



Wear Green on April 7th, 2019

Organ and Tissue Donation – Give the Gift of a Lifetime

Please wear green on April 7 in memory of Logan Boulet and his impact on Canadians which inspired the term The Logan Boulet Effect.

Many will recall the Humboldt Broncos bus crash that occurred on April 6, 2018. Fourteen people were killed and thirteen injured when a bus and semi-trailer truck collided near Armley, Saskatchewan. Logan Boulet passed away on April 7th and on April 11th Dayna Brons passed bringing the total to 16 deaths and 13 injured, all of whom will bear physical and emotional scars for life. Most of the dead and injured were players and staff from the Humboldt Broncos junior ice hockey team that plays in the Saskatchewan Junior Hockey League (SJHL).

On April 7, 2018, one of the Humboldt players, Logan Boulet succumbed to his injuries and upon doing so, his parents, Bernadine and Toby Boulet offered to donate his organs so that six lives could be saved. They did so, because Logan had signed his organ registration card and had spoken to his parents about his wishes, as he was inspired by one of his coaches Ric Suggitt to do so. Ric passed on June 27th, 2017 and he too became an organ donor. What happened following Logan's selfless act, is nothing less than miraculous and became known across Canada as the "Logan Boulet Effect". As news spread of the organ donation, by this young hockey player, over 100,000 Canadians registered to become organ donors in the days and weeks that followed. To date this is the largest number of Canadians registering to become organ donors in Canadian History due to one event – one person.

Born from this, is this year's inaugural **Green Shirt Day**, which honours, remembers and recognizes all of the victims and families of that fatal crash. It recognizes Logan and carries on his legacy to increase awareness and inspire more Canadians to register as organ and tissue donors. By raising awareness to what a simple act and conversation with family can do to create healthy lives for others, Logan brought us hope from tragedy.

In Canada our organ donor registration numbers need to improve. Ninety percent of Canadians say they support organ and tissue donation, but only 23% have actually completed their registration.

Green Shirt Day wants to carry on that hope and inspire others to register their wish to become organ donors, but more importantly to encourage you "to have some kitchen-table talk" with your family about your wish, as they have the final say on what happens and parents have consent until you are of legal age in your province.



FAQs:

An organ donor can **save up to 8 lives**.

A tissue donor can improve the quality of life **for up to 75 people**.

What Organs and Tissue can be donated in Canada?

Organs that can be donated include the heart, kidneys, liver, lungs, pancreas and small bowel; tissues include corneas, bones, skin, and heart valves.

Does my age, medical condition, or sexual orientation prevent me from being a donor?

Everyone is a potential donor regardless of age, medical condition or sexual orientation. In fact, the oldest Canadian organ donor was 92. Even individuals with serious illnesses can sometimes be donors. Your decision to register should not be based on whether you think you would be eligible or not. All potential donors are evaluated on an individual, medical, case-by-case basis.

Can my family overrule my decision to donate?

There are a number of reasons families override their loved ones wishes. Misinformation about organ donation, discomfort or unwillingness to talk about death leaves the difficult decision to families who may be unprepared to choose organ donation when the time comes.

Making that important decision to donate is the first step to saving lives. Canadians can register their intent to become a donor by signing up to their provincial organ and tissue donation registry. To prevent family override, we encourage Canadians to talk to their families about their organ donation wishes.

Why should I register as an organ and tissue donor?

By registering consent for organ and tissue donation, you give hope to the thousands of Canadians waiting for a transplant. Individuals on the transplant wait list are suffering and without the generous gift of life from an organ donor, they will die. Tissue donors can also enhance the lives of recovering burn victims, help restore sight, and allow people to walk again. Transplants not only save lives, they return recipients to productive lives.

Will doctors still work hard to save a patient who is registered donor?

The first and foremost concern for health care professionals caring for critically ill patients is to do everything possible to save lives. The possibility of donation is considered only when all lifesaving efforts have failed.



What is involved in the organ donation process and how long will donation take?

Once consent is given by the legal next-of-kin, medical tests are completed to determine what organs and tissues are suitable for transplant. The organs are then matched with someone on the transplant wait list and surgery takes place in an operating room at the hospital. The entire donation process, from the time the family agrees to move forward with donation to recovery, takes about 24 to 48 hours to complete.

Who will receive my organs?

Each province's organ donation program will work with transplant centre to match the donor to an individual(s) on the waitlist. Medical urgency, blood type/group, the size of the organ, and the relative distance (of a prospective match) are among the factors involved in the organ allocation process.

Do families pay any costs associated with deceased organ and/or tissue donation?

There are no costs to the donor's family for organ and tissue donation. However, expenses related to funeral arrangements remain the responsibility of the donor's family

What impact does organ donation have on funeral plans? Can I have an open casket at the funeral?

Organ and tissue donation does not impact funeral plans. Cremation and an open casket funeral are both possible

Does my religion support organ and tissue donation?

Most major religions support organ and tissue donation because it can save the life of another. If your religion restricts the use of a body after death, consult your religious leader: these restrictions may not include organ and tissue donation, if the donation could save another life.

What to do at your School or Office?

Talk to your family, your friends, your school and get organized and plan the time to wear a green shirt. Take a selfie. Post it. Spread the word.

Be inspired. Talk to your family and Register.



April 8th – wear your green to your school. Have a conversation with your classmates.

- Discuss **Green Shirt Day** with your teachers and the impact of social media power.
- Have you seen it on the news? On social media?

Depending on grade level you could plan activities around the following discussion topics:

- Look up the word altruism and discuss what this means and looks like in your life.
- Would you want to be an organ donor? Has organ donation had an impact in your family?
- Discuss the legal court case surrounding the crash and the news media impact had on the results?
- Should Canada have an opt out, organ donation consent system like Italy or the Netherlands?
- Should Canada create a national database for Canadians to register their decision on organ donation? What would be the benefits and challenges of such a system?

Internet Links:

Canadian Transplant Association: www.canadiantransplant.com/en

Green Shirt Day: <https://greenshirtday.ca/>.

Canadian Blood Services: www.blood.ca/en/organs-tissues

BC Transplant: www.register.transplant.bc.ca

Alberta Organ and Tissue Donation Registry www.myhealth.alberta.ca/Pages/OTDRHome.aspx

Saskatchewan Health Authority: www.saskatoonhealthregion.ca/locations_services/Services/organ-tissue-donation/Pages/NOTDAW.aspx

Sign Up For Life – Manitoba: www.signupforlife.ca

Trillium Gift of Life Network (Ontario): www.giftoflife.on.ca/en/

Transplant Quebec: <http://www.transplantquebec.ca/en>

Health PEI: www.princeedwardisland.ca/en/information/health-pei/organ-and-tissue-donation?utm_source=redirect&utm_medium=url&utm_campaign=organ-and-tissue-donation

Nova Scotia Health Authority: <http://www.nshealth.ca/legacy-life?>

Eastern Health (NFLD): <http://www.easternhealth.ca/Give.aspx?d=1&id=323&p=53>

Horizon Health Network (NB): www.en.horizonnb.ca/home/facilities-and-services/provincial-programs/nb-organ-and-tissue-program.aspx

Angels Legacy Project: www.angelslegacyproject.com

Donor Appeal Project NB: www.givelifenb.ca



Facebook:

@Greenshirtday

Instagram:

@greenshirtday

Twitter:

@greenshirtday

Media Links:

<https://www.theglobeandmail.com/opinion/article-we-will-all-leave-a-legacy-whether-we-like-it-or-not/>

<https://www.theguardian.pe.ca/opinion/columnists/wayne-young-the-logan-effect-203918/>

www.cbc.ca/news/canada/calgary/logan-boulet-effect-organ-donation-1.4958960

Logan Boulet Effect takes centre stage at WE Day celebrations – SJHL:

www.sjhl.ca/news_article/show/968944

Angels Legacy Humanitarian of the Year Award: www.globalnews.ca/news/4406610/humboldt-bronco-logan-boulet-honoured-for-organ-donation-at-ceremony-thursday/

www.lethbridgeherald.com/sports/lethbridge-sports/2018/10/12/logans-legacy-to-benefit-kidsport/

Video:

TSN Logan Boulet Effect Video: www.youtube.com/watch?v=LR4Z6n6erJM

Global News: www.globalnews.ca/video/4136973/family-of-logan-boulet-explains-why-he-became-an-organ-donor

Global News: www.globalnews.ca/video/4557266/parents-of-humboldt-broncos-crash-victim-to-advocate-for-organ-donation-at-saskatoon-event

*Family Talk English: <https://vimeo.com/265652438>

*Donor Appeal English: <https://vimeo.com/266485532>

Family Talk Subtitled: <https://vimeo.com/265652624>

Donor Appeal French: <https://vimeo.com/266671415>