

Title of the practice: Karnayog Campaign: Organ Donation: A Noble act that can save lives

Objective of the campaign:

Organ donation is important for society and for the ones who need it. It provides a life-giving and life-enhancing opportunity to those who are at the end of the line for hope. But there are various myths and fears associated with organ donation, especially in a country like India, where there is a lack of awareness. Hence, we have taken the initiative to spread awareness among people about organ donation and its importance. We also explain them regarding the process of organ donation and their legal aspects.

Context:

Karna is one of the major characters of Hindu epic Mahabharata. He was known as 'Daanveer' for his generosity and kind nature. Karna teaches us that we never have nothing to give.

तुलसी पंछिन के पिये, घटे न सरिता-नीर ।
दान दिये धन ना घटे, जो सहाय रघुवीर ॥

The above doha of Tulsidas says – A bird having water from the bank of river does not reduce the reservoir of river likewise the donation will not reduce our wealth/health. This implies that after donating the blood it will not decrease or will not deteriorate our life but will surely blossom life of others. Even after donating an organ it will give a new life. Organ donation is such a simple and selfless action one takes to save the life of others. It can offer another person a second chance in life.

Practice:

BLOOD DONATION CAMPAIGN

Blood can neither be substituted nor regenerated or manufactured itself. The only sources of blood for patients who need blood transfusion are blood donors. Today, most medical care depends on a steady supply of blood from donors, as one in thirty people entering the hospital need blood. An adequate amount of blood is needed in all health care facilities to meet the urgent need for patients facing trauma and other lifesaving procedures, such as blood transfusions –

which saves millions of lives each year. Donating blood is a simple procedure that can be done within an hour. We are regularly arranging blood donation camp in Ahmednagar district. Around 10,000 people have donated blood in our camps. Every Sunday we arrange camp at Shani Shingnapur and likewise Thursday and Friday at Shirdi. The Institution has fully established blood bank which act as the universal point as they collect, test, and store all types of blood. They carefully screen test the blood for any signs of infection. A blood bank breaks down every unit of blood into components like red blood cells, plasma and platelets. It is then stored and prepared for transfusion to its recipients.

During the campaigns, we take the opportunity to mobilize the people and encourage them to donate blood. The health education sessions are arranged and they are told about various aspects of blood donation; along with this all the queries are also answered.



DEAD BODY DONATION: 'Life after Death - the Dead shall teach the Living'

Voluntary body donation is a program wherein the general population can willfully donate their bodies to serve the purpose of medical education and scientific studies. The public is providing the most important resource needed for innovation in medical practice. Primarily, the body donation under this program helps the medical student to learn the relations of human anatomical structures and development of psychomotor skills by dissection. Though, with improvement in technology many assisted models have developed in the form of mannequins and simulations, none of these can be a replacement to a realistic cadaver. Any person wishing to donate their body can make prior arrangements with the medical college, hospital, before death. Individuals may request a consent form from a medical institution, who will then give information about policies and procedures followed after the

potential donor is deceased. Many camps held regularly to promote importance of body donation through anatomy department of medical college.

- Along with dead body specimens of fetuses, infants, organs kept in museums for academic purpose.
- Skin of dead body is also donated in skin bank.



Campaigns have been conducted periodically for Body donation by the department of anatomy in collaboration with various organizations on different occasions. During these programs, the importance of body donation was explained by a PPT presentation. People showed their interest in these programs and filled up forms voluntarily in huge numbers. By taking these programs awareness regarding the body donation process gets increased, also the motivation regarding body donation gets motivated. During these programs people use to get clarification regarding various myths/ misunderstandings concerned with religious factors and body donation.

List of Body Donation camps conducted by Department of Anatomy in collaboration with various organizations:

1. With Sankalp Foundation, Ahmednagar on 13.3.2016
2. With Snehalaya on 8.04.2016
3. With Jyestha nagarik sangh, Bhingar, Ahmednagar on 18.04.2016
4. With Sharadchandra Gramin sanshta, Rahuri, Ahmednagar on 6.07.2016
5. With Youth sena sanghatan, Birewadi, Sangamner on 23.01.2018
6. With Anis (Andhashraddha Nirmoolan Samiti, ahmednagar) & Shri Mr.Pramod Bharule Parivar on 24.02.2019

Breast milk donation:

Breast milk provides abundant and easily absorbed nutritional components, antioxidants, enzymes, immune properties and live antibodies from mother. Mother's more mature immune system makes antibodies to the germs to which she and her baby have been exposed.

In neonatal intensive care unit (NICU) of our hospital, breast milk is donated by the healthy mothers and given to the newborn babies whose mother is not having breast milk or not present due to sickness. Though we don't have breast milk bank yet, we are giving fresh breast milk to premature babies that help to protect them from many infections, boost immunity and decreasing NICU stay.

TRANSPLANT CENTER:

Organ donation is defined as giving an organ or part of organ to be transplanted into another person. Organ transplantation is the only option to save lives in patients affected by terminal organ failure and improve their quality of live. Keeping importance of organ donation in mind we have started Liver and Kidney transplant center in our hospital. Organ donors are usually dead at the time of donation, but may be living. For living donors, organ donation typically involves extensive testing before the donation, including psychological evaluation to determine whether the would-be donor understands and consents to the donation. On the day of the donation, the donor and the recipient arrive at the hospital, just like they would for any other major surgery.

For dead donors, the process begins with verifying that the person is undoubtedly deceased, determining whether any organs could be donated, and obtaining consent for the donation of any usable organs. Normally, nothing is done until the person has already died, although if death is inevitable, it is possible to check for consent and to do some simple medical tests shortly beforehand, to help find a matching recipient.

The verification of death is normally done by a neurologist that is not involved in the previous attempts to save the patient's life. Verification of death is often done multiple times, to prevent doctors from overlooking any remaining sign of life, however small. After death, the

hospital may keep the body on a mechanical ventilator and use other methods to keep the organs in good condition. Donors and their families are not charged for any expenses related to the donation.

The surgical process depends upon which organs are being donated. The body is normally restored to as normal an appearance as possible, so that the family can proceed with funeral rites and either cremation or burial.

EYE DONATION:

Eyes being the most vital organ in basic senses, donation of which helps a person “see” even after his life so **let your eyes be the light in someone’s life.**

Considering this an eye bank has been setup in our hospital. Surgical procedures like corneal transplant are being conducted on regular basis in our hospital. Camps for cataract surgeries are conducted on a large scale in which eye donation campaign is promoted.

SKIN GRAFTING SURGERIES

Dermatology department of the Institution regularly performs skin autografting procedures. Autografting is type of organ transplantation in which a person’s tissues are transplanted from one site to another site of his body. Some procedures that are done in our hospital are

- Vitiligo punch grafting
- Vitiligo split skin thickness skin graft
- Non cultured melanocyte transfer
- Suction blister grafting.

As awareness and importance of skin donation is increasing in people. We are planning to establish skin bank in our hospital.

SEMEN/OVUM DONATION:

Infertility is significantly affecting the current generation. Thankfully, modern science has given rise to techniques like In-Vitro-Fertilization (IVF) and Intra-Cytoplasmic Sperm

Injection (ICSI) to combat infertility, allowing couples to expect success in having a baby. IVF is a type of assisted reproductive technology used for infertility treatment and gestational surrogacy. A fertilized egg may be implanted into a surrogate's uterus.

We have successfully established IVF Centre in our hospital and also receive donated semen and oocytes for in vitro fertilization.

Evidence of success:

There is recent increase in the donation of various blood products in the areas where camps were taken. Around 10,000 people donated blood after the initiative was taken since last 5 years. Many patients requiring repeated blood transfusion are being managed in our Centre.

We also have received tremendous support about the organ donation initiative with recent kidney transplant surgery being witness by the people of our city. We are also getting registration for further transplant surgeries majority of kidney and corneal/eye donation surgery.

The Body donation programme has gained momentum and extraordinary response from the people in and around the Ahmednagar district since 2009. Department of Anatomy DVVPPF'S Medical College & Hospital is involved in this activity from time to time and received a more number of bodies till date along with huge number of registrations for willing for the Body donation.

Number of registered bodies for donation: 2500

Number of donated bodies received till date: 90

Problems encountered and resources required

One of the major limitations regarding organ and body donation is the myths and beliefs that the people have. Because of which there is hesitancy among people regarding organ donation. To convince the people regarding this is the major challenge.

Most of the people are still not aware of such practices, hence there is need to motivate people.

For the body donation, most of the times bodies are not reaching the hospital within stipulated time due to distance & non-availability of resources.