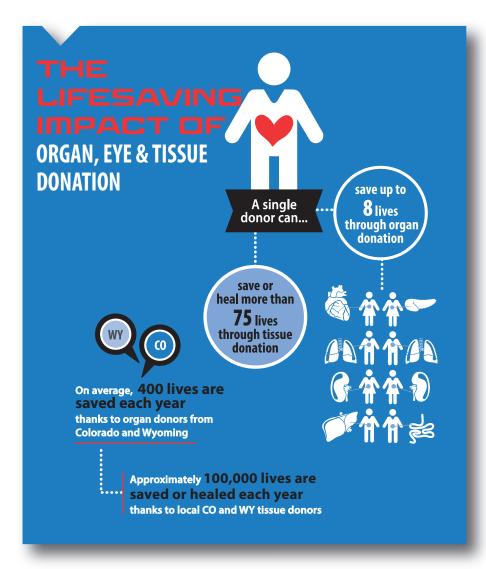
DONATION



IN THE U.S.







STATION I

ORGANS



FACTOIDS

Organ donation is the process of one person giving an organ, or part of an organ, to another person who needs it to save their life.

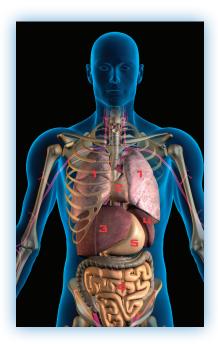
Transplantation is the process of moving the organ from the donor to the sick person.

- Most organs (60%) are donated by a deceased donor. A deceased donor is someone who has died.
- 40% of organs are donated by a living donor.

Nearly **120,000** people are waiting for a lifesaving organ transplant in the United States. More than **2,500** people are on the waiting list in Colorado and Wyoming.

Every year, about **30,000** people receive lifesaving organ transplants in the United States.

ORGAN DONATION



SIX TRANSPLANTABLE ORGANS

1. Lungs

- Used for breathing sends oxygen to the blood and cleans out carbon dioxide
- People have two lungs

2. Heart

• Pumps blood to all body systems

3. Liver

- · Regulates energy
- · Makes proteins and bile
- · Cleans the blood
- The biggest internal organ

4. Kidneys (you can't see them in the picture)

- Clean the blood and make it into urine
- · Produce important hormones
- People have two kidneys

5. Pancreas

- Makes enzymes needed for digestion
- · Controls blood sugar with insulin

6. Small Intestine

Absorbs water and nutrients during digestion



LIVING DONATION

Some organs can be donated by a healthy, living person.

WHAT ORGANS CAN BE DONATED WHILE LIVING?

- · Whole organ: kidney
- Part of an organ: lung, liver, pancreas, and small intestine

WHO CAN BE A LIVING DONOR?

 Living donors can donate to a family member or to people who are not related to them

LIVING DONORS ARE:

- · Between ages 18-60 years old
- · Mentally and physically healthy
- Without any major illness

WHAT HAPPENS AFTER LIVING DONATION?

- Kidney: the donor's remaining kidney gets bigger and functions normally
- Liver: the organ will grow in both the donor and the recipient and function normally
- Lungs: the organ does not get bigger; donors are okay with less function
- Recovery from surgery is short donors' lives are normal after 2-6 weeks

STATION I ACTIVITIES

6 TRANSPLANTABLE ORGANS

Identify each of the six transplantable organs.

DIRECTIONS

- 1. LOOK at page 6 and read about the 6 transplantable organs.
- 2. LOOK at the organs and models at this station.
- 3. MATCH the name of the organ with its function.
- 4. WRITE the letter on the correct line.

 _These clean the blood and turn it into urine. We have two of them.
 _This cleans the blood of poisons and toxins and also makes bile. It is the largest internal organ in the body.
 _These bring oxygen into the blood and remove carbon dioxide. We have two of these.
 _This pumps blood to all parts of the body.
 _This small organ makes digestive enzymes and insulin , which keeps blood sugar at the correct levels.
This is responsible for absorbing nutrients from digested food

A. Small Intestine B. Liver C. Lungs D. Heart E. Pancreas F. Kidneys

STATION I ACTIVITIES

LIVING DONATION

Identify the organs you can donate while still living.

DIRECTIONS

- 1. TURN to page 5 and read about living donation.
- 2. WRITE the answers on the correct line.

normally.	_ and still live
Why is this possible?	
You can donate a part of which 4 organs as a living donor?	
1	
2	
3	
4.	

STATION 2

HEART



A heart must be transplanted into the recipient within approximately four to six hours after recovery.

YOUR HEART is about the size of your fist. It pumps blood throughout the body. It is inside your ribcage.

FACTOIDS

As of 2016, the longest a person has survived with a single heart transplant is 31 years.*

Average waiting time for a heart transplant is more than 4 months. In some parts of the country, as many as 40% of patients die while waiting.

Failure to take post-transplant medication properly is the third leading cause of transplant failure!

In 2017, 3,244 heart transplants were performed in the USA.

According to the Department of Health & Human Services, as of 2017, 68,398 heart transplants have been performed in the USA.

THE DONATION PROCESS

DIAGNUSIS There are two kinds of death: heart death and brain death.

REFERRAL If the patient is brain dead AND meets the criteria, then Donor Alliance (the Organ Procurement Organization for Colorado and Wyoming) is notified as required by federal law. They check if the patient is a registered donor. Then they decide if the organs can be used.

FAMILY DISCUSSION If the patient is not a registered donor, the family considers the donation options. If the family gives permission, the donation process begins.

MEDICAL EVALUATION First, Donor Alliance does some medical tests to determine care. Once care needs are determined, all procedures and medications necessary to assist with organ function are provided.

MATCHING

When a deceased organ donor is identified, a donor coordinator enters medical information about the donor including height, weight, blood type, lab values and genetic matching. The system then generates a ranked list of patients who match each organ.

SURGICAL RECOVERY

Once a match has been accepted for all transplantable organs of a donor, organ recovery surgery with surgical transplant teams. Before beginning the surgical



process, the family shares a moment of honor with the recovery team.

PRESERVATION/TRANSPORT The clock starts ticking and organs have to be treated with great care. Each organ is packed in a specific way. Most organs travel to the hospital of the waiting recipient with the transplant surgeon that will be performing the transplant.

TRANSPLANTATION The transplant surgeon makes sure the organ is a good match for the recipient. The recipient takes good care to live a healthy life.

ORGAN ALLOCATION

There are not enough organ donors, so there is a waiting list for patients to receive transplants.

A patient's place on the waiting list is decided by:

· how sick they are

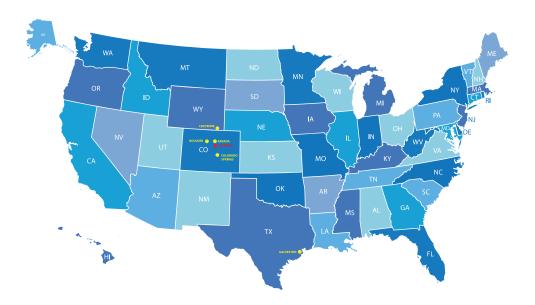
- blood type
- how long they have been waiting
- potential for a match
- not based on income, racial or social status

There is a limited amount of time in which the organs must be transplanted into the recipients. The heart and lungs must be transplanted more quickly than organs like the kidneys.

DONOR SERVICE AREAS IN THE UNITED STATES

Distance between the donor and recipient matters when allocating an organ. Please take the following into consideration when considering geographic location:

- Denver to Galveston, TX = 16 hours driving, or 2 hours flight + 1 hour drive
- · Cheyenne, WY to Denver = almost 2 hours driving
- · Colorado Springs to Denver = 1.5 hours driving
- · Boulder to Denver = 30-45 minutes driving



ORGAN ALLOCATION

A. Look at the heart specimens at your station. What do you notice about the heart? Describe it.			
1			
2			
3			
B. Is it an adult's heart or a child's heart? How can you tell?			
Read the bios on page 15.			
. Who do you think gets the heart?			
.Why?			
What are some details about the donor's heart? . How old is he? . How tall is he? . How much does he weigh? . Where does he live?			
. Read the criteria about how to decide who gets a heart on page 14.			
. Based on the criteria, who gets the heart?			
Does it match your answer in part C?			
Organ, eye and			
tissue donation			
does not become			
an option until			

death has been

declared.

STATION 2 ACTIVITIES

EXERCISE

DIRECTIONS

Use the information about the organ donor and the criteria below to pick the best match for the donor heart. Base your decision on science not emotion.

BACKGROUND OF DONOR

A young man who lives in Denver, Colorado suffers a brain injury caused by a motorcycle accident. He is pronounced brain dead at a local hospital and his heart is now available for transplant. He is 30 years old, 6 feet tall, approximately 155 pounds. You have 6 people who are potential matches to the donor. Using the criteria listed below, determine which candidate is best to receive this heart.

CRITERIA

Height and weight (body size)

Who is the right size?

REMEMBER: A person's heart is about the size of their closed fist. Imagine how large each of the candidates' hearts would be. The size of the heart they receive must be a close match for a successful transplant. **Who is too small or too large for this heart?**

Age

Who is too young or too old?

REMEMBER: A person is never too old or too young to donate or receive a transplant. Doctors will do their best to match the age of the recipient with the donor.

The donor and family are treated with the utmost care, respect and dignity throughout the donation process.

) Geographic location

Look at the map on page 12. Who is in a state near the donor? A heart must be transplanted within 4-6 hours. Who can get the heart in time?

REMEMBER: Transplant candidates are often asked to live within a few miles of the hospital while on the waiting list.

Current state of health

Who is healthy enough to receive the heart?

REMEMBER: A person who has an active infection would be at high risk for receiving a transplant and be temporarily removed from the waiting list. Once the infection has been successfully treated, the patient can again be listed for transplant.

Urgency of need Who needs it the most?

STATION 2 ACTIVITIES

The names and photos of all of the people below have been changed to protect their identities.

STEVEN

AGE: 14 years old 5'8" HEIGHT: WEIGHT: 140 lbs. LIVES IN: Galveston, TX



PERSONAL INFORMATION:

- · Freshman at Galveston Central High School
- · Member of the tennis team and drama club
- · Has 10-year-old twin sisters
- · Parents both work at Wal-Mart
- · Has damaged heart valves from a strep infection when he was little
- Has been on the Transplant Waiting List for 3 months

DEBBIE

AGE: 31 years old 5'6" HEIGHT: WEIGHT: 154 lbs.



LIVES IN: Chevenne, WY PERSONAL INFORMATION:

- Mother
- · Husband works in sales and travels 3-4 days per
- · Must pay a Home Health Aide to help care for home and children when husband is away
- · Has an enlarged heart
- · Has been on the Transplant Waiting List for 5 months

DAVID

AGE: 40 years old HEIGHT: 6'2" WEIGHT: 220 lbs. LIVES IN: Denver, CO



HEIGHT: 5'11" WEIGHT: 158 lbs. LIVES IN: **Boulder, CO**



PERSONAL INFORMATION:

- · Firefighter for 18 years
- · Volunteers in a homeless shelter
- · Likes bicycling and snowboarding with his girlfriend
- He is being treated with antibiotics for a blood infection right now
- Has been on the Transplant Waiting List for 61/2 months

PETER

AGE: 22 years old

PERSONAL INFORMATION:

- · Senior at the University of Colorado, Boulder
- · After graduation, plans on becoming a counselor for at-risk teens
- · Only child
- · His heart disease is advancing rapidly
- Has been placed on the Transplant Waiting List for immediate heart transplant

ISABELLA

6 months old AGE:

HEIGHT: 20" WEIGHT: 5 lbs. 3 oz.

LIVES IN: Colorado Springs, CO

PERSONAL INFORMATION:

- · Has 2 healthy siblings, ages 5 and 3
- · Father, Ed, is stationed at Fort Carson Army Post
- · Mother, Candy, works part-time in a dentist office
- · She was born with a heart defect which requires
- · Has been on the Transplant Waiting List since birth

SUSAN

AGE: 13 years old HEIGHT: 5'2" WEIGHT: 101 lbs. LIVES IN: Arvada, CO



- · Has one healthy sibling, age 9
- · Parents have been happily married for 27 years
- Currently a 7th grader at Arvada Central Middle School
- · A bacterial infection caused her to be placed on the Transplant Waiting List for immediate heart transplant



8 FACTS OF ORGAN, EYE & TISSUE DONATION



1

Anyone can register to be an organ, eye and tissue donor, regardless of age, race, or medical history.



2

An individual's donation status does not affect medical care. The first priority of medical professionals is to save lives.



3

Organ, eye and tissue donation does not become an option until death has been declared.



Ц

All major religions in the United States support donation and view it as a final act of love and generosity.



5

There is no cost to the donor or their family for organ, eye or tissue donation.



4

An open casket funeral is possible for organ, eye, and tissue donors.



7

The donor and family are treated with the utmost care, respect, and dignity throughout the donation process.



А

A "living donor" can also save lives by donating a kidney or a part of the liver, intestine, lung, or pancreas.

STATION 3

THE EYE

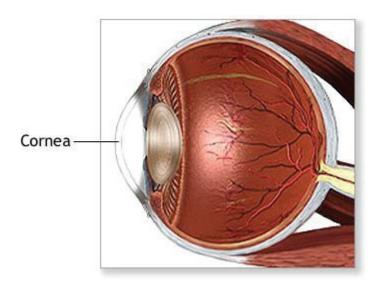
CORNEA

WHAT IS THE CORNEA?

The cornea is the clear front window of the eye. The cornea allows rays of light to pass through and be focused on the retina. The cornea is as wide and thick as a dime and has a curved shape.

Many eye conditions affect the cornea and may damage it. Injuries, infection, **inherited** conditions or aging may cause problems that make it harder for a person to see clearly.

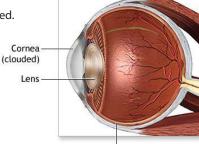
Sometimes the vision can be improved with glasses, a contact lens or medications. When those don't work, a corneal transplant may be needed.

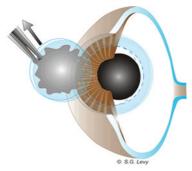


CORNEA

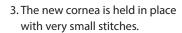
WHAT IS A CORNEAL TRANSPLANT?

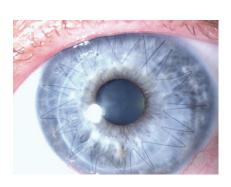
1. The damaged cornea is removed.

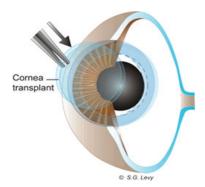




2. It is replaced with a healthy cornea from a deceased donor.







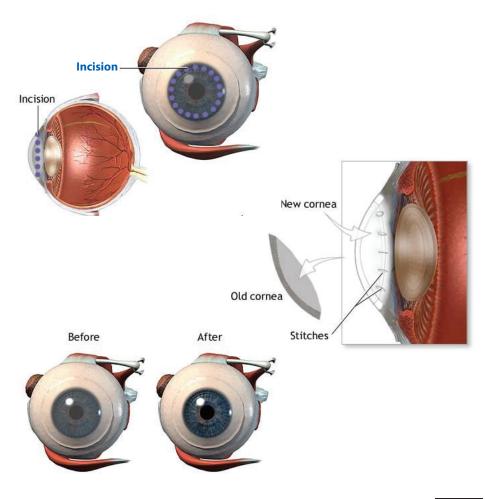
 After a corneal transplant, it may take some time for the vision to improve.
 The person may need to wear glasses or contact lenses in order to see well.

CORNEA

WHO NEEDS A CORNEAL TRANSPLANT?

Any condition that causes permanent **clouding** or changes to the shape of the cornea may result in poor vision and require a transplant.

Not all people with cornea damage can receive a transplant. Those who can and do have a better quality of life.



incision=cut
clouding=when you can't see clearly

SCLERA

Sometimes people may lose an eye because of a **traumatic** injury. At other times, a diseased eye may have to be surgically removed.

For many years, the lost eye was replaced with a glass eye, which could not move. A new procedure uses sclera, or the white part of the eye. This exciting new procedure makes it possible for an **artificial orbital** implant to move naturally so no one can tell it is fake.



This man had the traditional glass eye to replace his lost eye. Can you tell which eye is the artificial one?

The donated sclera can be wrapped around a mineral substance in the size and shape of an eye. The eye muscles can then reattach to the sclera so that the eye moves naturally.

Both of the people below have had one damaged eye replaced by an artifical orbital implant using donated sclera. For each person, can you tell which eye is fake?







Good eyesight is not a requirement to be an eye donor. Even people who have been blind from birth can restore eyesight in some cases.

STATION 3 ACTIVITIES

DIRECTIONS

Match each of the donated corneas on the left with a transplant recipient on the right. Write your answers in the place provided.

Keep these two things in mind:

- 1. Younger patient = higher cell count
- 2. Graft size of donor must be bigger than or = to the cornea of the recipient

DONORS

A. Donor Age: 19 years Cell count: 3,198 cells/mm2

Graft size: 7.7mm



B. Donor Age: 55 years Cell count: 2,250 cells/mm2

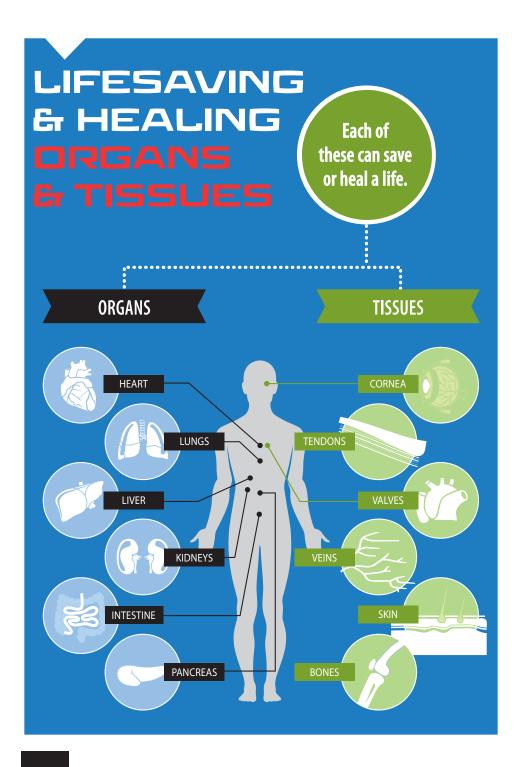
Graft size: 8.0mm



C. Donor Age: 40 years Cell count: 2,400 cells/mm2 Graft size: 7.0mm



Patient	Which Cornea? (A, B, C)	Why did you match this cornea to this patient?
1. Sally AGE: 3 months Diagnosis: Peter's Anomaly Cornea size: 6.5 mm		
2. Sue AGE: 30 years Diagnosis: Fuch's dystrophy Cornea Size: 7 mm		
3. John AGE: 40 years Diagnosis: scar from old eye injury Cornea size: 7 mm		



STATION 4

TISSUES

In addition to organs, some parts of the body like skin, tendons, bones and valves can also be transplanted. This is called tissue donation.

1. Skin

Protects the body from **dehydration**, injury and infection. Transplant used as treatment for burn patients.

2. Valves

Open and close to move blood through heart. Transplant replaces damaged heart valves.

3. Bone

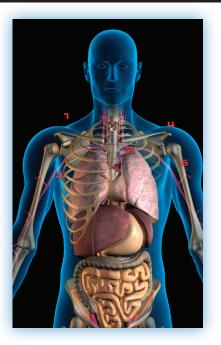
Supports the body and protects vital organs. Transplant used to fix bones in face and mouth, for cancer treatment and prevention of amputation.

4. Cartilage / Tendons/ Femoral Nerve

Transplant used to connect bones to bones and muscles in knee or ankle.

5. Veins / Blood

Bring blood from organs back to heart. Transplant used for heart surgery to replace damaged arteries.



TISSUE DONATION

Tissues transplanted from one person to another are called **allografts**. Allograft tissue comes from:

- a registered donor who has died
- a donor who has died, whose family has made the decision to donate their tissue

Approximately 1.5 million allografts are transplanted each year.

- Bone grafts can help people whose bones have become weak from cancer.
- Heart valves can replace damaged heart tissue.
- Skin grafts can save the lives of people who have been burned.
- Tendons and soft tissue can help people lead more active and normal lives.

Some common uses of tissue are to treat trauma, sports and age-related injuries.

STATION 4 ACTIVITIES

GOAL: Discover and identify each of the transplantable tissues.

DIRECTIONS

A. Skin

1. LOOK at page 23 in this handbook and read about each of the tissues that can be transplanted.

C. Bones D. Tendons

E. Veins

- 2. MATCH the picture to the description of the tissue.
- 4. WRITE the letter on the correct line.

B. Valves

AU

				E.	
This is	s used as conr	nective tissue in	n reconstructive	surgery.	
-		ody from dehyd e been burned		nd infection and i	is often used
These	move blood	through the he	eart.		
These	support the	body and prote	ect vital organs.		
These	bring blood	back to the hea	ırt.		

STATION 4 ACTIVITIES

FACTOIDS

- 1 donor = saves & heals more than **75** people
- 1 leg bone = **50** donations
- Donor Alliance has **24 hours** to recover tissue after death.
- There are 1.5 million tissue grafts performed each year in the United States.
- The earliest records of skin grafts date back to 3000-2500 B.C.E.
- 1. Look at the skin model. What do you notice are similarities and differences between the normal side and the burned side?
- 2. Describe each type of burn based on the skin model:

1st degree burn = _	
2nd degree burn =	
J	
3rd degree burn = _	

- 3. Name two things that change between 1st degree and 2nd degree burns.
- 4. Name two things that change between 2nd and 3rd degree burns.
- 5. Look at the tissue kit and answer with the name and number of the correct sample.
 - 1. Which sample would be used to help fix the spine in the back?
 - 2. Which sample would be used to replace a section of an arm bone?
 - 3. Which sample would be used to fill a hole in your jaw bone?

blister red pink black no hair skin

burned

STATION 4 ACTIVITIES

GOAL: Determine who will receive each transplantable tissue based on their injury.

DIRECTIONS

- 1. MATCH the type of allograft with the person who needs it.
- 2. WRITE the letter of the best choice in the line provided.
- A. Skin
- B. Bone
- C. Tendon

All stories are true.

- Devin was 12 years old. He was making hot chocolate when he spilled it on his arm. It burned all the skin off, from his thumb to his elbow. Devin was taken to the hospital and had 3rd-degree burns. Which allograft did the doctors use for Devin?
- H.C. was a soccer player. It had been a long time since he'd played soccer. During a game, he felt something snap below his knee. He knew that his ACL was torn. Which allograft did the doctors use for H.C.?
- _____ Andy was a tennis player in high school. He was diagnosed with cancer that was making his bone weak.

 Which allograft will help Andy be cancer free?







FAMILY DISCUSSION

Donor Alliance, whose mission is to save lives through organ and tissue donation and transplantation, offers Transplantation Science free of charge to middle and high schools throughout Colorado and Wyoming. Please take a moment to discuss this important topic with your student as you work together to complete the family discussion activity. Results of this activity are used to improve the program; participants will remain anonymous and will not be contacted.

DIRECTIONS

- 1. Take this booklet home and read the questions below with a parent or guardian.
- 2. Write your answers in the spaces provided.
- 3. Return this worksheet to your teacher. (The rest of the workbook is yours to keep!)

	yone in your family know someone who is currently waiting for or has a lifesaving organ transplant?
☐ Yes, v	we know someone waiting. Which organs?
☐ Yes, v	ve know someone who has received. Which organs?
☐ No	
	yone in your family know someone who became an organ and/or tissue ter his/her death?
☐ Yes	If yes, do you know which organ(s) and/or tissue(s) he/she donated?
☐ No	
-	someone in your family were ill or injured, would you/he/she consider g an organ or tissue transplant? Why or why not?
☐ No	
	e in your family already registered to be an organ and tissue donor? eck for a heart on his/her driver's license or ID.)
Yes	Who?
☐ No	If not, would he/she consider it?
	nom would you feel most comfortable receiving information about organ, ue donation?
☐ Friend☐ Some	r/physician I or family member one who has experienced donation or had a transplant ous leader :
- Other	·

FAMILY DISCUSSION

eve the following statements to be true or false?				
Saving lives is the doctor/medical team's number one priority whether or not the individual is a registered organ, eye and tissue donor.	0			
There are no strict minimum or maximum age requirements for organ/tissue donation after death.				
Anyone can register to be an organ, eye and tissue donor no matter their age, lifestyle or medical history.				
Organ, eye and tissue donation does not cost the donor's family anything.				
An individual may be able to donate his or her organs/tissues after death even though they may have past or existing health conditions such as cancer, diabetes or hepatitis.				
The donor and his/her family are treated with great care and respect throughout the donation process.				
 7. Are you interested in learning more about the following items related to donation? How to register to become a donor The process of donation for the family The need for donation Ways to talk to your family about donation The general requirements to be able to donate such as age and health Your religion's stance on donation 8. Is there anything you would have liked to learn through the Transplantation Science program? 				
AME:				
INATURE:				
	Saving lives is the doctor/medical team's number one priority whether or not the individual is a registered organ, eye and tissue donor. There are no strict minimum or maximum age requirements for organ/tissue donation after death. Anyone can register to be an organ, eye and tissue donor no matter their age, lifestyle or medical history. Organ, eye and tissue donation does not cost the donor's family anything. An individual may be able to donate his or her organs/tissues after death even though they may have past or existing health conditions such as cancer, diabetes or hepatitis. The donor and his/her family are treated with great care and respect throughout the donation process. rested in learning more about the following items related to donation? rested in learning more about the following items related to donation? rested in learning more about donation ral requirements to be able to donate such as age and health ion's stance on donation hing you would have liked to learn through the Transplantation gram?			



Glad you asked...

Take these two simple steps to ensure your wish to become an organ, eye and tissue donor is realized:



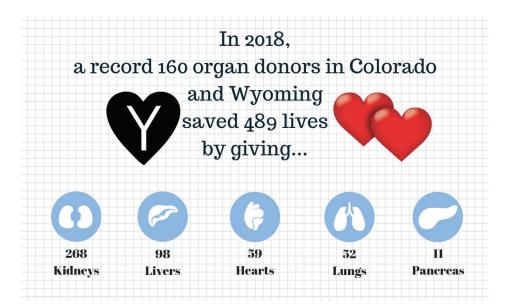
Designate your decision. Register to be an organ, eye and tissue donor by saying YES when obtaining your driver permit, driver license or state ID or online:

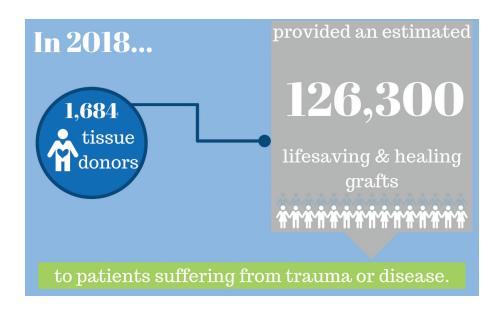
DonateLifeColorado.org or DonateLifeWyoming.org



Tell your family and friends about your decision.









What do you know about organ and tissue donation?



What do you want to know about organ and tissue donation?

L

What did you learn about organ and tissue donation?

NOTES

TRANSPLANTATION SCIENCE

MADE POSSIBLE THROUGH DONATIONS TO THE EMILY KEYES – JOHN W. BUCKNER ORGAN AND TISSUE DONATION AWARENESS FUND AT THE DRIVER LICENSE OFFICE

THANK YOU TO THE FOLLOWING ORGANIZATIONS FOR THEIR CONTRIBUTION TO THIS PROGRAM:





THIS BOOKLET BELONGS TO:

If you would like more information about organ, eye and tissue donation or have any questions regarding the Transplantation Science program, please email TransplantationScience@donoralliance.org or call 303.329.4747.















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