

## **Organ Donation & Procurement in Asia**

### **Opt in vs Opt out: What is the difference?**

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For decades, the international transplant community has been involved in a debate on the default opt-in systems versus opt-out system to increase organ donation. Despite the increasing number of transplants worldwide the gap between demand and supply remains, largely due to expanding indications, increasing acceptance of organ transplant and increasing longevity. There is an increasing move towards an 'opt-out' system for organ donation, with the view to increasing donor pool. However the opt-out system neither provides a quick fix solution to increase donation nor solves the problem of consent or authorization for donation. In Singapore, despite the opt-out system, Organ donation rates remain low largely due to patient-level barriers, including but not limited to knowledge gaps, cultural values, religious backgrounds, and emotional impact at relatives' death. To increase donation rates, it is imperative for policy makers to explore concurrently, public education, review the hospital processes and best practices for donation. The choice between opt-in and opt-out systems for organ donation is a complex and multifaceted issue that requires careful consideration of ethical, cultural, and psychological factors.