

HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter
www.astate.edu/conhp



Donor Day!

Introduction

This month there is a particular day that has to do with hearts, but it's probably not the heart you are thinking of! February 14 is Valentine's day AND National Donor Day! Organizations such as Donate Life America promote donor day to raise awareness about becoming an organ donor. Obviously, being an organ donor is a personal decision, and like all personal decisions, it's best to be informed before you make your choice. According to a survey from Donate Life, 95% of Americans are in favor of being an organ donor but only 58% are registered. The goal here is to inform everyone on who and how they would be helping by becoming a donor!



Who you'd be helping

Statistic: 113,000 people are waiting on a lifesaving transplant this very second; 22 people die every day waiting for that transplant. A single donor could save or improve the lives of 75 people waiting for a transplant. Organs can save up to 8 lives, corneas could restore sight to 2 people, tissue could enhance lives through bone donations to repair fractures and prevent amputations and skin donations to heal burn patients.

Who can be a donor

People with all different medical histories and ages should consider themselves as potential donors. Organ donors are patients who have been declared dead after having suffered an irreversible loss of all brain function. Any tissue type could be used to improve the lives of people on the

transplant list. It costs nothing to be a donor and it's often looked at as a final act of kindness.



KIDNEY DONATION STATISTICS

EVERY 10 MINUTES
ANOTHER PERSON IS



ADDED TO THE
NATIONAL TRANSPLANT
WAITING LIST

82%



OF PATIENTS WAITING
ARE IN NEED OF A
KIDNEY

A KIDNEY TRANSPLANT
IS USED TO TREAT
KIDNEY FAILURE

ALSO CALLED END-
STAGE RENAL DISEASE
(ESRD)

3 - 5 YEARS IS THE
AVERAGE



WAITING TIME FOR A
KIDNEY FROM A
DECEASED DONOR

WITH LIVING DONATION,
A PATIENT MAY BE ABLE
TO RECEIVE A
TRANSPLANT IN LESS
TIME



GENERALLY, LIVING
DONORS WILL HAVE A
FULL MEDICAL EXAM,
MUST BE AT LEAST

18

YEARS OLD, AND IN
GOOD PHYSICAL AND
MENTAL HEALTH

Myths Debunked

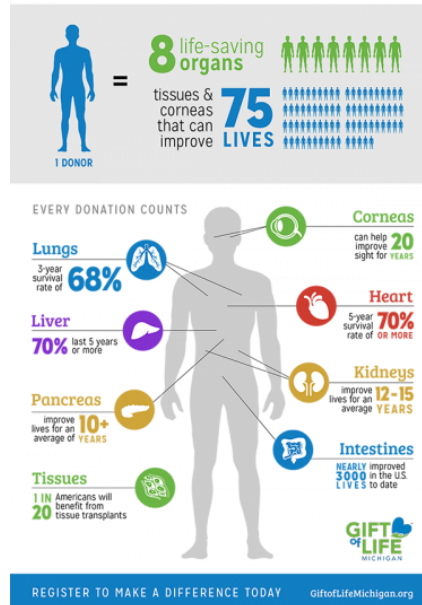
There are a couple of myths that may cause people to not want to become a donor. Some believe that the doctors will not do everything in their power to save them if they are an organ donor. However, healthcare teams are morally obligated to save a person's life and that is their first priority. Also, the healthcare professionals are not involved in the donation process, only the Donor program has access to whether you are registered as an organ and tissue donor. Being an organ donor doesn't interfere with funeral or burial arrangements. You may even still have an open casket viewing.

Can you do it?

Anyone can be an organ donor. Although anyone can match with anyone, it does increase probability of a match if the donor and the recipient are of the same ethnicity. So, it's important for people of all backgrounds to become donors. It's easier than ever to become a donor. Obviously, you can become a donor by selecting that while renewing your license. You may also go to the Donate Life website and register to become a donor.

What One Donor Can Do

MEASURING THE IMPACT OF ORGAN & TISSUE DONATION



Final Thoughts

Of the 113,000 patients waiting for transplants, two out of every three are over the age of 50, around 2000 are children under the age of 18 and over 67,000 are ethnic minorities. Only 35% of the deceased donors were ethnic minorities. Recall that 95% of Americans are in favor of being a donor, but only 58% are actually registered. These numbers prove that everyone needs to become more aware of organ donation and how it can positively impact lives. Luckily all it takes is a computer to register as a donor!

References

- <https://www.donatelife.net/#1464967577067-064b7162-f41e>
- <https://www.organdonor.gov>

Other News

Arkansas State will be hosting the Spring 2020 Social Work Conference on Friday, April 3, 2020 from 7:45 to 5:00 in the Student Union.

2020 Vision: "Social Work, Celebrating the Past and Looking Toward the Future"

Keynote Speakers: Dr. Lori Sirs and Matt Knight

Cost: Professionals- \$85 Faculty, Adjuncts, Field Supervisors- \$50 Students-\$25

Pay through A-State Marketplace Mall

**If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at hanrahan@astate.edu.

The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or hanrahan@astate.edu. Produced by Dalton Smith, graduate student in the College of Nursing and Health Professions, Physical Therapy Program.