

## Blood and organ donation: How one person can help save lives

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### ABSTRACT

The project "Blood and organ donation: how a person can help save lives" was developed in the discipline of Extension Activities – Integration of Skills to Transform the Self. The project included the observation of an upper-middle-class community, research, problematization, identification of causes, production of material and holding a lecture. The objective was to promote the increase of blood and organ donations through awareness. The initiative addressed the need for blood replacement in blood banks and the lack of information that results in the loss of organs for transplantation, highlighting that many families refuse to donate organs from potential donors due to misinformation.

**Keywords:** Blood donation, Organ donation, Awareness.

### INTRODUCTION

The Project, Blood and Organ Donation: How a Person Can Help Save Lives, was developed in the discipline of Extension Activities – **Integration of Skills to Transform the Self**.

During the realization of the project, Blood and organ donation: how one person can help save lives,

The following were carried out: observation of an upper-middle-class community, a survey, a problematization, identification of the main cause of the problem, production of material and holding a lecture.

The action was to promote an increase in blood and organ donations through people's awareness.

The activity carried out aimed at the need to replace blood in the Blood Bank Centers and their branches. The number of monthly donations fluctuates during the year, which leads to periods of shortage of blood components, which ends up compromising the treatment of patients. In the case of organ and tissue transplants, misinformation leads to organ loss. Many families refuse to donate organs from family members who are potential donors.

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## **OBJECTIVE**

### **GENERAL OBJECTIVE**

The general objective of the activity was to provide a moment of awareness for people through education about the importance of blood and organ donation.

### **SPECIFIC OBJECTIVES**

To offer information of technical and human knowledge for the recruitment of blood and organ donors, in order to maintain blood stocks, in hospitals in the city at a safe level to meet the needs of blood transfusions and the supply of organs and tissues for transplants.

## **METHODOLOGY**

Over the course of three weeks, a face-to-face survey was carried out with people who live and work in the Jd. Esplanada II neighborhood in São José dos Campos, SP. In this research, people's concern was identified about the possible need for health treatments with the performance of organ transplants and the use of blood components in the treatment of diseases. In view of this concern of the community, I understood the need to inform and share information relevant to the themes, blood and organ donation, because the number of organ donations is low and the stocks of blood components fluctuate a lot throughout the year, which generates periods of low stocks, leaving blood banks and hospitals on alert.

To reduce the lack of information on blood and organ donation, a material with information on blood and organ donation, blood transfusions and transplants was produced in three weeks. This material was made available to the community online, for quick consultation and research. In this material it is possible to find the basic requirements for blood donation, how a donor can help more than one person through blood donation, how to express the will to be an organ donor, in case of a deceased donor, how the family should proceed to make the donation, in case of a living donor how the person should proceed to be a donor and statistical data on organ donation and transplants performed in Brazil.

With the objective of creating multiplying agents, in the final stage of the project, a lecture was given to the public of the training course for religious leaders, with certification of the participants. The participants, now multiplier agents, are ready to disseminate basic information about blood and organ donation to members of the neighborhood and municipal community.

## DEVELOPMENT

Initially, a survey was carried out on the needs of the community. In this research, the lack of information on blood and organ donation was identified. Despite observing an improvement in the number of potential donors and transplants performed, the numbers of blood and organ donations are still small, and one of the causes in the community is the lack of information about the act of donating blood and organs. After a bibliographic survey and statistical analysis, an informative material was produced and a lecture was planned. The lecture took place on May 13, 2024 at the headquarters of the National Church of the Lord Jesus Christ in the city of São José dos Campos, SP. The audience reached were the students of the religious leaders training course. The lecture given and the digital material were made available in the institution's media.

## FINAL CONSIDERATIONS

### DISCUSSION AND RESULTS ACHIEVED

My work in this community began with a field research on issues that concern people in relation to health and well-being, the second moment was the preparation and production of an informative material with answers to the main questions of the community about blood and organ donation and I ended by giving a lecture based on the material produced and shared.

With this activity I reflected a lot on love. I used this word because I believe it synthesizes several forms of good feelings. During the activity, reading the book "What I Think of Life, the World and God" written by Father Mario Bonatti, I learned about the way the author divides love in a basic way. The author divides love into three basic forms: erotic love, agape love, and giving love. In the introduction to his book, in an excerpt entitled "*There is a strength and a charm in love*", he said: "*In its most beautiful form, love that is self-giving, also allows the approximation of the notion of God that, in Christianity, is defined as God*".

I am very aware of how hard it is to acquire knowledge and how difficult it is to develop wisdom. Because of this awareness, I am sure that, in addition to having knowledge, I need to know what to do with it, because what is the point of having so much knowledge if it is not useful to humanity. By joining the knowledge of biomedical science with that of theology, it was possible to develop a work with technical and human content that produced, in me and in the community, a movement of appreciation of life and love for others. I am watching the community move and act in order to multiply information and, in a discreet way, donate blood and express their intentions to be organ donors.

## RESULTS

**Cristiana F.C.:** Today, I had the opportunity to reflect a lot on a topic with immeasurable relevance: organ donation. If, before, I would like to be a donor, after today, I ratified that desire even more! Thank you, Dr. Nevicthon, for the sharing time! It was enriching!

**Maria de Fátima S.:** I reflected on the experiences he had with God to be able to survive and today be on mission, witnessing this great miracle that God granted him: a new opportunity to live a new life. Gratitude for this testimony that built me up.

**Vera M.:** I really enjoyed the presentation. As Christians, I see organ donation as a way to continue honoring God, serving others even in our death. How beautiful to see the hand of God bringing life into existence, even though there is apparently no hope. This God of ours is really the God of the impossible. I remembered the January 1st devotional. We have access to God's storehouse of new parts of our body. It could be by a miracle or it could be by a transplant.

**Pedro H. S.:** I think it's amazing how the intelligence that God gave us allowed us to create the procedure of transplanting organs!

Listening to someone who had a real experience, went through all the stages and survived makes me value everything I have... My family, friends, salvation, health... and have joy in living

And if one day there is a time to donate my organs, it is our duty to let that joy continue in other people

**Rebecca M.:** I was impacted by the speaker's testimony!

I found the subject extremely relevant and really very little addressed. It made me reflect on the topic, on its importance within our society and how we need to pass this information on. May we cherish moments like the one we had tonight!

**Sônia Arruda:** I really enjoyed the enlightening lecture, and listening to the wonderful testimony and once again being sure that God takes care of his own and God's purpose with each one. May God continue to give him grace to speak and tell what God did in his life and that through him God can save many lives and enlighten many about organ donation. God continue to bless his life

**Leonardo K. S. T.:** For me it was a moment of learning, awareness and appreciation of life. I found something really necessary to be shared and that really deserves more emphasis and prominence in society.

But for me what struck me the most was seeing Tony giving this testimony.

Tony was my teacher at Poliedro in 2014, exactly 10 years ago, he taught the evolutionary biology grid. An area of biology where it explains everything but the existence of God. And to see him today talking about all that, the beautiful experience, the miracle so supernatural that he experienced. This marked me a lot, and made me reflect a lot on our mission to preach the gospel. I would never imagine that someone like Tony that I knew in 2014 would go through all this and today would be talking about the love and miracle that Jesus did in his life.

It was beautiful to see the new Tony, physically healed and willing to be a new man with Jesus!

**Ana Cristina Rodrigues:** Information and awareness can change a person, a family, a group, a society... And why not the world?

As a child I hardly remember conversations or dissemination on the subject. My father donated blood sporadically when an acquaintance needed a donation and it was necessary to replace it. As a teenager I became more familiar with the subject and became a donor in adulthood. My husband is also a donor and our example influences our youngest who also wants to be.

An example, an influence, a testimony can be what will trigger multiplication... Imagine then how the project presented by Mr. Nevicthon can bless so many people. An action can be the miracle that someone is waiting for.

Christ came to give us life and life in abundance. We have the DNA of Christ and we can give life! We can be the miracle used by the hands of God!

**Adilson F. Chieffi:** First, Mr. Nevicthon, gratitude for your willingness to share with us not only your knowledge, but, primarily, your testimony of overcoming, strength and faith. It is prudent to state that organ donation is an extremely noble and supportive initiative and that it can save countless lives.

Therefore, it is necessary that other people have the opportunity to know the true secret of loving one's neighbor.

Law 9.434/1997 provides legal protection, in addition to the right to life, which is one of the fundamental principles established in the CF (Federal Constitution of 1988).

On the other hand, it is worth remembering that there are bills pending in the Federal Senate, with the objective of encouraging organ donation.

An example is Law No. 14,722/2023, which deals with encouraging and raising awareness on the subject.

May this initiative of awareness and continuity reach countless other families in our city and in the others, and why not, Brazil.

The struggle is great; however, God is at the forefront of this path.

**Rita de C.:** The awareness of giving, as done yesterday by Tony, not only sensitizes us by the impactful testimony, but also leads us to reflect on the importance of giving not only in our life, but also in our death, understanding that just as Jesus loved us and gave Himself for us giving His life for the love of many, He gives us the opportunity to be "like" Him, in the donation of part of what we are.

**Luciana G.:** How wonderful to be able to have the awareness to give and be brought to that reflection again last night.

The word given by Mr. Nevicthon about organ donation was extremely enlightening and impactful. He addressed not only the importance of the act of giving, which is an act of love. But it also demystified several concerns that people usually have about the subject. Sharing your experience raises awareness and reinforces the importance of the topic. I thank you immensely for the awakening on such an important topic.

**Maria de Fátima S.:** I also add, in my understanding of this brother, how he was a warrior, fighting for life, with several infections, rehospitalizations, months in the ICU. Very resilient; he is worthy of honor and praise to God, who fought so hard to save and rescue his life.

## SELF-ASSESSMENT

Undoubtedly, the university extension activity was what added the most to the importance of the work developed by the Theologian in the community, in my academic training process. It was very pleasant to do this activity, especially when I finished with the lecture, the face-to-face contact with people was very gratifying because observing the reaction of the listeners to the topics covered was a fantastic experience.

It took a long time to find a partner institution to carry out the activity. There is resistance on the part of religious and school institutions to open the doors to the development of extra activities. There were months of searches, presentations, meetings with priests, pastors and school coordinators. Only in the last attempt to achieve a partnership did I succeed. I understand the justifications given for the refusals, I just don't agree with the lack of interest in receiving volunteer work within the institutions.

Academically, I would like to continue with this project in a scientific initiation and who knows how to take it to a postgraduate course. I hope to have the opportunity to take this path in my academic life.

## REFERENCES

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