

# ORGAN, TISSUE, AND EYE DONATION LESSON PLAN



This easy-to-use toolkit developed by Iowa Donor Network provides engaging activities for your students in any educational setting. Whether you prefer a digital platform, a single video, or printable activities we've got you covered with a quick menu of options to choose from.

Plan your session and customize your classroom experience to best meet the needs of your students!

## INTERACTIVE ACTIVITIES

### *DISCUSSION GUIDE / TIME: 15 MINUTES*

This discussion guide will spark conversation to help students learn, engage, and understand the organ, tissue, and eye donation process. It is important to have them engaged in these conversations to help them make an informed decision about being a registered donor. This activity can be done together as a class or students can be divided into groups of 2 or more to self-guide and ensure learning and participation.



## EDUCATIONAL MATERIAL

### *FACT SHEETS / TIME: 15 MINUTES*

Our series of fact sheets offers a quick way of learning and addresses the topics we know students are most curious about:

- Facts & Myths
- Common Questions
- Organ Donation
- Tissue Donation
- Eye Donation

You have the option of presenting these as printouts or a PowerPoint slideshow.

### *POP QUIZ / TIME: 5-10 MINUTES*

This quick, easy, and fun activity tests students' knowledge while teaching them more about organ, tissue, and eye donation. The quiz is on a printable worksheet. You can have students complete the quiz during a class session or ask them to test their knowledge as homework prior to a class discussion.



# ORGAN, TISSUE, AND EYE DONATION DISCUSSION GUIDE



As Iowa's sole organ procurement organization, we facilitate both organ and tissue recovery and serve as the state's primary contact for organ, tissue, and eye donation. The donation process begins with a conversation. Use this guide to facilitate a discussion to help students understand the organ, tissue, and eye donation process. *Discussion can be done together as a class, or you can divide students into smaller groups of 2 or more to self-guide and ensure learning and participation.*

## CONVERSATION STARTERS

Use the following questions and prompts to spark conversation and guide the discussion.

- What do you know about organ, tissue, and eye donation?
- What is the first question that comes to mind when you hear organ, tissue, and eye donation?
- What do you think are the biggest reservations people have about registering as a donor?
- Do you know anyone who has donated organs and/or tissues?
- Do you know anyone who has received a life-saving transplant?
- Where can you register as a donor?



## Q & A SESSION

You can expand the discussion into a more specific Q & A session with your class. Ask your students the following frequently asked questions. After they share their responses, provide them with the correct answers. If the class is working in small groups, select a group leader to ask the questions and provide the answers.

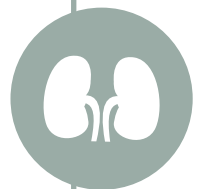


## WHICH PARTS OF THE BODY CAN BE DONATED?

ORGANS: Kidneys (2) • Liver • Lungs (2) • Heart • Pancreas • Intestines

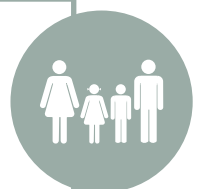
TISSUES: Bone Tissue • Heart Valves • Veins • Skin Tissue • Connective Tissue

EYES: Cornea



## HOW MANY PEOPLE ARE WAITING FOR A TRANSPLANT IN THE U.S.?

Nationwide, there are over 100,000 people waiting for a life-saving transplant; more than 600 of those people are right here in Iowa.





## HOW MUCH DO YOU KNOW ABOUT DONATION?

1

One person can potentially save and heal how many lives through organ, eye and tissue donation?

- A. 1
- B. 12
- C. 37
- D. 75+



2

How old was the oldest organ donor ever?

- A. 62
- B. 70
- C. 84
- D. 95



3

If you have a health condition, can you still become a donor?

- A. Yes
- B. No



4

Which major religions in the U.S. support donation?

- A. Judaism
- B. Christianity
- C. Islam
- D. Hinduism
- E. All of the above



5

Out of all the people who have checked the box and registered as an organ donor, how many actually qualify to become an organ donor after passing away?

- A. 1%
- B. 12%
- C. 53%
- D. 79%



6

What specific circumstances must occur for a person to become eligible to be an organ donor?

- A. Pass away in a hospital
- B. Pass away on ventilated support
- C. Experienced brain death or non-survivable injury
- D. All of the above



7

Are donors matched by race or ethnicity?

- A. Yes
- B. No



8

How can you register to be an organ, eye and tissue donor?

- A. At my local driver's license office
- B. Online at IowaDonorNetwork.org
- C. In your iPhone Health App
- D. By mail
- E. All of the above



# POP QUIZ: ANSWER SHEET



Correct answers are bolded and highlighted

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# ORGAN, TISSUE, AND EYE DONATION DISCUSSION GUIDE



## WHO CAN REGISTER TO DONATE?

Every individual has the right to sign up to donate their organs, eyes, and tissues at the time of their death. Your health, religion, race and age will not disqualify you.



## IF YOU HAVE A HEALTH CONDITION, CAN YOU REGISTER AS A DONOR?

All medical conditions are considered at the time of death, but most health conditions do not prevent donation. Medical advances now allow people with chronic conditions, cancer, HIV, and hepatitis to donate safely. Many times people rule themselves out because of health conditions even though they can still donate and help others. Your local organ procurement organization takes many steps to ensure only people who absolutely qualify can be considered for donation.



## WHAT DOES JOINING THE DONOR REGISTRY MEAN?

When you register as an organ, eye, and tissue donor, you are making a legal decision\* that will be honored after your death. It's important to talk with your family so they can be aware and prepared to honor your decision.

\* Legal decision for individuals 18 and up



## WHAT DOES MY RELIGION SAY ABOUT DONATION?

Your religious and spiritual beliefs will be respected, and your decision will be honored. In general, all major religions in the United States support organ, tissue, and eye donation and consider it a generous act of caring.



## IS THERE A COST ASSOCIATED WITH DONATION?

There is no cost to your family or loved ones.



# ORGAN, TISSUE, AND EYE DONATION DISCUSSION GUIDE



## HOW DOES THE WAITING LIST WORK?

When it comes to waiting for a transplant, we are all created equal. Wealthy or famous individuals do not get bumped up higher on the national transplant waiting list.

These factors are used to determine the best candidate for an available organ:

Blood type • Body size • Severity of patient's medical condition

The patient's waiting time • Distance between the donor's hospital and the patient's hospital

Whether the patient is healthy enough for surgery



## HOW MANY PEOPLE CAN A SINGLE DONOR HELP HEAL AND SAVE?

One person can potentially save and heal more than 75 lives through organ, tissue, and eye donation. In some cases, tissue donation can increase this number significantly.



## WHAT IF MY FAMILY DOESN'T AGREE WITH DONATION?

Donor designation is a legal and binding decision for ages 18 and over. Legal guardians and parents of minors have the right to refuse donation even if a person under the age of 18 is a registered donor.



## WHAT IF I DON'T REGISTER AS A DONOR?

If you don't decide prior to your death whether or not you want to become an organ, tissue, and eye donor, your loved ones will have the opportunity to make that decision on your behalf. Therefore, it is incredibly important to register and share your decision with your loved ones.



## WHAT IF MY FAMILY WANTS AN OPEN CASKET?

Organ, tissue, and eye donors are heroes and are treated as such. The medical professionals who perform the recovery surgeries treat donors with the utmost respect, just like they would for any other patient. If you and your family are planning on an open casket funeral or viewing, these plans should not be affected by donation.

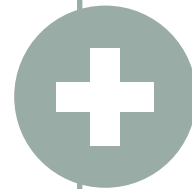


# ORGAN, TISSUE, AND EYE DONATION DISCUSSION GUIDE



## IS SAVING MY LIFE A PRIORITY EVEN IF I'M A REGISTERED DONOR?

Yes. If you are taken to the hospital after an accident or injury, it is the hospital's number one priority to save your life. Your status as a donor is not considered until every effort has been made to try to save your life. To be considered for donation, a patient must be on a ventilator and either declared brain dead or suffer cardiac death.



## HOW DO I REGISTER AS A DONOR?

You can register as a donor online at [iowadonornetwork.org](http://iowadonornetwork.org), by mail, at the DMV when you get your permit or driver's license, when getting your hunting, fishing, or trapping license, or even through the iPhone Health app.



## SHARE YOUR THOUGHTS

To wrap up the discussion, pose the following questions for your students to share what they learned:

- What surprised you most about what we just learned?
- Is there any information that you still would like to receive to make a more informed decision?



## NEED MORE INFORMATION OR WANT TO HOST A SPEAKER?

If you have any questions, need more information to guide an engaging discussion, or would like to request a speaker for your class, please feel free to contact us by email at [contact@iadn.org](mailto:contact@iadn.org)



# ORGAN, TISSUE, AND EYE DONATION LESSON PLAN



## VIDEOS

### ***ORGAN DONATION OVERVIEW / TIME: 3 MINUTES***

This informational, animated video provides students with a quick introduction to the basics and importance of organ donation. After watching, ask your students to discuss the following:

- What did you learn about the organ donation process?
- How is an organ recipient's life impacted after transplant?
- Did this influence you to register as a donor?

### ***TISSUE & EYE DONATION OVERVIEW / TIME: 2 MINUTES***

This informational, animated video provides students with a quick introduction to the basics and importance of tissue and eye donation. After watching, ask your students to discuss the following:

- Name two athletes or people you know who have undergone ACL surgery – benefitting from tissue donation.
- What did you learn about tissue and eye donation?
- Did this influence you to register as a donor?

### ***GIL'S STORY / TIME: 4.5 MINUTES***

This inspiring story offers an insightful and relatable perspective on the impact of donation. Gil made the decision to register as a donor on his driver's license. His gifts of tissue and eye donation following his death helped many others. After watching, ask your students the following questions:

- What inspired you the most?
- What part of Gil's story resonates with you, urging you to take action and register to be a donor?

### ***CHLOE'S STORY / TIME: 6 MINUTES***

This insightful story from Chloe, a high school senior and Transplant Games athlete, offers an engaging perspective from someone who has received a life-saving organ. After watching, ask your students the following questions:

- What inspired you the most?
- What part of Chloe's story resonates with you, urging you to take action and register to be a donor?

### ***COMPREHENSIVE COMPILATION / TIME: 15.5 MINUTES***

This comprehensive video includes a compilation of all our video content conveniently collected in one place so you can watch it all without taking breaks.



## HAVE QUESTIONS OR NEED ASSISTANCE?

If you have any questions or need assistance while planning your curriculum, please feel free to contact us. We can help provide you with printouts or any other materials you may need - free of charge.

Email us at [contact@iaden.org](mailto:contact@iaden.org)





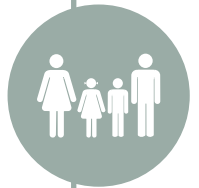
# ORGAN, EYE, AND TISSUE DONATION FACTS



When it comes to organ, eye and tissue donation, there are many commonly asked questions. Get the answers below!

## ANYONE OF ANY AGE, REGARDLESS OF MEDICAL HISTORY, CAN DONATE LIFE

Anyone can be considered for organ and/or tissue donation, regardless of age or medical history. The oldest recorded organ donor in the U.S. was 95 and many people over the age of 100 have donated tissue. Even those with diabetes, HIV, and hepatitis become donors. Never rule yourself out because of age or medical history.



## DONOR REGISTRATION IS LEGALLY BINDING

Registering as an organ, eye, and tissue donor is a legally binding document of gift for anyone over the age of 18 that can't be revoked and does not require the authorization of any other person. If a person is not a registered donor prior to death their legal next-of-kin will have the opportunity to authorize donation on behalf of their loved one. We highly encourage people to talk to their families about their donation decision.



## THERE IS NO COST FOR DONATION

There is no cost to the donor or their family for organ, eye, and tissue donation. The Organ Procurement Organization (OPO) covers all charges related to organ and tissue recovery.



## DONOR REGISTRATION DOESN'T IMPACT MEDICAL CARE

Hospital and emergency personnel are only concerned with saving your life. They do not have access to the confidential donor registry database to even check for donor registration, nor do they make any determination as to whether someone is able to donate. The OPO assesses for donation suitability only after all life-saving measures and treatments have been given and there is no chance for survival.



## ONE DONOR CAN SAVE & HEAL MANY LIVES

A single organ donor can save up to 8 people and a single tissue donor can heal 50-300 people. Register to save lives at [IowaDonorNetwork.org](http://IowaDonorNetwork.org).

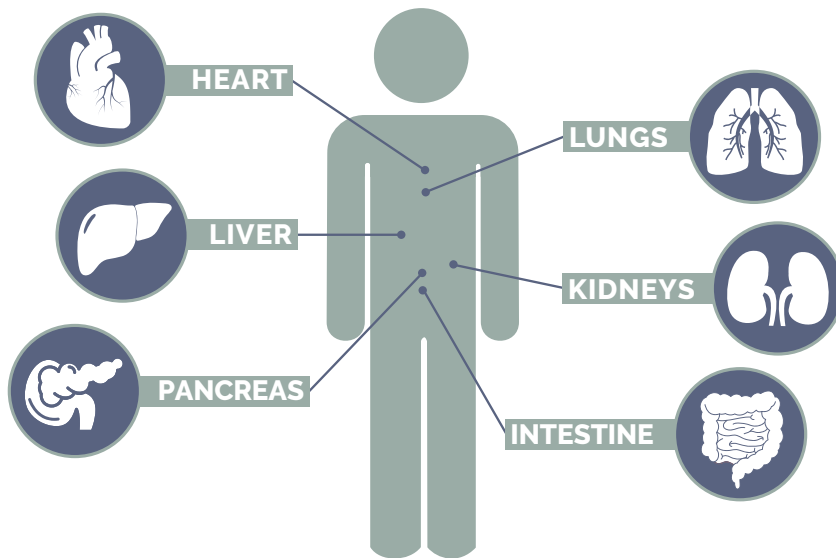


# FACT SHEET: ORGAN DONATION



Organ donation is a selfless decision to share the gift of life. Read below to learn more about this incredible life-saving process!

## WHAT ORGANS CAN BE DONATED?



## LIVING VS DECEASED DONATION

When you register to be an organ, eye and tissue donor you are only agreeing to donate your organs and tissues after death. Another form of donation, known as living donation, allows people to donate certain organs while they are still alive. The most common organ donated via living donation is the kidney. To volunteer as a living donor, people must contact a transplant center.

## ORGAN DONATION BY THE NUMBERS



**100,000+**

PEOPLE IN THE U.S. ARE WAITING FOR LIFE-SAVING ORGAN TRANSPLANTS

**21,000**

BECOME LIVING OR DECEASED ORGAN DONORS EVERY YEAR IN THE U.S.



**600**

PEOPLE IN IOWA ARE IN NEED OF LIFE-SAVING ORGAN TRANSPLANTS

**17**

PEOPLE DIE EVERY DAY ON AVERAGE WHILE WAITING FOR A TRANSPLANT MATCH

**8**

LIVES CAN BE SAVED BY A SINGLE ORGAN DONOR



**3 MINUTES**

IS THE AVERAGE TIME IT TAKES TO REGISTER ONLINE TO BECOME AN ORGAN DONOR

# FACT SHEET: TISSUE DONATION



Tissue donations save and dramatically improve the quality of life for people who receive them. Read below to learn more about the incredibly healing gift of tissue.

## WHAT TISSUE CAN BE DONATED?

**BONE TISSUE:** hip, leg or rib tissue for orthopedic and reconstructive treatments

**HEART VALVES:** to repair defective valves and improve heart function

**BLOOD VESSELS:** to restore blood flow; often used for heart bypass, to make continued kidney dialysis possible, to re-establish circulation in a diabetic's limb and to repair aneurysms

**SKIN TISSUE:** for burn patients, trauma, reconstruction and wound-care treatments

**CONNECTIVE TISSUE:** ligaments or tendons to increase or restore mobility



## HOW DOES TISSUE DONATION HELP?

Bone, connective tissues, Heart valves and skin can be utilized for many lifesaving and life enhancing surgeries. Skin can cover burns to prevent infections. Veins and heart valves restore lifesaving circulation to organs and tissues. Tendons and cartilage restore life enhancing mobility to recipients that have suffered life changing injuries.



### TISSUE DONATION BY THE NUMBERS



**2,500,000**

PEOPLE BENEFIT FROM TISSUE  
TRANSPLANTS ANNUALLY IN THE U.S.

**1,000**

PEOPLE ON AVERAGE  
BECOME TISSUE DONORS  
EVERY YEAR IN IOWA

**75**

IS THE AVERAGE NUMBER OF PEOPLE  
A SINGLE TISSUE DONOR CAN HEAL



**24 HOURS**

AFTER DEATH IS THE MAXIMUM  
AMOUNT OF TIME BEFORE TISSUE  
RECOVERY CAN TAKE PLACE

**5**

YEARS IS HOW LONG TISSUE CAN  
BE STORED PRIOR TO USE ONCE THEY  
ARE RECOVERED AND PROCESSED

# FACT SHEET: EYE DONATION



Did you know that eye donation is actually the most common of all donations? Read below to learn more about the incredible gift of sight!

## WHO CAN BECOME AN EYE DONOR?

Your health history may not prevent eye donation. People of all medical histories should consider themselves as potential eye donors. Those with LASIK surgery, poor eyesight, chronic illness and most cancers can still be potential eye donors.

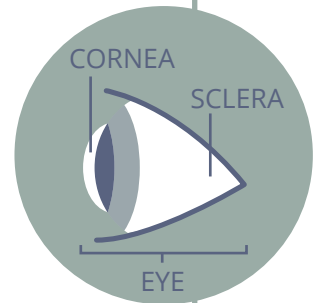


## WHICH PARTS OF THE EYE CAN BE DONATED?

**CORNEA:** The cornea is the clear, dome-like window covering the front of the eye that allows the light to pass through to the retina, and enables us to see. A corneal transplant is a surgical procedure that replaces part of a person's cornea with corneal tissue from a donor. Cornea donation is necessary for the preservation and restoration of sight.

**SCLERA:** While the cornea is the only part of the eye regularly transplanted, the sclera (white of the eye) can also be used in some surgeries to repair disease or trauma to the eye.


**EYE:** The entire eye can be used for education and medical research.



### EYE DONATION BY THE NUMBERS

**2,000,000**  
SINCE 1961, OVER 2 MILLION  
PEOPLE HAVE HAD THEIR  
EYESIGHT RESTORED  
THROUGH CORNEAL  
TRANSPLANTS

**85,000**  
MORE THAN 85,000  
PEOPLE WORLDWIDE  
RECEIVE CORNEAL  
TRANSPLANTS EACH YEAR

  
**70,000**  
OVER 70,000 PEOPLE  
DONATE THEIR  
EYES EACH YEAR

**10**  
ONE EYE DONOR ALONE  
CAN HELP HEAL UP TO  
10 PEOPLE THROUGH THE  
CORNEA AND SCLERA



**8**  
THE SCLERA CAN BE DIVIDED  
INTO EIGHT PARTS AND  
USED TO REPAIR DISEASE  
OR TRAUMA TO THE EYE

  
**7 MINUTES**  
EVERY SEVEN MINUTES  
SOMEONE RECEIVES  
A CORNEAL TRANSPLANT

**2**  
ONE PERSON'S CORNEAS  
CAN BE TRANSPLANTED  
INTO TWO DIFFERENT  
PEOPLE