

## Organ donation -The attitude of common man towards it – A questionnaire study

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### Abstract

In the past decade with the westernization of culture in the developing world there has been an upsurge of chronic diseases which affect the various organs that cause end stage organ disease necessitating replacement therapy.<sup>1</sup>

Keeping this in mind in order to lend a hand the general public to be responsive towards the growing needs of organ transplant and to generate a positive outlook on donation of organs and to get better information and to minimize the disbeliefs that are associated with it we decided to evaluate the awareness of the people towards organ donation and to educate them on the same along with removal of any myth and false beliefs that exists in the society with respect to donation of organs.

**Material and Methods:** The sources of data for the present study was those individuals who accompanied the patients who visited the urology and nephrology outpatient department at the prestigious Father Muller Medical College Hospital at Mangalore, Karnataka India For the purpose of analysis the study was a descriptive questionnaire survey type study.

**Results and observations:** The study was conducted at tertiary centre, hence demographic data may not represent the true sample of the population of the region. In the study we tried to evaluate the mind set of those participants who lived with those who had some or the other renal diseases that would need organ donation in some time of their life span.

In the present study we found that most of the patients thought that they needed to be vitamin supplements following donation of major organs like liver, kidneys, they also stated that they felt that following organ donation for transplantation one cannot lead a normal life and will need restraint of physical activities and diet .most patients were not aware of the laws on organ transplantation and that there exists a donor registry where one can register for organ donation .most patients were un willing to donate based on religious grounds that the soul to attain salvation needs the body to be disposed in Tota.

**Conclusion:** In the present study we concluded that in spite of adequate knowledge on organ donation and its need the social and religious beliefs do influence to a greater extent the willingness for organ donation.

**Keywords:** Chronic diseases, Organs transplant, Donation, End stage organ disease.

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### Introduction

In the past decade with the westernization of culture in the developing world there has been an upsurge of chronic diseases which affect the various organs that cause end stage organ disease necessitating replacement therapy.<sup>1</sup>

By the term organ donation we mean that a person referred to as the donor willingly allows any of his/her organs to be surgically removed, legally, either by approval whilst the donor is still living or following their death with the consent of the next legal heir.<sup>2</sup> Among the commonly performed organ donations are the renal, cardiac, hepatic, pancreas, intestinal, lungs, bones, bone marrow, skin and corneas.<sup>3</sup> While the concept regarding the donations of organ are positive among the population at large there exists a huge gap between the figures those who are waiting for an organ for donation and those who have willfully registered for the purpose of organ donations.<sup>4</sup>

When we look at the global perspective the accomplishment that is achieved in the field of transplantation of various organs as a final treatment modality in the management of is a notably outstanding one and have influenced the health care experts to look it as an broader perspective to foresee a wide variety of

fatal medical problems that could be managed very effectively through organ transplantation

As a medical professional it is our duty to create awareness on the topic of organ transplant in order to help to create a balance in health care, especially in an area like this where the demand exceeds the supply by several fold.

Keeping this in mind in order to lend a hand the general public to be responsive towards the growing needs of organ transplant and to generate a positive outlook on donation of organs and to get better information and to minimize the disbeliefs that are associated with it we decided to evaluate the awareness of the people towards organ donation and to educate them on the same along with removal of any myth and false beliefs that exists in the society with respect to donation of organs.

### Material and Methods

The sources of data for the present study was those individuals who accompanied the patients who visited the urology and nephrology outpatient department at the prestigious Father Muller Medical College Hospital at Mangalore, Karnataka India For the purpose of analysis the study was a descriptive survey type study. The study was started after we obtained clearance from

the institutions ethical clearance committee. The study subjects were chosen based on the method of convenient sampling. A written informed consent was taken from all those who were willing to participate in the study without any compulsion or monetary gain. The study had questionnaires in all vernacular languages namely Kannada, Hindi, Konkani, Malayalam, English. For those who could not read or write either because of handicap or low literacy levels, an interpreter most often the OPD nurse. We calculated a sample size of 74 that was derived by the formula:  $z\alpha/2 \times \sigma/d$

The inclusion criteria that was used was as follows:

1. Those who expressed free will to participate in the study
2. Those who were aged between 18 to 55 years
3. Those who were free from co morbidities like diabetes mellitus, hypertension, renal dysfunction, hypercholesterolemia and cardiac disease
4. Those with a compromised life span due to cancer, or immunocompromised states like hepatitis or HIV were excluded.

#### Exclusion Criteria

1. Those who had already donated organs or who had undergone ant sought of transplantation of organ.
2. Those who had co morbidities like diabetes mellitus, hypertension, renal dysfunction, hypercholesterolemia and cardiac disease.
3. Those who were on steroids for any cause.
4. Those who had those who had acute renal failure in the past.

#### Methodology

The data was collected following obtaining g the ethical clearance certificate from the institutions ethical clearance committee. The questionnaire that was planned was made available in the out patient department, the ESWL room, dialysis center and the urology wards of the hospital. The patients were asked to give their pinion s which were rated as follows: yes 2, no 0, equivocal 1.

Regarding the willingness to donate organs they were rated as follows:

1. Not willing or none ,
2. May be willing,
3. Willing now but at not sure when need arises,
4. Willing always,
5. May be willing if the only option,
6. Willing if the only family members or friends.

The finalized questionnaires were administered to the sample population after taking consent, explaining the objective of the study.

The collected data was then analyzed using descriptive statistics frequency and percentage data.

The questionnaire was as follows:

1. Do you know that organs can be donated: yes, no /unaware,

2. Are you aware that kidneys, bone marrow and liver can be transplanted when alive: yes, no / unaware
3. Are you aware that there are laws on transplantation that allow only related living donors, to donate: yes, no/unaware
4. Are you aware that anyone can donate irrespective of age: yes, no / unaware
5. Are you aware that after organ donation for transplantation you do not need to be medication of any sort: yes, no / unaware
6. Are you aware that after organ donation for transplantation you can lead a normal life: yes, no / unaware
7. Are you aware that anyone can donate organ for transplantation after death: yes, no / unaware
8. Are you aware that there exists a donor registry where you can register yourself for organ donation: yes, no / unaware

The least score was 0 and maximal score that could be obtained was 16

The score was rated as follow: yes -2 points, no / unaware - 0 points.

Poor for a score ranging between points 0-4

Average for a score ranging between points 5 - 9

Above average for a score ranging between 7-9 points

Good for a score ranging between 10 – 12 points

Excellent for a score ranging between 14 -16 points

#### Results and observations

In the present study we had studied 300 eligible subjects who mat the criteria during the study duration

1. Do you know that organs can be donated:  
yes – 270 participants (90%), no /unaware - 30 participants (10%),
2. Are you aware that kidneys, bone marrow and liver can be transplanted when alive:  
yes 240 (80%) participants, no / unaware - 60 participants (20%)
3. Are you aware that there are laws on transplantation that allow only related living donors, to donate:  
yes 180 (60%) participants , no /unaware-120 (40%) participants
4. Are you aware that anyone can donate irrespective of age:  
yes 100 (30%), no / unaware – 200 (70%)
5. Are you aware that after organ donation for transplantation you do not need to be medication of any sort: Yes - 60 participants (20%), no / unaware – 240 (80%) participants
6. Are you aware that after organ donation for transplantation you can lead a normal life:  
yes – 54 (18%), no / unaware – 246 (82%) participants
7. Are you aware that anyone can donate organ for transplantation after death:  
yes 279 (93%) participants, no / unaware-21(7%) participants

8. Are you aware that there exists a donor registry where you can register yourself for organ donation: yes 252 (84%) participants, no / unaware 48 (16%) participants

Regarding the willingness to donate organs they were rated as follows:

1. Not willing - 12 (4%) participants
2. May be willing, - 145(45%) participants
3. Willing now but at not sure when need arises - 102(34%) participants
4. Willing always 48(16%) participants
5. May be willing if the only option 3 (1%),
6. Willing if the only family members or friends (0).

### Discussion

The study was conducted at tertiary centre, hence demographic data may not represent the true sample of the population of the region. In the study we tried to evaluate the mind set of those participants who lived with those who had some or the other renal diseases that would need organ donation in some time of their life span.

In the present study we found that most of the patients thought that they needed to be vitamin supplements following donation of major organs like liver, kidneys. They also stated that they felt that following organ donation for transplantation one cannot lead a normal life and will need restraint of physical activities and diet. Most patients were not aware of the laws on organ transplantation and that there exists a donor registry where one can register for organ donation .most patients were unwilling to donate based on religious grounds that the soul to attain salvation needs the body to be disposed in Toto.

In a study that was done on the UG medical college students in 2012 they found a positive response to donate organs following death in spite of the age of the participants being of younger age.<sup>6</sup>

In another study they concluded that unwilling to donate organs were based on religious grounds which is similar tour study.<sup>7</sup>

### Conclusion

In the present study we concluded that in spite of adequate knowledge on organ donation and its need the social and religious beliefs do influence to a greater extent the willingness for organ donation.

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