

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.

These three options help to testify to the decision taken.

Contact



061 Salut Respon



ocatt@catsalut.cat

More information



trasplantaments.gencat.cat

Setembre 2022. © Generalitat de Catalunya. Departament de Salut. DL B 13817-2017



ORGAN AND TISSUE DONATION



Guide to organ and tissue donation and **Buddhism**

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.

Buddhism in Catalonia

Around 1.3% of the Catalan population identifies itself as a follower of Buddhism. Although some of the Catalan Buddhists have origins in Eastern countries, most of them are autochthonous.

Buddhism can be classified into three main currents called Hinayana, Mahayana and Vajrayana, with different methodologies to reach enlightenment. In Catalonia, the Mahayana (with Zen Buddhism, Pure Land, Nichiren, etc.) and Vajrayana (with Tibetan Buddhism) schools predominate.

The different Buddhist schools and subschools have their own spiritual hierarchies and, therefore, there is no single spiritual authority figure recognised by all Buddhists in the world, but they all share the essence of Buddhism even though there may be cultural differences.

Donation from the Buddhist perspective

Buddhism - especially that related to the Mahayana tradition - places compassion at the centre of its doctrinal vision, which implies, on one hand, the capacity to feel the suffering of others as if it were one's own, and then act or take an action together, and on the other hand, "giving joy by eliminating suffering", a common expression of the Buddhist philosophy. Likewise, there is no precept against receiving organs.

There is no doctrine regarding organ donation and full freedom of conscience is left to make the decision.

In any case, some prominent Buddhist leaders have taken a position in favour of organ donation.

It should also be noted that there is practically absolute consensus on the non-existence of any religious impediment when it comes to receiving organs.

What do the sacred texts say?

"Practice perseverance in every moment, feel compassion for every being and make your best effort" (Lotus Sutra, chapter 14)

"Spread unlimited love to the whole world, above and below, without obstacles, without will, without enmity."

"Teach this threefold truth to everyone: a generous heart, a kind word and a life of service and compassion are the things that renew humanity."

"Have compassion for all beings, rich and poor alike; everyone has their own suffering."

Buddhism – especially that related to the Mahayana tradition – places compassion at the centre of its doctrinal vision.

Dedication to the happiness of oneself and others is essential. This Buddhist practice is the most direct path to manifest enlightenment.