

If it has not been done yet, it is up to the relatives to decide on their willingness to donate. For this reason, it is important to dedicate some time to decide if you want to be a donor and share your willingness with your family and friends. Thus, if the case arises, they will not have to decide for you and it will only be necessary for them to communicate your wish to the hospital staff.

When can the donation take place? The priority is, above all, saving the person's life.

The medical team will always do everything possible to save your life or the life of your loved one.

If, unfortunately, all efforts to save this life have been unsuccessful, organ and tissue donation is initiated when:

- / the person's death has been certified;
- / medical counterindications have been ruled out;
- / the deceased's family has signed the consent to the donation by representation;
- / if there are no legal issues preventing the donation.

Respect
Organ and tissue donation does not disfigure the body and it is treated with the maximum respect.

The extraction of the organs from the donor's body is performed with the utmost care and respect. The family can see the body after the intervention and initiate the actions of their funeral rite.

How to become a donor?
Becoming a donor is as simple as making the decision and communicating it to your family and friends.



When a person considers the possibility of becoming a donor and decides to donate their organs and tissues to be transplanted to help other people, the first and most important thing to do is **communicate their decision to family and friends**. If the case arises, they will be the first to be consulted about the possibility of donation, trusting that the donor's wishes will be respected.

In addition, if you want to demonstrate your willingness to become a donor, you can also:

- / Fill out the donor ID card.
- / Write the advance healthcare directive.
- / Enable the donation checkbox in the section of wills and donations of La Meva Salut (<https://lamevasalut.gencat.cat>), which is also recorded in the shared clinical history and is visible to health professionals.

These three options help to testify to the decision taken.

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ORGAN AND TISSUE DONATION



Guide to organ and tissue donation and **Christianity**

Donation is a gift of life for someone who is waiting for a transplant.

Donation is a voluntary, altruistic, solidary, generous, confidential, free and not-for-profit act which is guaranteed by the law. It is one of the most wonderful gestures that a human can do for others.

The cadaveric donor is one in which the donation occurs after encephalic (brain) death or asystole (cardiac) death, mainly caused by stroke, severe trauma, cerebral anoxia or cardiac arrest.

The organs that can be donated include the kidneys, liver, heart, lungs, pancreas, and intestine. The tissues such as the skin, bones, tendons, heart valves, and corneas can also be transplanted.

Living donors are relatives or very close people to the recipient who voluntarily decide to donate an organ (a kidney) or a part of it (a lobe of the liver). Tissues or cells such as bone marrow can also be donated while alive.

Why is it important to think about organ and tissue donation? A single donor can save the lives of eight people!

All the patients who die at a hospital can be potential organ and tissue donors if they do not present, a priori, medical counterindications to become one. In these cases, the transplant coordinators ask the deceased relatives if they had expressed their willingness to be a donor during their lifetime.

Christinity in Catalonia

Christianity is the majority religion of Catalans: more than 60% of the population identifies as Christian. However, there is a great diversity of churches. In addition to the Catholic Church—clearly the majority in our country—Christians are grouped around other denominations such as evangelical churches and Orthodox churches, among others.

The belief in Jesus Christ as the son of God and the guidance of the Bible is common to all churches, but on the other hand, they diverge when it comes to recognising authority figures or taking a position on certain doctrinal issues.

Donation from the Christian perspective

Christianity focuses on love for others as an essential principle of behaviour. This has led several churches to issue explicit statements in favour of organ donation, as long as the donor or their family has not shown their explicit rejection to the donation. Likewise, there is no precept that prevents the reception of organs.

Similarly, in the sacred texts, there are many references to the importance of the generosity and detachment of every Christian as a sign of love for God.

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What do the sacred texts say?

“Love others as yourself” (Mark 12:13)

“Where, then, is your blessing of me now? I can testify that, if possible, you would have gouged out your eyes and given them to me.” (Galatians 4:15)

“Doing good leads to life; to do evil, to death.” (Proverbs 11:19)

“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” (Luke 6:38)

“Each one must give as they have decided in their heart, not grudgingly or under compulsion, for God loves a cheerful giver.” (2 Corinthians 9:7)

Positioning of the Church

“Organ transplant is in accordance with the moral law if the damage and the physical and psychological risks suffered by the donor are proportional to the good that is sought for the recipient.

Organ donation after death is a noble and meritorious act, which should be encouraged as an expression of generous solidarity. It is morally inadmissible if the donor or their legitimate claimants have not given their explicit consent. [...].” (Catechism of the Catholic Church, 2296)