

# INDIAN TRANSPLANT NEWSLETTER

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MOHAN FOUNDATION

MULTI ORGAN HARVESTING AID NETWORK

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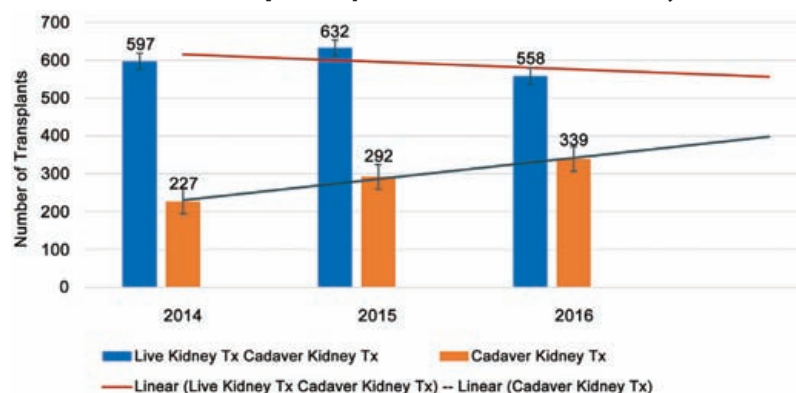
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**Editorial Desk****Impact of Deceased Donation in Tamil Nadu – The Tide is Changing**

The recent analysis of the figures from the transplant registry and its annual report shows an interesting trend in Tamil Nadu. Over the last five years there has been a four-fold increase in the deceased donors in India and it has risen from a donation rate of 0.16 per million population in 2012 to 0.8 per million population in 2016. Over the last three years what we have seen is that the living donor kidney transplantation in Tamil Nadu has plateaued whereas the deceased donation kidney transplantation numbers are rising slowly every year as shown in the figure. The graph below very clearly shows this trend as the gap between the two types of transplants is narrowing. What this means is if this current trend continues, in the next three years the deceased donation numbers will cross the living donations.

Tamil Nadu has maintained its lead position in terms of the number of deceased donor transplants in India since 1995 when the transplant law was first passed in the state and it accepted brain stem death for organ donation. In the last three years it has officially received awards for the best state in deceased donation from NOTTO (National Organ and Tissue Transplant Organization) during the annual celebration of organ donation day at Delhi as it has had the highest number of deceased organ donors as shown in the table. The increasing number of deceased donors has meant a rise in the number of patients benefitting from such transplants. Hospitals that do not generate their own deceased donors too have benefitted from the 'common pool' waiting list for kidneys.

**Live vs Deceased Kidney Transplantation in Tamil Nadu (2014 to 2016)****Deceased Donors in Tamil Nadu (2012 to 2016)**

Year	Deceased Donors from Tamil Nadu	Deceased Donors from Out of State	Total
2012	83	0	83
2013	130	1	131
2014	134	2	136
2015	155	20	175
2016	185	24	209

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### Hope for Kidney Failure Patients in Two Years with the World's First Bionic Kidney

In a couple of years, failed kidneys can be replaced by bionic ones. Dr. Shuvo Roy from the University of California, San Francisco and Dr. William H. Fissel from Vanderbilt University Medical Center have invented the world's first bionic kidney.

It is said that in two years' time this bionic kidney will replace dialysis. It would have zero rejection factor, low risk of infection, no immunosuppressants, increased mobility, cost saving, and the benefit of just a single surgery for lifelong blood connection with the device. It would be the size of a coffee cup which consists of numerous microchips that would be regulated by the heart. The procedure for it to be placed inside the body is like a regular surgical procedure.

One of the main challenges of this technique is to ensure there is no clotting while blood is being pushed through the device. A constant check on the device that there is no clotting or destruction of the device is guaranteed by using fluid dynamics which has been designed by Amanda Bucks, a Biomedical engineer. The National Institute of health in 2015 funded this project with USD 6 million. The human trials would commence only in 2018 due to current lack of funding.

### Indian Transplant Recipients Participate in World Transplant Games 2017

The 21<sup>st</sup> edition of the Summer World Transplant Games (WTG) was held in Malaga, Spain from 25<sup>th</sup> June to 2<sup>nd</sup> July, 2017. It hosted transplant recipients from across the world. The World Transplant Games Federation hosted their first event in 1978 to promote awareness about organ donation and the success of transplant surgery. The Summer Games are held every two years and the Winter Games in the intervening years. There were about 50 events and anyone who qualified from the age group of four years to 80 years was eligible to participate. The 2017 WTG was special for Indians, as this was the first time that a heart recipient from India participated in the Games. Ms. Reena Raju, Karnataka's first woman heart transplant recipient represented India in Badminton and 100-metre run. Mr. Balveer Singh from Uttar Pradesh and Mr. Dharmendra Soti from Lucknow also took part in the games.

### Scotland changes to 'opt-out' organ donor system following six-year Glasgow Evening Times campaign

Around the first week of July 2017, the Scottish government agreed to implement an opt-out system for organ donation following six years of campaigning from the Glasgow Evening Times. The paper launched the Opt for Life campaign in October 2011 lobbying for the Scottish government to change organ donation laws to an opt-out system. The paper gathered 20,000 signatures through a

public petition, appeared before a Scottish Parliament committee and obtained support from health professionals and Members of the Scottish Parliament. Senior reporter Caroline Wilson, who led the paper's Opt for Life coverage, said: "We faced opposition, including from those in the medical profession, but we had to challenge their judgment. However, the one constant was the level of public support, particularly those who had experienced the agony of waiting for a transplant." Editor Graham Shields said: "The Opt for Life campaign has been a huge undertaking and it promised to improve the lives of thousands of people across the whole of Scotland. I am proud of our staff and readers for sticking with this important task and finally delivering success."

### MOHAN Foundation presents its work at the 14<sup>th</sup> Congress ISODP

The 14<sup>th</sup> Congress of the International Society for Organ Donation and Procurement (ISODP) was held in Geneva from 6<sup>th</sup> to 9<sup>th</sup> September 2017. Dr. Hemal Kanvinde represented MOHAN Foundation. There were pre-congress workshops on education, donor management and donor family care. The plenary sessions covered topics such as deceased organ donation as End-of-Life Care with talks by Dr. Harry Wilkins III, Dr. Dale Gardiner and Beatriz Dominique, Innovations in Transplantations with talks by Dr. Phillippe Morel, Dr. Harold Ott and Dr. Lee Buhler.



Dr. Hemal Kanvinde, Quality Assurance Officer, MOHAN Foundation delivering her talk at the ISODP 2017

(L-R) Ms. Saryu D Madra, Consultant (IEC & Media), ROTTO, PGI, Dr. Hemal Kanvinde and Dr. Avnish Seth, FMRI, Gurugram & Director, FORT, Delhi NCR at the conference

The two keynote lectures were on Design of Kidney Paired Donation by Nobel Laureate Dr. Alvin E. Roth and Harmonising Practices in the Determination of Death Globally by Dr. Sam D. Shemie. Dr. Hemal Kanvinde presented the work of MOHAN Foundation in two talks, Religious Leaders and Organ Donation – An Indian Experience, and Training of police investigating officers in medico-legal formalities in deceased organ donation – our experience from Tamil Nadu in India. There were about 300 delegates from 40 countries at the congress.

### First Heart Transplant performed in Government Rajaji Hospital, Madurai, Tamil Nadu

For the first time in south Tamil Nadu a heart transplant was performed in the Government Rajaji Hospital in Madurai on 18<sup>th</sup> October 2017. A 25-year-old person, who met with an accident, was declared brain dead at Velammal Medical College Hospital & Research Institute, Madurai. The family came forward to donate his organs.

A team of doctors from Government Rajaji Hospital went to the donor hospital to assess the heart. The recipient was a 46-year-old person from Usilampatti. The heart was taken from Velammal Medical College Hospital & Research Institute to the recipient hospital which was about eight kilometres away in just eight minutes with the help of the city traffic police. The surgery was performed by a team led by cardiothoracic surgeon Dr. A Rathinavel.

The donor's lungs were given to a patient from Gleneagles Global Health City in Chennai and one kidney was given to Galaxy Chest Multi Specialty Hospital in Trichy while the liver and the other kidney were given to patients in the donor hospital.

### 14-month-old Boy's Heart and Kidneys Save Two Lives

A 14-month-old donor from Surat became Gujarat's youngest donor of heart and kidneys, donating it to two persons. The donor, who hailed from Mubarakpur village in Siwan district of Bihar, was declared brain dead after he suffered a haemorrhage and multiple skull fractures. The hospital contacted Donate Life, a Surat-based NGO, to counsel the parents to donate their son's organs. The family showed courage to rise above the loss of their son's life and donate his organs giving a new lease of life to two children.

His heart was transported via green corridor, through a commercial flight covering a distance of 331.7 km in one hour and 25 minutes. A three-and-a-half-year-old girl from Navi Mumbai, who had been waiting for a heart transplant since she was two, finally had a reason to celebrate after she had a successful heart transplant. Her mother went on to say that their family even tried creating awareness through social media to get a heart for their daughter. The donor's kidneys were harvested at the Institute of Kidney Diseases and Research Centre (IKDRC) and were transplanted to a 15-year-old boy from Ahmedabad who was suffering from acute renal failure and was on dialysis for 10 years.

Dr Dhaval Naik, heart-transplant specialist at CIMS hospital in Ahmedabad, said that the donor had become the youngest heart donor in Gujarat. "It is very difficult when it comes to children. Explaining to the family becomes tricky. This also stresses on the need to have more people working towards paediatric transplants and spreading awareness about it," said Dr Naik. "We salute the brave parents of the 14-month-old boy from Surat, for giving consent to donate the organs of their loved one," the hospital's zonal director Dr S Narayani said.

### NGO Connect Programme 2017 organized by MOHAN Foundation, Hyderabad

MOHAN Foundation Hyderabad organized a programme on September 10, 2017 at Hotel Quality Inn Residency, Hyderabad which brought NGOs from across the state together to celebrate the success on the occasion of its 15<sup>th</sup> anniversary. Representatives from over 200 NGOs from both Andhra Pradesh and Telangana were present. Donor families were felicitated during the meet.



Chief Guest Mr. V.V.Lakshminarayana addressing the audience

Mr. V. V. Lakshminarayana, Additional Director General of Police, Mumbai and former Joint Director CBI, was invited as chief guest. He spoke at length on the importance of organ donation and appreciated the efforts of MOHAN Foundation and other NGO partners. Dr. K. Ravindranath of Global Hospitals and Dr. Sunil Shroff, Founder & Managing Trustee of MOHAN Foundation, were present.

This "NGO Connect" Programme was organized with the aim to encourage and enable real participation by the local partners in promoting the cause of deceased organ donation and creating an impact nationally and internationally.

#### FORM – IV

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Sd/-

Sunil Shroff

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#### Errata

- Indian Transplant Newsletter: Issue No. 50

National Data – Deceased Organ Donation and Transplantation  
In 2015, the number of deceased donors was 571, and not 570 as reported.  
In 2013, the number of heart and lung transplants was 25 and 22 respectively, and not 22 and 25 as reported.





## Are women in transplant leadership roles judged more harshly than their male colleagues?



Prof. Nithya Krishnan, UK

Nithya Krishnan<sup>1</sup>, Deborah Biggerstaff<sup>2</sup>, Neil Raymond<sup>1</sup>, Monica Dolton<sup>3</sup>, Hillary Braun<sup>4</sup>, Sondra Livingston<sup>5</sup>, John Hattersley<sup>1</sup>, Josette Eris<sup>6</sup>, Nancy Ascher<sup>4</sup>, Robert Higgins<sup>1</sup>, Kathryn Wood<sup>3</sup>, Ala Szczepura<sup>7</sup>

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It is well known that representation of women in many fields of medicine is much lower than men<sup>1</sup> and historically, gender has precluded females from becoming leaders in some fields. This 'glass-ceiling' effect is recognised to be more prevalent in male-dominated specialities with fewer women in senior positions. Despite the introduction of many positive changes aimed at helping women who work in medicine to flourish, the number of women holding senior leadership roles is a minority across many specialities. Transplantation is one such area. Research from other professions has found that when women do reach senior positions they appear to be judged more harshly and are more likely to fall from their position of seniority, even because of a single mistake, the 'glass cliff effect'<sup>2</sup>. To date, there have been no studies in transplantation looking at this 'glass cliff' effect.

### Aim

We wanted to explore if there were any engendered differences in participants'

perceptions and study their views on potential wrong decisions by senior medical transplant staff, using hypothetical clinical scenarios in an online survey.

### Methodology

Ethical approval was obtained from West Midlands Research Ethics Committee, U.K and Biomedical and Scientific Research Ethics Committee, University of Warwick, U.K.

The study was a prospective web-based survey involving five clinical scenarios, with either a male or female protagonist (Set 1 and Set 2). Each scenario was followed by two questions (i) rating of clinical performance (score from 1 to 10, where 1 = unacceptable and 10 = exemplary) and (ii) action to be taken based on clinical performance (no action; informal action; written report to department; written report to national regulatory body). Respondents were invited to comment on their reasoning.

To ensure elimination of any inherent biases in responses the survey was advertised as a study exploring whether adequate actions are taken following adverse clinical incidents in transplantation. Participants were recruited by advertising through the websites of various professional bodies. Individuals were randomly assigned to either Set 1 or Set 2 questionnaires, with each Set receiving the same scenarios in the same order, differing only in whether a male or female protagonist was mentioned.

### Results

189 invitees responded; 55 did not complete any questions and were excluded from the main analysis, leaving 134 (64 Set 1 and 70 Set 2) completed questionnaires. Comparison of respondent characteristics showed no significant differences between the two randomly allocated Sets with respect to age group, gender, ethnicity, country and respondent status. Mean clinical performance scores in each of the Scenarios 1 to 5 between Set 1 versus Set 2 were not statistically significant. Analysing grouped scores using chi squared tests similarly found no significant differences between Sets. There were no significant differences between Sets with regards to actions or grouped actions.

Analysis of the Sets versus clinical performance groups and action within gender defined groups also showed no significant difference between the Sets.

102 participants provided further explanation and comments on the clinical performance. Data were analyzed using thematic analysis. Themes identified included: issues of informed consent and acceptable risk; clinical judgment; systems errors; consensus among clinical teams; training issues; mentoring; and judgments as to whether appropriate actions had been taken at the time. Participants' described male protagonists as "forceful individual"; "maverick who ignores his colleagues" or, "one who has "cautious colleagues". Meanwhile, female protagonists were described using slightly different, more nuanced characteristics like competency; mentoring; training needs; need for supportive senior colleagues; or as having 'saved the day'. However, when things went wrong, participants were more likely to opine that female protagonists should not have gone ahead. Risk was perceived by respondents to be a more male leadership trait.

### Conclusions

The quantitative survey showed no significant differences between the sets but the thematic analysis of participants' comments provided evidence of a subtle and nuanced use of language; where those traits identified in male leadership being viewed and described differently to those applied to women leaders. While gender may no longer be such an issue as in the past, respondents' use of language and their choice of words display elements of an engendered description. These findings suggest that the 'glass cliff' effect may still be a problem in transplantation but has become subtle and therefore, may not be so easily identified in the workplace.

### References

1. AAMC. Distribution of residents by specialty, 1996 to 2006. <http://www.aamc.org/members/wim/statistics/stats07/table02.pdf>.
2. Victoria L. Brescoll, Erica Dawson and Eric Luis Uhlmann. Hard Won and Easily Lost: The Fragile Status of Leaders in Gender-Stereotype-Incongruent Occupation. *Psychological Science*. 21(11) 1640–1642, 2010.



## Prof. Nithya Krishnan – Breaking glass ceilings and taking off from glass cliffs!



Professor Nithya Krishnan, Mark Naylor (Kidney Donor) with his wife Lisa Naylor (Kidney Recipient) and Cheryl Paczynski, Transplant Nurse

### Q. How has your professional journey been from India to UK?

A lot of gain and a significant amount of pain. As you know, there is no gain without pain. The journey had been a roller-coaster ride with its ups and downs. I have now been in the UK for 21 years. There is no substitute for hard work and being able to persevere and endure keeping the cause in mind is what keeps one going. Of course, the cause needs to be genuine and one needs to be truthful.

### Q. Teaching and collaboration seem to be close to your heart – tell us more about your work as Course Director of the Advanced Renal Transplantation interactive webinar and future plans for this.

The aim of this project, the advanced course in Renal Transplantation, administered by The Transplantation Society (TTS) was to provide first-class exemplary teaching by the world experts to all those interested in advancing their knowledge in renal transplantation globally. This curriculum was administered through 18 online webinars and is CME accredited. Those who completed the entire series were awarded the TTS Certificate in Advanced Renal Transplantation. The expenditure involved in the actual delivery process was borne by the TTS. The world experts in their fields delivered the lectures free of charge, as they were members of the TTS. The lectures will be available for all members for a two-year period on the TTS website (tts.org).

The course was launched in 2015 and has had more than 1000 viewings making it the most

successful course run by TTS. I am thankful for the expertise of Prof. Medhat Askar, Prof. of Immunology, Baylor University, USA in refining the course modules, as well as the expert faculty – Dr. Francis Delmonico, USA, Dr. Dominique Martin, Australia, Prof. Howard Cable, Prof. Stanley Jordan, USA, Prof. Peter Friend from Oxford, UK, Prof. Rutger, UK to name a few.

I propose to consolidate the learning experience of the trainees worldwide by structuring a programme that enables them to secure a higher degree in Transplantation. This project would ensure access to evidence-based practices in various transplant related disciplines to those interested in advancing their knowledge in transplantation at a subsidized rate. This would enable the participants to practice state-of-the-art medicine, as currently there are huge disparities worldwide. As the TTS is the main international organisation for transplantation and has about 6400 members worldwide, courses like these would be far-reaching and enhance ethical state-of-the-art transplantation globally.

### Q. What is the International Transplant Fellowship programme that you are running?

I have introduced an International Transplant Fellowship programme for visiting fellows in transplantation in our unit. The fellows, both surgeons and physicians, would visit our centre for a one-year period. They would not only get hands-on experience in the day-to-day management of renal transplant recipients and donors, but also get to spend a considerable amount of time doing research. Our centre is

Prof. Nithya Krishnan is Consultant Transplant Nephrologist, Lead Renal Transplant Services (Clinical & Research), University Hospitals Coventry & Warwickshire (UHCW) NHS Trust, U.K and Visiting Professor, Faculty of Health and Life Sciences, Coventry University, U.K. She delivered the Swamy Narayan Memorial Oration on 'Women in Transplantation' at the 10<sup>th</sup> Annual Transplant Coordinators' Conference in October 2017 at Indore, India. It was an impassioned presentation by an accomplished 'Woman in Transplantation.' Excerpts from an interview –

an active research unit with many publications in peer reviewed journals.

The programme is new. We have had two graduates of the programme, one surgical fellow and one nephrology fellow. The training and hands-on experience in the day-to-day management of these complex patients has certainly helped them a lot. The programme has become very popular and therefore we have now increased it to four posts and are going to advertise in February 2018. A panel from UHCW will select the candidates.

### Q. There is a Mentor-mentee partnership between UHCW and Jawarhalal Institute of Medical Sciences, Imphal – what is your vision and the way forward for this?

I am originally from Chennai and did my undergraduate medical degree from Madras Medical College. Having been involved in a lot of social service activities, mainly through the Chinmaya Organisation of Rural Development (CORD) in India, I have the urge to do more. I am passionate about improving ethical transplantation worldwide. I firmly believe that access to state-of-the-art treatment should be made available to every human being. This can only be facilitated by empowerment and advancement of local hospitals, which forms the basis of the ISN-TTS sister unit scheme. The mentor-mentee unit partnerships are fundamental and integral in improving health care outcomes throughout the world.

The sister unit programme concurs with my vision and thus provides a platform to reach out

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# Annual Conference

... continued from page 5

and promote the best health care available today to the disadvantaged areas. Currently there is no deceased donor transplantation happening in this state which has a population of 2.6 million people or in the neighbouring five states, which has a total population of 37 million. The nearest transplant centre is 945 km away in Kolkata. For an average patient residing in those states, it is a huge financial burden to even travel to Kolkata, let alone the costs of the treatment and medications. If we successfully establish a transplant centre in the underdeveloped North-Eastern part of India, this will provide kidney transplant service free of charge to a population of 39 million, closer to their home. This is a golden opportunity and thus we will endeavour to make this partnership a huge success. The idea was mooted by Dr. Georgi Abraham, Consultant Nephrologist, Madras Medical Mission. Dr. Sholay Meitie, Nodal officer of SOTTO, Manipur, will be going to UK to undergo training and take back best practices to Manipur.

A year of fellowship would mutually benefit the mentor and the mentee unit in establishing a world class service in patient care and raising the research profile at both the centres. The mentor unit would aim to train transplant coordinators, nurses and other support workers in the mentee unit so that a complete transplant team is established at the sister unit in the developing country. Some members of the mentor unit would be visiting the centre on a regular basis to appreciate the local needs and help in setting up the service accordingly. Similarly, some members of the mentee unit will visit so that they would be able to experience and learn the state-of-the-art practice in different aspects of kidney transplantation. Thus, the mentor unit would provide support to the partner centre in research, education and patient care and thus improve the transplant service holistically.

## Q. What research projects/studies are you currently working on?

Live donors and outcomes, Nutrition on dialysis and its impact post transplantation, Non-adherence in young adults post renal transplantation, Management of recurrent diseases post transplantation, Antibody incompatible transplantation and Cardiovascular assessment and fitness of potential recipients.

With regard to non-adherence in young adults post transplantation, we are looking at Serious games using the KJ Ho method (a creative thinking and problem solving methodology invented by a Japanese anthropologist) for the first time in UK. In this method everyone's opinion counts. One keeps going back to the baseline; this is refined and after coming to a concrete conclusion, the appropriate games are designed.

## Q. What does India need to do to scale up its organ donation and transplantation programme? What about prevention of Chronic Kidney Disease (CKD)?

It is encouraging to note that the Government of India and the state governments are invested in promoting organ donation and deceased donor transplantation. MOHAN Foundation has been doing a phenomenal job in the field for the past 20 years and continues to do so. Of course, we should concentrate on the four pillars of prevention of CKD – Education, Awareness, Healthy Lifestyle and Early Intervention given that Asians have a genetic predisposition for diabetes mellitus and hypertension.

## Q. Any other thoughts that have impacted you and your work in a positive manner.

My dad's preaching to me – 'Work like a bull and live like a Prince' and my Guru's teachings – 'Producing more than what we consume and giving more than what we take' are the two mantras which have had and continue to have a positive impact on my work. Remembering that 'This too shall pass' has stood me in good stead!

Interviewed by **Dr. Sumana Navin**

## 10<sup>th</sup> Annual Transplant



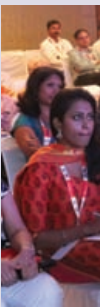
Prof. Niithya Krishnan, Consultant Transplant Nephrologist, University Hospitals Coventry & Warwickshire NHS Trust delivering the Swamy Narayan Memorial Oration "Women in Transplantation"



Ms. Angela Ditchfield, Diversity Lead Nurse, NHSBT being felicitated by Dr. Narayan Prasad, SGPGI for her talk on "Challenges in getting donation from the BAME community in the United Kingdom"



Release of the 50<sup>th</sup> issue of the Indian Transplant Newsletter during the Inaugural Function



Delegates



Ms. Rohini Sahasrabudhe, Patient Counselor, Dialysis & Transplant Coordinator, Renal Unit, KEM Hospital sharing her feedback about the conference



Mr. Shankarganesh being awarded "Award" from D



The faculty and par



## Coordinators' Conference at Brilliant Convention Centre, Indore



Lt. Col. Sandhya V. Nair presenting faculty certificate to Dr. Naimish Mehta, Hepatobiliary and Liver Transplant Surgeon, Sir Ganga Ram Hospital, Delhi



Ms. Anitta Francis, Transplant Coordinator, Aster Medcity receiving the "Best Paper Award" from Dr. Anant Kumar, President, ISOT



Attendees during the conference



Prof. Vivek Kute, Professor, Nephrology and Transplantation, Institute of Kidney Diseases and Research Center giving his talk on "Increasing organ donor pool – ABO Incompatible Donors"



Mr. Shankarganesh, Transplant Coordinator, Global Hospitals receiving the "Swamy Narayan Best Transplant Coordinator Award" from Dr. Anant Kumar, President, ISOT



Participants of NATCO 2017



Ms. Trilly Mathew, Transplant coordinator, Fortis Memorial Research Institute being felicitated by Mr. P.C. Jain and Mr. K. Raghuram for her session on "Live Related Transplants"



Mr. Sanjay Rakibe, Transplant Coordinator, Rishikesh Hospital, Nashik speaking on "Difficult Organ Donations"

The National Association of Transplant Coordinators and MOHAN Foundation, under the aegis of Indian Society of Organ Transplantation (ISOT) held the 10<sup>th</sup> Annual Transplant Coordinators' Conference at Brilliant Convention Centre, Indore between 13<sup>th</sup> and 14<sup>th</sup> October, 2017.

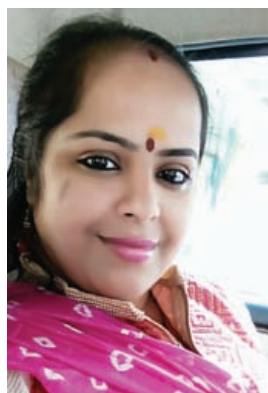
Over 80 transplant coordinators from across the country participated actively. The conference was formally inaugurated by Dr. Vimal Bhandari – Director of NOTTO, Dr. Anant Kumar – President of ISOT, Dr. Manish Rathi – Secretary of ISOT, Dr. Umesh Oza – Past President of ISOT, and Dr. Sunil Shroff – Managing Trustee of MOHAN Foundation. International guests were Dr. Manjula Balasubramanian and Dr. Balasubramanian from MOHAN USA. Prof. Nithya Krishnan and Ms. Angela Ditchfield were invited speakers from UK. Mrs. Rachna Dubey from Indore Society of Organ Donation was also present.

During the inaugural ceremony, the 50<sup>th</sup> Issue of Indian Transplant Newsletter (commemorative issue) was released by Dr. Anant Kumar. Dr. Sumana Navin presented copies of the newsletter to all the guests present.

The conference had a variety of topics covering the Transplantation of Human Organs Act, Uniform Declaration of Death Act, Swap transplants, dealing with angry and difficult families and documentation in live related and unrelated transplants.

The valedictory function was held on the evening of 14<sup>th</sup> October, and Dr. Anant Kumar gave away all the awards. The "Swamy Narayan Best Transplant Coordinator Award" was presented to Mr. Shankarganesh of Global Hospitals. The Best oral paper award was received by Ms. Anitta Francis, Transplant Coordinator, Aster Medcity, Kochi. Mr. Satish of Tagore Medical College received the Best poster award and Dr. Hemal Kanvinde received the award on his behalf.

## Live Life...Give Life



**Lt. Col. Sandhya V. Nair**  
Transplant Coordinator  
Army Hospital Research and Referral  
New Delhi 110010

Endings are not always bad, they are just a beginning in disguise...

It was a chilly night of Jan 17, 2015, I was as usual engaged in my daily night duty routine in the renal transplant centre. Around 10:55 hrs I got a call from Col. PP Rao, consultant GI surgery stating there is a potential donor at Jaypee Hospital Noida, and he gave me the contact number of the concerned intensivist of the hospital. I was a bit puzzled and asked him my queries, "Sir, are we supposed to go for counselling outside? Moreover it's a corporate hospital." To my doubts he said, "Sandhya, you should know the person in-charge of the ICU is Col. Ramesh who was one of the pioneers in setting up of Armed Forces Organ Retrieval and Transplantation Authority (AORTA). There are also other eminent persons like General Luthra and Capt. Indira. Col Ramesh is so much inclined towards the concept of organ donation. Since they don't have a license for transplantation (under process) and a registered transplant coordinator, they want us to give a try. And it will be ensured that it will be given to the most deserving persons."

I still had my doubts, anyway decided to call Col. Ramesh. He explained the case to me. An 18-year-old boy had met with a road traffic accident. Declared brain dead at 11:00 hrs, sustained one cardiac arrest. He also intimated me the blood group and other parameters and comorbidities. He said to come by early morning.

I called up the director of AORTA Col. Pankaj Puri and explained. He said, "Go ahead." I informed my Principal Matron General Sushila Shahi who was extremely supportive. She immediately coordinated with the administrative team for my logistics and the reliever for early morning. With mixed thoughts I got preoccupied with my work.

Early morning by 6 am, my reliever reached, I got ready hurriedly, took my copy of the Transplantation of Human Organs Act (supposed to be our Bible) and hurried to the vehicle waiting for me.

It was a pretty chilly morning; my jaw was clenching and there was a long way to go. My thoughts to do some homework on my counselling preparation got hampered by my sleep. My eyes opened when I heard the driver saying, "Madam, we reached." I badly needed a coffee, but controlled my brain waves, asked the enquiry for the intensive care unit. My body wasn't obeying my commands, tiredness was overpowering it, but I still headed towards the ICU.

As I entered, the beeps of ventilators and alarms of monitors brought me back to an energetic mode. Col. Ramesh was there, a gentle poised man. He warmly greeted me, offered a cup of coffee and started explaining to me the case scenario. The boy was Rishabh, an 18-year-old student of Amity University of hotel management. He met with an accident, when his carpool collided with a truck in Noida. It seems he was accompanied by two of his friends who died on the spot. The next thing which he told me completely shook me. Rishabh was the only child of a single parent and his mother was the person to be talked with.

My God!!

In such immense stage of grief would she hear me? That moment I realised it was not going to be an easy mission for me. I prepared myself, took some time of my own and some deep breaths to calm me. I headed towards the counselling room.

There I saw a graceful lady sitting with her head buried in her hands along with two gentlemen, one in his early 60s. I approached her, greeted her and introduced myself to her. I explained that I had been sent to be with them in their deepest grief.

I sat beside her, asked about her work. At first, she gave me a blank look. Then slowly started speaking that she was a deputy principal of an international Cambridge school. She appeared to be strong, or that was the feel she was giving others. I just held her hands and made eye contact with her. I just asked her – how did it all happen, and about Rishabh.

She poured out all her grief and there I waited patiently listening to her. She was a Keralite settled in Delhi. A single parent, she got separated from her husband when Rishabh was just 8 months old. She independently raised the boy with dignity and he was her happiness, the reason to live and here destiny played a brutal game.

Every day the boy would come from the metro and walk down to their house which was just 15 minutes away, but that day he and his friends took a carpool.

I just listened to her for almost 45 minutes and gave her some water to drink. Tears were rolling from my eyes too, but I controlled my emotions. I took her hand and asked her, "Rekha, what does the doctor say now?"

She said, "They told me he's brain dead." I asked her, "Do you really understand the concept of brain death?"

She said yes, she knew the term and that her son was no more. And the ultimate grief was with her.

I said to her, "Rekha dear, I know you are in your utmost grief and nothing or no one can share it, but can I suggest an idea for you to get some peace from this grief...It's gifting a life. Rishabh is no more with us, but he can still be alive in someone's life gifting five people a new ray of hope."

I asked her whether she knew about eye donation (because the approach for eye donation would make it easier since people widely knew about it). She said yes.

I said, "Just imagine if a kid who hasn't seen this world's colour gets vision! We can help others with food, clothing or money to some extent, but gifting a life, only a few people get this blessing to do. Rishabh will honour us, by still living with us...when five people get a lease of life..."

I spoke with her for almost one-and-a-half hours. After I finished, she just looked into my eyes and said, "Madam, go ahead. Where should I sign?"

It was a moment of relief, joy or sadness, I really couldn't feel it.

I just hugged her and said, "Rishabh is so blessed to get a mother like you and I thank God that he made me meet you because some persons leave their footprints which stay forever."

We finished with the donation procedure and the transplant team went with it...

Often, I see her status depicting her inconsolable loss...I wonder whether I will be half as strong as her. But then I remember her calling me up after a month and saying, "Sandhya, thanks for being there. Today no one can share my irreparable grief, but I am able to sleep with peace of mind – that someone is with their family living happily because of a kind act of mine..."

Yes, she will always be my all-time unsung hero...





# Training Programme

MOHAN Foundation conducted Transplant Coordinators' Training Programmes under the aegis of National Organ & Tissue Transplant Organisation (NOTTO), Directorate General of Health Services, Ministry of Health and Family Welfare, Govt. of India in New Delhi, Chennai and Jaipur in July, August and September 2017 respectively. All the participants received completion certificates with a unique registration number from NOTTO.

## 2<sup>nd</sup> AORTA-MOHAN Foundation Training on Transplant Coordination in New Delhi

MOHAN Foundation in partnership with AORTA (Armed Forces Organ Retrieval and Transplantation Authority) under the aegis of Office of DGMS (Army) IHQ of MoD (Army) and NOTTO successfully completed the training programme on Transplant Coordination held from 24<sup>th</sup> to 28<sup>th</sup> July 2017 at Army Hospital (Research and Referral) Delhi Cantonment, New Delhi. This was the second training held in partnership with AORTA under the guidance of Brig. A.K. Sood (Director, AORTA). This training was supported by the Tata Trusts and Army Medical Corps.

The training programme started with an inaugural function where the chief guest was Lt. Gen. Bipin Puri, VSM, PHS, DGMS (Army). 30 delegates attended the training. At the valedictory function, Lt. Gen. A. K. Das, Commandant, Army Hospital (R&R) gave away certificates to all the delegates who successfully completed the course.



Dr. Sumana Navin and Brig A.K. Sood handing over the speaker certificate to Dr. Vimal Bhandari



Panel Discussion on the Pitfalls of Organ donation in India. From L to R – Maj General Navdeep Lamba, Ms. Pallavi Kumar & Mrs. Sunyana Singh



Ms. Pallavi Kumar moderating a role play on family counseling



Participants at the training



The participants had an opportunity to see a brain death testing at the Army Hospital (R&R) ICU



Dr Vimal Bhandari, Director NOTTO speaking on NOTP (National Organ Transplant Program)

## Transplant Coordinators' Training Programme held in Chennai



Mr. Nethaji, Program Manager, SIMS Hospital (2<sup>nd</sup> from Left) conducting an activity with participants.



(L to R) Ms. Sujatha S, Dr. Sumana Navin, Dr. Sunil Shroff, Mrs. Lalitha Raghuram felicitating Dr. Narayan Babu, Dean, RGGGH



Dr. P. Balaji and Dr. Sunil Shroff handing over a completion certificate to Mr. M. Cadirvelou, Indira Gandhi Government General Hospital and Post Graduate Institute, Puducherry



Dr. Vimal Bhandari, Director NOTTO speaking at the Valedictory function (L to R seated) Dr. P. Balaji, Member Secretary, TRANSTAN and Dr. Sunil Shroff



Dr. R. Kamalakannan from the Institute of Surgical Gastroenterology and Liver Transplant, Government Stanley Hospital speaking on Liver Transplantation



Faculty and participants of the training

MOHAN Foundation with the support of Transplant Authority of Tamil Nadu (TRANSTAN) under the aegis of NOTTO successfully conducted a one-week Transplant Coordinators' Training Programme from 21<sup>st</sup> to 26<sup>th</sup> August 2017 at MOHAN Foundation, Chennai. This was the 48<sup>th</sup> training programme conducted by MOHAN Foundation and the 14<sup>th</sup> under the aegis NOTTO. This training was supported by SBI Foundation.

53 delegates participated in the training. Special guest Dr. Narayan Babu, Dean, Rajiv Gandhi Government General Hospital visited the Foundation to address and interact with the delegates. At the valedictory function, the delegates received their completion certificates from Dr. P. Balaji, Member Secretary, TRANSTAN and Dr. Sunil Shroff, Managing Trustee, MOHAN Foundation. Dr. Vimal Bhandari, Director, NOTTO was also present via Skype.



# Training Programme

## FORT – Navjeevan-MFJCF Training on Transplant Coordination held in Jaipur

Navjeevan-MFJCF (MOHAN Foundation – Jaipur Citizen Forum) Team in partnership with FORT (Fortis Organ Retrieval & Transplant) held a one-week Training on Transplant Coordination at the Fortis Escorts Hospital, Jaipur, Rajasthan from 18<sup>th</sup> to 22<sup>nd</sup> September 2017 under the aegis of NOTTO. This was the third Annual training programme held by Navjeevan-MFJCF.

55 participants from all over Rajasthan and India participated in the training with Medical College Kota and Jodhpur also sending their staff to ensure that the cause of organ donation spreads across Rajasthan. The training was inaugurated by Mr. Kalicharan Saraf, Honourable Health Minister of Rajasthan and Dr. U. S. Agrawal, Principal, Sawai Man Singh (SMS) Hospital & Medical College. Dr. Avnish Seth, Director, FORT and Mr. Prateem Tamboli, Fortis Escorts Hospital, Jaipur, also graced the occasion. Mr. Saraf congratulated the Navjeevan-MFJCF team for its work for the cause in Rajasthan. He also explained the idea of the unique Organ Transplant Institute coming up in Rajasthan.

The valedictory session was graced by Mr. Rohit Saboo from NBC, Dr. Vimal Bhandari, Director, NOTTO, Dr. D.S. Meena, Medical Superintendent, SMS Hospital, Mr. Pushpendra, ACP, Jaipur, Dr. Randhir Rao from SMS Hospital, and Dr. Avnish Seth. Navjeevan-MFJCF Convener Mrs. Bhavna Jagwani congratulated the participants on the successful completion of the training. She conveyed the gratitude of the team and the people of Rajasthan to Dr. D. S. Meena for propelling the programme forward in SMS Hospital, Jaipur.

This was the 49<sup>th</sup> transplant coordinators' training programme conducted by MOHAN Foundation (with Navjeevan-MFJCF in Jaipur) and the 15<sup>th</sup> under the aegis of NOTTO. This training programme was supported by the Tata Trusts.



Dr. Avnish Seth displaying a donor card



Participants getting their certificates



Mr. Kalicharan Saraf, health Minister During Inauguration



During the Panel Discussion



Participants and Faculty at the training

... Editorial continued

### Tamil Nadu Network for Organ Sharing – Deceased Donor Transplant Programme (January – December 2016)

1. Organ donation rate of Tamil Nadu (Jan – Dec 2016) – 2.3 Per Million Population
2. Total number of deceased donors from Tamil Nadu – 185 donors
3. Total number of deceased donors in Tamil Nadu & from out of State – 209
4. Total number of solid organs and tissues donated in Tamil Nadu & from out of state – 877
5. Kidney is the major organ donated and transplanted in Tamil Nadu – 339
6. Majority of deceased donors belong to the age group of 21-30 years in Tamil Nadu – (24.3%)
7. The highest donations came from male organ donors in Tamil Nadu – 81.6%
8. Majority of deceased donations came from medico-legal cases in Tamil Nadu – 80%
9. Total number of transplanted recipients for all solid organs – 683 (Number of solid organs transplanted in Tamil Nadu within Tamil Nadu donation – 653  
Number of solid organs transplanted in Tamil Nadu from out of state donation – 30)

### Solid organs and tissues donated and transplanted in Tamil Nadu (Jan – Dec 2016): 845

Kidney: 339  
Liver: Livers donated - 169, Number of livers transplanted - 175 (whole liver transplanted 163 + split liver transplanted 12 = 175)  
Lung: 50  
Heart: 79  
Pancreas: 10  
Small intestine: 0  
Heart valve: 36  
Cornea: 136  
Skin: 26

### Solid organs transplanted in Tamil Nadu from out of state donation (Jan – Dec 2016): 32

Kidney: 0  
Liver: 3  
Lung: 6  
Heart: 21  
Heart valve: 2  
Cornea: 0  
Skin: 0

Reference: [www.tnos.org](http://www.tnos.org)





### MOHAN Foundation wins the prestigious PoleStar Social Impact Awards 2017 for the category – Health

MOHAN Foundation was presented with the prestigious PoleStar Social Impact Awards 2017 for the category “Health” on 27<sup>th</sup> October 2017. The Social Impact Project recognised 4 categories – Education, Livelihood, Health, and Empowerment. The PoleStar Foundation awarded social organisations that are doing tremendous work for the betterment of society in these categories.

Mr. Azim Hashim Premji, Chairman, Wipro Limited was invited as the Chief Guest for the awards show. Mr. Arun Jain, Chairman & Managing Director, Intellect Design Arena Ltd was also present. A one-minute video was screened on all the winners. Dr. Sunil Shroff, Mrs. Shaila Shroff, Mr. Siva Shankar and Ms. Ann Alex represented MOHAN Foundation at the awards show.



Dr. Sunil Shroff giving his acceptance speech on receiving the Polestar Award



Mr. Azim Hashim Premji, Chairman, Wipro Limited (5<sup>th</sup> from left) with the award winners

### “Life Never Ends...” - Awareness Programme on Organ Donation by HOPE in Sharjah, United Arab Emirates

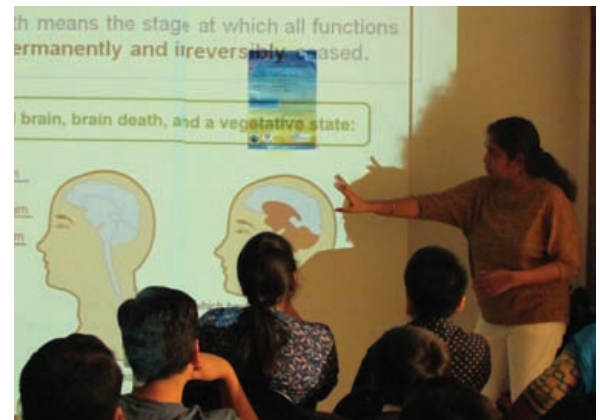
To mark Organ Donation Day, August 13, 2017 Sreelakshmi V, a grade 10 student of Our Own English High School, Sharjah, conducted online Poster Designing & Slogan writing competitions for school students in the United Arab Emirates (UAE). The theme was Organ Donation – “Life Never Ends...” and was conducted in association with MOHAN Foundation from August 13 to September 15, 2017.

HOPE (Have Only Positive Expectations) started by Sreelakshmi and her like-minded friends began its journey in April 2016 with the aim of addressing socio-cultural-eco related activities in society and getting the student community involved in such activities apart from academics. Team HOPE felt it was high time awareness was

created among the general public and student community about the noble cause of organ donation. The event received a good response from the students. The competition was announced in three categories and winners were decided by an eminent panel of judges. The announcement of the results and certificates distribution event was held on 6<sup>th</sup> October 2017 at ASAP Tutor, Sharjah with the support of MOHAN Foundation volunteers Mrs. Vasundhara Raghavan, Mr. Giridhar Iyengar, and Mrs. Sindhuja Ram (former MOHAN Foundation transplant coordinator). Also present were two inspiring teachers – Mrs. Tajunnisa from Sharjah Indian School and Mrs. Anjum Hassan, Delhi Private School, Sharjah.



Mrs. Sindhuja Ram with Sreelakshmi V



Mrs. Sindhuja Ram making a presentation



Participants at the organ donation awareness event in Sharjah



With a legacy of 15 years,  
we are committed to improve  
**Renal Care** in India



**Committed to Excellence**

12 Global manufacturing plants in India,  
USA & Ireland

**Committed to Research & Development**

578 research scientist exploring  
new-age technologies

**Committed to Corporate Social Responsibility**

Wockhardt Foundation – 6.78 million humanity service point  
Wockhardt Hospital – Associated with Harvard Medical School, USA

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