How we’re handling Swine Flu
Dear spectra readers,

There’s one health topic that everyone’s been talking about this summer and that’s Swine Flu. The Influenza A (H1N1) pandemic is affecting people all over the world and Tayside is no different.

NHS Tayside is the lead agency for managing the multi-agency response here in Tayside and on page 10 you’ll find a two-page feature with everything you need to know about how we are dealing with the pandemic situation, along with Questions and Answers, and information on the planned national mass vaccination programme.

Also in this issue we have features on Meningitis Awareness Week, with advice on how to spot the signs of meningitis, and NHS Tayside’s Next Steps for Integration, as well as a Q&A on the new NHS pension scheme. There is also the usual round up of news, health and staff achievement/education stories from across Angus, Dundee and Perth & Kinross in our News2u, Healthwise and Learning Together sections.

It’s been 40 years since Neil Armstrong took his first ‘small step’ on the surface of the moon and opened up a whole universe of possibilities for space travel. But how much have the moon landings really achieved? We asked some of you for your thoughts and you can read about them in this edition’s Voxpop.

As usual, the TREATS team have their pull-out newsletter in the centre pages, which is full of great staff offers and discounts. Check out what’s on offer this issue and see how much money you can save on family trips, theatre shows and eating out.

Remember we are always looking for articles and stories from across NHS Tayside so if there’s anything you’d like us to cover in your magazine get in touch with the editorial team (contact details below).

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It’s your magazine so share your news & views

We’d like to hear about what you and your department are doing. Maybe you’re just starting out on a new project or you’re welcoming a new member of staff. You and your colleagues may be organizing an open day or a fundraiser. Whatever you’d like to share across NHS Tayside, just let us know.

We also welcome your views and opinions so if there’s something you’d like to get off your chest or a topic you’d like to debate with colleagues, get in touch.

Please send items for the next edition of spectra, issue 44 to the editorial team by Tuesday 8 September. The deadlines for future editions of spectra are as follows:

Issue 45 Dec/Jan: 3 November
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Although every care is taken with material submitted, no responsibility can be accepted by the magazine staff, designers or printers in the case of loss or damage for any reason whatsoever. Views expressed by contributors are their own and do not necessarily reflect those of the editorial team.
Angus domestic abuse alarm scheme launched

A project designed to protect vulnerable people in the community who may be at risk of physical harm or abuse from spouses, partners, or ex-partners has been launched in Angus.

The scheme uses the existing Angus Council community alarm and telecare facilities and equipment to provide a 24/7 emergency response system and enable police to be at the scene promptly. Calls and all other activity and sound will be recorded until the arrival of the police to aid evidence gathering.

Evelyn Allardyce, Chair of the Angus Partnership on Domestic Abuse said, “The benefits of the telecare system are not restricted to enhancing care in the community, but can also play a part in protecting those at risk of harm from violent partners or ex-partners.

“By installing this equipment for short periods of time where needed, we hope to reduce the opportunities for crime and disorder and make people feel safer in their homes.”

On the lookout for green boxes

Ninewells Medical Records staff would like to highlight that the tamper-proof green boxes used to move patients’ case notes between NHS Tayside’s hospital sites are not being returned to the department.

Around 200 to 300 have gone missing over the past few years suggesting they are being used inappropriately and/or being hoarded, at a considerable cost to the Medical Records department.

Staff are reminded to always use the green box system when transferring patients’ notes to Ninewells for security reasons and ease of handling. The internal mail system should NOT be used for this purpose.

If you have any green boxes in your department/ward/office please return them to the Medical Records office, Level 7, Ninewells Hospital.

Oxygen Education Session

Staff attended the first oxygen education sessions aimed at raising awareness of the importance of oxygen prescribing, monitoring and the requirement for active oxygen management.

The session included a talk from the British Thoracic Society Oxygen Champion for Ninewells Dr Tom Fardon who explained about the impact that poor oxygen management can have on patients, the importance of oxygen prescribing, why we use oxygen and highlighting the new British Thoracic Society Guidelines on oxygen prescribing in adults. Education was also provided on the principles of humidification.

For further information on the British Thoracic Society Guidelines go to www.brit-thoracic.org.uk

Arbroath dental staff on a mission to Romania

Springfield Community Dental Clinic’s Senior Dental Officer Dr Gillian Elliott and Community Dental Nurse Fiona Thompson headed to Romania to work for a week in a children’s home called Casa Hanului (House of Grace), along with a group of nine other volunteers.

Gillian and Fiona not only carried out dental treatment on children in Hunedoara, they also helped set up a permanent dental clinic with donated equipment and instruments from Wright-Cottrell dental company.

Wright-Cottrell Regional Sales Manager Alan Brown handing over supplies to Dr Gillian Elliot (left) and Fiona Thompson (right) for their trip.
A big thank you to NHS Staff

The Tayside NHS Endowment Board of Trustees wishes to thank all NHS staff members who have organised and participated in fundraising activities throughout the last twelve months.

Tens of thousands of pounds were raised for Endowment Funds across Tayside which will bring great benefit to numerous patients and visitors. In most cases staff give up their own time to raise money for Endowment Funds and the Board of Trustees are most anxious that their efforts be recognised and applauded. The generosity and commitment of members of the public within Tayside should also be singled out as exceptional in these challenging economic times.

District nurses take a walk down memory lane

NHS Tayside celebrated 150 years of district nursing with an event at Ashludie Hospital which saw staff from NHS Tayside’s district nursing team join retired colleagues to mark this special milestone.

Memory boards were on display showing photographs and memorabilia from over the years, as well as a memory book for staff to fill with their own stories and experiences.

NHS Tayside’s Director of Nursing Professor Liz Wilson, who opened the event, said, “These trusted, valued and highly skilled nurses carry out their role with great pride and professionalism and we are very proud to celebrate their achievements.”

Steps Tay Health in Angus

Steps Tay Health is an Angus walking project which is aimed at improving the public’s mental and physical health as well as increasing physical activity levels. The walks are tailored to suit the individual’s own fitness level.

The project is supported by Angus Community Health Partnership and is funded by NHS Tayside and Paths to Health. Walking groups have been set up in Monifieth, Carnoustie, Letham and Arbroath.

These walking groups are free and open to everyone and are a great way to meet new people and increase confidence as well as improve levels of physical activity.

Steps Tay Health is continually developing across Angus and has established links with dieticians, physiotherapists, weight management, exercise referral and smoking cessation.

If you know a community/organisation that would benefit from a walking group or are interested in becoming a volunteer or a walk leader, please contact Pamela Brown, Angus Walking Co-ordinator on 07881 478 366 or email pamelabrown4@nhs.net

news in brief

Angus

- Free places on Kirriemuir health course
  Angus Community Health Partnership (CHP), in collaboration with Arthritis Care have organised ‘Challenging your Condition’ which is a free six-week self-management course. Angus residents living with a long-term health condition were invited to sign up to the course which was held at The Glens Learning Centre, Fairlie House in Kirriemuir. The course aims to help people in Angus manage any long-term condition, including arthritis and heart conditions, more effectively and improve their quality of life.

- Angus PPGs spread health messages at Forfar Gala Day
  Members of Angus Public Partnership (Health) Group (PPG) manned an information stand at the Forfar Gala Day in Forfar. The PPGs were helping to raise awareness of good hand hygiene and highlight the Minor Injury & Illness Units. As well as giving out hand hygiene leaflets, PPGs also encouraged members of the public to try out the ‘glo box’ which is a device that shows how effective hand washing really is.

- Kirriemuir residents sign up for Community First Responder Scheme
  Kirriemuir residents showed their support for setting up a Community First Responder (CFR) Scheme by signing up to become volunteers. At a recent information evening hosted by Angus Public Partnership (Health) Group (PPG), local residents learned about the role of a volunteer CFR from Andrew Kerr, Community Resuscitation Development Officer, Scottish Ambulance Service. The CFR volunteers are trained by the Scottish Ambulance Service (SAS) and respond to life-threatening emergency calls, which have been called into the ambulance service, by providing life-preserving measures.
Marie Curie Delivering Choice

The Marie Curie Delivering Choice Programme has been running in Tayside since 2006 with the aim of improving services to enable all palliative and end of life patients, regardless of type of illness, to be cared for and to die in their place of choice.

Achievements over the past three years include the success of the Palliative Care Ambulance and integrated working with the Scottish Ambulance Service; improved access to drugs in the OOH’s period, implementation of “Just in Case” boxes in Dundee CHP and planned phased rollout of the Liverpool Care Pathway in the community setting across Tayside; and specification of an electronic palliative care record and potential integration of this work into the national Electronic Palliative Care Summary in Scotland.

An end of project event was held at the NHS Tayside Specialist Palliative Care conference at the West Park Centre, Dundee. The Marie Curie Delivering Choice Programme had a stand at the event which showcased work that had been undertaken within the project and enabled delegates to learn more about examples of good practice in palliative and end of life care that have been undertaken across NHS Tayside.

Much of the work undertaken in the Delivering Choice Programme will be continued through the implementation of the Living and Dying Well action plan across NHS Tayside.

Falls prevention in Dundee

NHS Tayside is working closely with Dundee Healthy Living Initiative (DHLI) to help older people avoid and reduce their risk of falling.

Older People's Services and the Directorate of Public Health are promoting the fact that falls are not an inevitable part of getting older. A fall can be a signal of a new health problem and if this is diagnosed and treated, further falls can be prevented.

Falls awareness education sessions which help to identify falls risks have been delivered to staff and walk leaders of the DHLI by a physiotherapist.

Porters set for tee

A group of Ninewells porters, ex-porters and their friends headed to Strathmore Golf Course for a day of golf, walking and exercise as part of the Healthy Working Lives scheme.

Many of the porters are keen golfers who enjoy the exercise of walking around hilly golf courses and being out in the fresh air in all weathers. On average the porter golfers walked approximately five to six miles around the golf course. Easy peasy compared to a day at Ninewells and much more enjoyable.

First prize went to John Davidson with Jim Carlin picking up second prize.

Mark L McDonald won the Portering Department’s first Snooker Competition, beating domestic assistant John Russell in the final.

There were 24 enthusiastic participants and the competition was based on elimination matches with the winner winning the best of three frames.

Estates fishing trip

Staff from Ninewells Estates Department took part in their annual fishing trip to see who is best at slinging their hook.

The team of 10 headed to Arbroath and then out to sea for a morning of sailing on the horizon, catching a haul of 35 cod.

Maintenance Assistant Willie McGregor caught the biggest fish – a 4.5lb cod – and Maintenance Engineer Willie Rennie caught the most fish – 14 cod and three Ballan Wrasse.
NHS Tayside promoting organ donation

NHS Tayside’s new Lead Clinician for Organ Donation Dr Stephen Cole addressed a recent ‘Organ Donation in Scotland: Making It Usual Rather Than Unusual’ national conference in Edinburgh. The conference was opened by Cabinet Secretary for Health and Wellbeing Nicola Sturgeon.

NHS Tayside is the first health board in Scotland to set up an Organ and Tissue Donation Committee with the aim of increasing the number of organs available for transplant.

Dr Cole said, “It is vital that we fully optimise the opportunities for people to donate, that relatives and friends have confidence in our transplant services, and that more people agree to donation.”

NHS Tayside also launched National Transplant Week at Ninewells Hospital with an awareness raising event encouraging people to give the gift of life by signing up to the Organ Donor Register.

NHS Tayside Vice-Chairman Murray Petrie and A&E Consultant Brodie Paterson showed their support by registering their details online at the Organ Donor Register website.

Mr Petrie said, “It only takes a matter of minutes for people to sign up online – and make a permanent record of their wishes.”

Join the Organ Donor Register by calling 0300 123 23 23 or visiting www.organdonation.nhs.uk

NHS Tayside commits to reducing carbon emissions

NHS Tayside was one of 24 organisations in Scotland who graduated from the Carbon Trust’s Carbon Management Programme, receiving a certificate from Stewart Stevenson, Minister for Transport, Infrastructure and Climate Change. NHS Tayside is committed to reducing its carbon dioxide emissions by 6,417 tonnes by 2014, delivering an energy bill reduction of £2.5 million in five years.

The Environmental Management Group have developed cost effective and carbon efficient strategies for energy, waste, water, transport, sustainability, IT and procurement.

news in brief

Dundee

World No Tobacco Day
Smokers in Dundee were encouraged to stub it out for World No Tobacco Day. Staff from NHS Tayside Smoke Free Services and Dundee Healthy Living Initiative (DHLI) were on hand at Ninewells Hospital’s main concourse to give friendly advice on stopping smoking and information on what help is available both in hospital and in the community.

Walk for Skin
Around 60 staff from NHS Tayside’s dermatology departments recently completed a charity three-mile Walk for Skin in Camperdown Park, Dundee. The walk was organised by the British Skin Foundation (BSF) and aims to raise awareness and, of course, provide vital funds for research and patient resources. Skin diseases, including psoriasis and skin cancers, affect a huge proportion of the population. All money raised will be donated for skin disease research and treatment and BSF and a further nineteen other skin charities will benefit.

DHLI keep fit group
Dundee Healthy Living Initiative are helping raise the activity levels of people living in the city with a new keep fit group in Mill O’Mains. The weekly class takes place on Fridays from 11am to 12noon at Mill O’Mains Pavilion.

Community Health Worker Theresa Henry said, “This class has been established in a bid to increase the opportunities for the people of Dundee to keep fit. It is open to adults of all ages and abilities, and is a great activity for people who want to raise their fitness levels.”
The Sunflower Centre at Perth Royal Infirmary welcomed family and friends of the late Jon Hughan to celebrate the official opening of a room named in his memory.

Children attend the Sunflower Centre from all over Perth & Kinross for occupational therapy, physiotherapy, podiatry and speech and language therapy. Some of them have life-long difficulties and will require support from all services.

A collection made at Jon’s funeral, donations at his grandmother’s birthday party and further fundraising through Crieff Road Pre-School Centre raised £2415 which was used to furnish the room and to establish an equipment lending service for families.

First group of renal buddies at their training day at Ninewells

Dr Graham Lowe
Honorary Curator of the Medical History Museum

Our chosen items this month come from the Medical History Museum’s current surgery-related exhibition situated outside Lecture Theatre 1 at Ninewells.

Having previously come under the remit of general surgeons, Orthopaedic Surgery developed as a specialty in its own right in the first half of the 20th century, and Ian Smillie (1907-1992) was one of the first in Scotland.

When the NHS was formed in 1948, Smillie was appointed Surgeon in Charge of the Orthopaedic Service for Eastern Scotland. Initially based at Bridge of Earn Hospital he also established orthopaedic clinics at Dundee, not entirely with the approval of some of the general surgeons. In 1967 he became the first holder of the Chair of Orthopaedic Surgery at the University of St Andrews.

Smillie became a world authority on the surgery of the knee and enjoyed a reputation as a brilliant technical surgeon and surgical innovator. The meniscectomy knives (pictured above) which he designed came to be used throughout the world, and his monographs on Injuries of the Knee Joint and Diseases of the Knee Joint became international classics, leading to invitations to teach in many parts of the world.

On one occasion an arch rival attacked Smillie’s meniscectomy knives, saying “The only use for which I can recommend Mr Smillie’s knives is to sharpen pencils”. The audience was astonished when Smillie rose to say “I have to agree with Mr X”, but after a long pause he followed this up with “The best possible use Mr X can make of these knives is to sharpen pencils”.

Smillie’s knives have largely given way now to better cutting instruments and advances in arthroscopic techniques, but as recently as 2007 the American Orthopaedic Society for Sports Medicine posthumously awarded Smillie their highest honour.

The author of this article well remembers assisting the great man at a meniscectomy in Bridge of Earn Hospital, a career highlight for myself anyway if not the other way round. In one corner of the operating theatre stood a large barrel containing what must have been hundreds, perhaps thousands, of torn knee cartilages, all victims of the knives!

A new volunteer renal buddy service at Ninewells will offer patient-to-patient advice and support for people with kidney disease.

All buddies will have experience of kidney dialysis or have had a kidney transplant and will be able to talk about their own experiences and offer practical advice to pre-dialysis patients on how to balance their treatment with family life, work and social activities.

Pre-dialysis clinical education for patients is provided by nurses and doctors in the renal department and helps patients make an informed choice about treatment options. The new peer support Buddy Service will complement this.

For more information on becoming a Buddy please contact 07762 449902 (Mon-Thurs 4pm-8pm, Fri 9am-5pm) or email renalbuddy.tayside@nhs.net
State-of-the-art machine for jaw implants

NHS Tayside patients requiring prosthetic jaw joints, facial symmetry correction or implants to correct skull defects will now benefit from a new state-of-the-art 3D printer which converts CT scan into a three-dimensional model.

Ninewells is one of only three hospitals in Scotland that has this machine which creates custom-made skull and jaw implants with a high degree of accuracy.

This machine allows surgeons to have implant plates shaped and prepared in advance of the patient going to the operating theatre.

The benefits to the patient are huge: minimising the cutting of bone, lessening the need for general anaesthetic and reducing the amount of time spent in the operating theatre.

School pupils meet Chief Executive of NHS Scotland

Dr Kevin Woods, Chief Executive of NHS Scotland, recently paid an informal visit to Tayside.

As well as meeting Chairman Sandy Watson, Chief Executive Tony Wells and non-executive members of NHS Tayside Board, he participated in an informal discussion with members of the Menzieshill High School Pupil Representative Council who came to Kings Cross with Head Teacher George Laidlaw and two school support workers.

NHS Tayside has been working with young people as part of the community engagement strategy, and the Menzieshill pupils shared thoughts with Dr Woods in a very open and constructive fashion about what young people regard as health priorities.

news in brief

Perth & Kinross

• POST launched in Perth

A new Tayside childhood obesity service, offering lifestyle education and encouraging exercise, is to be hosted by Perth & Kinross CHP. The Paediatric Obesity Service Tayside (POST), led by Dr Laura Stewart, is already up and running in Perth with the service due to expand to Dundee and Angus over the coming months. The scheme is contributing towards NHS Tayside meeting its target for HEAT3, the Scottish Government’s programme on children’s healthy weight management.

• Perth midwives share good practice

The Community Midwife Unit (CMU) at PRI played host to the National Childbirth Trust’s (NCT) Community Development Project. Following a short presentation by midwives on the work carried out at the unit, members of the NCT group were taken on a short tour to see first hand the excellent facilities, which include two birthing pool rooms for local mums.

• Blairgowrie transport service

Residents of Blairgowrie will continue to receive a key transport service that enables them to attend appointments at hospitals. The service frees up double-manned ambulance crews by using a bus to collect patients who are attending hospital at the same time. As a result of the extended service, around 200 additional people used the scheme over a 20-week period. Leaders of the Transport with Care project reported on the scheme to Perth & Kinross CHP committee members, detailing plans to integrate services and extend the project to other rural areas of Perthshire.
Everyone will be very aware that Swine Flu, or to give it its proper title Influenza A (H1N1), has reached pandemic levels, but what exactly does that mean?

Well, pandemic flu happens when a completely new flu virus appears in humans and then spreads throughout the world, infecting large numbers of people. Swine Flu has followed this pattern of infecting many people but, fortunately, the vast majority experience only mild flu symptoms, they recover quickly and their health gets back to normal very soon.

The World Health Organisation has said UK planning for a flu pandemic is among the most advanced in the world and the Scottish Government and NHS Scotland have been working with partner organisations for a number of years to ensure that Scotland is in the best possible position to respond to a pandemic.

Here in Tayside, NHS Tayside is the lead organisation for managing the Tayside response and we are working closely with our partners in Local Authority, the Police, Tayside Fire and Rescue, Scottish Ambulance Service and other agencies which make up the Tayside Strategic Coordinating Group (SCG).

We’ve been working with all the agencies for several years and have developed detailed plans to make sure we’re all as prepared as we can be and that there is an effective and co-ordinated response to any situation that may develop within our communities.

Chair of the Tayside SCG is Dr Drew Walker, NHS Tayside Director of Public Health. He has paid tribute to all the hard work that has been done over the past three months or so and, indeed, the work that is ongoing to make sure partners continue to be as prepared as possible.

“All the planning that we have undertaken over the past few years and our focused work over the past three months has proved to be invaluable,” he said. “Staff across all the agencies have been working extremely hard and I would like to acknowledge the way in which they continue to manage the ever changing situation.”

At this stage our aim is to maintain normal levels of NHS activity. That means primary care services, A&E services, planned surgery and out-patient clinics will continue as normal. Emergency plans exist for limiting routine activity, and will be implemented at a later stage if this becomes necessary, either because of a surge in flu cases requiring hospital treatment or if staff sickness affects the ability to deliver services effectively.

**Keeping you informed**

We want to keep staff informed about the latest developments so there’s a dedicated site on Staffnet which is the one-stop site for all information both clinical and general, infection control guidance, plans and other documents relating to the developing situation, as well as news and updates on the local mass vaccination programme.

We know the public want to have the latest information on the Swine Flu situation as well and so the NHS Tayside website www.nhstayside.scot.nhs.uk has the most up-to-date information from NHS Tayside, the Scottish Government, NHS 24, the World Health Organisation (WHO) and the Foreign and Commonwealth Office, as well as information and advice from the national public campaign.
Mass vaccination

You may all be aware that the Scottish Government is committed to offering vaccination against Swine Flu to the entire Scottish population over the next year.

The Government has indicated that the UK is amongst the first countries in line to receive vaccine and the first doses could be administered in Scotland in late summer/early autumn.

The start point for the programme will need to take account of the licensing position of the vaccine and advice about safety. Vaccine will only be offered when scientific and medical advice indicates that it is safe to do so.

The priority groups for the first stage of the programme have now been agreed at a UK level. Frontline health and social care workers will begin to be vaccinated at the same time as the first priority group. The priority groups and the order in which they will be vaccinated are:

- People aged over six months and up to 65 years in current seasonal flu vaccine clinical at-risk groups
- All pregnant women
- Household contacts of people with compromised immune systems e.g. people in regular close contact with patients on treatment for cancer
- People aged 65 and over in the current seasonal flu vaccine clinical at-risk groups

This means that a total of 1.4 million people will be vaccinated in this first stage of the programme.

The delivery of this programme is a major challenge for all NHS Boards and partner organisations with planning already underway. A local Mass Vaccination Group has been established to enable NHS Tayside to develop the vaccination programme. At present there are four workstreams, covering issues around training a vaccinating workforce, determining the best way to deliver the vaccine to all of Tayside's population, ensuring a robust logistics plan and providing clear communication and information to those who will help deliver the plan, to staff and to members of the public.

The vaccination programme will rely on the help and participation of NHS Tayside staff, both as people who can assist by delivering the vaccine to our population and as active recipients of the vaccine.

Useful websites

- www.nhstayside.scot.nhs.uk
- www.scotland.gov.uk
- www.nhs24.com

QUESTIONS

What is the new A (H1N1) flu?
This is a new influenza A (H1N1) virus that has never before circulated among humans. This virus is not related to previous or current human seasonal influenza viruses.

What are the symptoms of Swine Flu in humans?
Signs of influenza A (H1N1) are flu-like, including fever, cough, headache, muscle and joint pain, sore throat and runny nose, and sometimes vomiting and diarrhoea.

How do people become infected with the virus?
The virus is spread from person to person and is transmitted as easily as the normal seasonal flu. It can be passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or that can contaminate hands or surfaces.

What can I do to protect myself and others against the flu?
The best thing you can do to protect yourself is to follow good hygiene practices. These will help to slow the virus spreading and will be the single most effective thing you can do to protect yourself and others from infection.

When you cough or sneeze it is especially important to follow the rules of good hygiene to prevent the spread of germs.

- Always carry tissues
- Use clean tissues to cover your mouth and nose when you cough and sneeze
- Bin the tissues after one use
- Wash your hands with soap and hot water or a sanitiser gel often

There is a simple way to remember this:

**Catch it, Bin it, Kill it**

Most people experience mild illness and recover at home.

When should a person seek medical care?
A person should seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues more than three days.

For parents with a young child who is ill, seek medical care if a child has fast or laboured breathing, continuing fever or convulsions (seizures).

Supportive care at home – resting, drinking plenty fluids and using a pain reliever for aches – is adequate for recovery in most cases.

What should I do if I think I might have Swine Flu?

- Stay at home
- Check your symptoms on www.nhs24.com
- Call the Swine Flu Information Line on 0800 1 513 513 to hear the latest advice
- If you have taken these steps and are still concerned, contact your GP, or call NHS 24 on 08454 24 24 24. For advice on your symptoms and the next steps you should take
- Do not go into your GP surgery or local accident and emergency department unless you are advised to do so or you are seriously ill, because you might spread the illness to others
One small step for man?

On Sunday, 20 July 1969, the American spacecraft Apollo 11 became the first manned mission to land on the surface of the moon, with Neil Armstrong and Buzz Aldrin taking mankind’s first steps on another planet. The original moon landing was broadcast live around the world with over 500 million people tuning in to see Armstrong climb out of the lunar module Eagle and utter the infamous line ‘that’s one small step for man, one giant leap for mankind’.

The moon landing captured the imagination of the world and many believed that in the decades to come, people would be living on the moon or, at the very least, taking holidays there. However, over the next four years, only six more Apollo missions landed on the moon before the programme was cancelled, due to the costs and dangers associated with the missions.

With the world celebrating the 40th anniversary of the first moon landing, spectra asked our readers if they think that landing on the moon is the greatest achievement of the 20th century.

Kirsten McKenzie
SECRETARY
Corporate Services, Perth & Kinross CHP

Was the moon landing the greatest achievement of the 20th Century?
No, I wouldn't say so - it is impressive but ultimately a little pointless!
I believe that organ transplantation was a massive achievement that has benefited so many people across the world. It is fantastic that people are now able to survive illnesses that would previously have killed them - transplants truly are the gift of life.
One of my own close friends recently had a double transplant that means he will be able to watch his daughter grow up, so I have first hand experience of seeing the benefits of transplantation. Organ transplantation has changed and saved lives which, to me is a much greater achievement than landing on the moon.

Guy Cross
OFFICE ADMINISTRATOR
Corporate Services, Perth & Kinross CHP

Was the moon landing the greatest achievement of the 20th Century?
I think the moon landing is the greatest achievement of the 20th century because it is simply awe inspiring.
It’s possible to ignore the advances in engineering and science that led to us being able to make the ‘giant leap’ and still find benefits that make this the greatest feat of the 20th century.
There are few things that have united the global population more than the moon landing. Although only one country sent men to the moon, there is a great sense of mankind as a whole having sent someone to the moon. Returning briefly to engineering though, if we didn’t have a pen that could write in zero-gravity conditions, where would this planet be?

On Sunday, 20 July 1969, the American spacecraft Apollo 11 became the first manned mission to land on the surface of the moon, with Neil Armstrong and Buzz Aldrin taking mankind’s first steps on another planet.
“Although only one country sent men to the moon, there is a great sense of mankind as a whole having sent someone to the moon.”

Six Apollo missions landed on the moon between 1969 and 1973

Ben Walker
Communications Assistant
Communications

Was the moon landing the greatest achievement of the 20th Century?
No I don’t think it was. The moon landing was a great achievement, I don’t think anybody could argue with that, but I feel the invention of the computer has proven to be greater.

It has become so widely used, especially with the internet, and we couldn’t live without them nowadays. Although I’m sure people in the NHS would agree sometimes you just wish you could pick them up and throw them out of the window.

Kenny Greig
Planning & Development Manager for Older Peoples Service
Angus CHP

Was the moon landing the greatest achievement of the 20th Century?
I think the moon landing probably was the greatest achievement. It painted the way to the ultimate advancement and progression to the future. However, in subsequent years this has not been realised. In other words it was a complete letdown.

I would like to add that the birth of The Beatles comes very very close and being from the Beatlemania generation I am a huge fan.

Hilde Barrie
Corporate Services Manager
Angus CHP

Was the moon landing the greatest achievement of the 20th Century?
No I don’t think this was the greatest achievement. I believe the greatest was the discovery of Penicillin.

Penicillin has revolutionised the medical field. Where would we be today without it? It has saved so many lives.

The moon landing was supposed to have brought us Teflon and as somebody who burns a lot of pots I am very thankful for that.

Freda Stewart
Health Improvement Partnership Manager
Angus CHP

Was the moon landing the greatest achievement of the 20th Century?
I don’t think it is the greatest achievement but I do think it is one of many.

As a child the landing on the moon completely captured your imagination it was the most exciting thing to happen. I believed that one day you could build your house on the moon or you could go on holiday to the moon. The list was endless.

No images from NASA

Apollo 16 mission commander John Young, 1972

Images: NASA
Meningitis Awareness Week runs from 21 – 27 September and, with up to 4,000 reported cases per year in the UK, spectra is highlighting how to spot the symptoms and the potential dangers of not catching the disease early.

Meningitis is a very frightening disease because it can strike so quickly, causing someone to become seriously ill within hours and if not treated successfully can cause serious disability and even death. The condition can affect anyone of any age and knowing the symptoms is vital as prompt medical treatment can mean the difference between life and death.

Meningitis is caused when the protective membranes covering the brain and spinal cord – known as the meninges – become inflamed, usually as a result of an infection.

This infection is usually caused by viruses or bacteria but it may also develop following a serious injury to the head or spine, or by a fungal infection.

Although it can be very unpleasant, most people with viral meningitis make a full recovery within a couple of weeks. Bacterial meningitis however is life-threatening and requires urgent medical treatment. The disease can strike with incredible speed and can kill someone in hours or cause permanent disability such as loss of limbs, blindness, deafness and brain damage.

Bacterial meningitis can be caused by a range of different bacteria, the most common form of bacterium being the meningococcus. It is most prevalent in children and babies under the age of three, and in teenagers and young people aged 15-24. The bacteria can only be passed from person to person in nasal or oral droplets, for example by kissing or sneezing. In some cases, the bacteria can cross into the bloodstream causing septicemia (blood poisoning).

Emergency Medical Consultant Dr Neil Nichol explains the dangers of not picking up on bacterial meningitis.

"Meningococcal disease affects around 2,000 people in the UK every year, so it is not a common disease. The disease mainly affects babies, pre-school children, and teenagers – but any age group can be affected. Deaths still result where the disease is not recognised early and treatment is delayed. However, there is now an effective vaccination against one type of the Meningococcus (Type C), and death rates have reduced over the last few years.

"Meningococcal meningitis and septicaemia usually present initially with symptoms which are fairly general and non-specific. The common signs of infection are fever, headache, feeling unwell and nausea or vomiting. These symptoms are found in many other minor infections which are self-limiting and do not need treatment other than fluids and paracetamol.

"However, in meningococcal meningitis, the fever and vomiting gets worse, headaches become constant and severe, the patient may complain of a stiff neck and aversion to light, and confusion or drowsiness may then occur. If these features develop, medical advice is needed urgently.

"Treatment involves admission to hospital, antibiotics, and a lumbar puncture (where a needle is inserted under local anaesthetic into the lower back to drain off some of the cerebrospinal fluid) to allow confirmation of the diagnosis, and to ensure that the most appropriate antibiotics are given.

"In septicaemia, in addition to the fever and feeling generally unwell, the patient may complain of limb, joint and muscle pain, they may have cold hands or feet and start shivering, the skin may appear pale or mottled, and a rash may develop. Confusion or drowsiness may then follow. The rash may start as a few tiny red or brown pinpricks anywhere on the body - this is when the tumbler test can be used.

"If a glass tumbler is pressed firmly against a septicaemic rash, the pinpricks will not fade and will remain clearly visible through the glass. If this happens, get medical help immediately. There may only be a few spots initially, but as the person becomes more ill the spots may then spread very quickly, becoming larger and looking like bleeding under the surface of the skin."

For more information please visit www.meningitis.org
Next steps for integration

This is the first of a two-part series where NHS Tayside Chief Operating Officer Gerry Marr speaks to spectra about Next Steps for Integration.

In this issue Mr Marr explains the benefits of the move towards a more integrated system of healthcare across NHS Tayside.

“There are three dimensions to Next Steps for Integration. At the heart of government policy is the whole concept of Shifting the Balance of Care and moving healthcare from a 1948 model of care to a 21st century model of care.

“The Delivery Unit was established on 1 April 2006 when it was considered its success would depend on the relationship between primary and secondary care colleagues. Progress has been made. However, on reviewing our performance it was considered that the organisation was now ready for further integration, and so, the proposal for Clinical Boards, bringing primary and secondary care clinicians together formally in a management relationship, would give a stronger clinical voice in decision making. So, the highest level in the organisation is delivering government policy and that's what Clinical Boards will be very much focused on.

“The second reason is that Board Officers have an ethical responsibility to drive productivity and efficiency in a way that best serves our patients and communities. That's as much about ensuring we do not harm our patients - which is at the forefront of our Patient Safety Programme - we reduce waste, and wherever possible we manage what is significant variation in the way that we deliver care to patients. The second objective is that we are much better at Pathways of Care for both our patients and, of course, staff.

“Each Board has their own response to the government’s productivity and efficiency agenda, but what we're doing in Tayside is unique and we think it best suits our particular set of circumstances.

“The third element is around the reintroduction of senior nurses and the strengthening of the associate nursing structure. The system over the years has eroded the role of the charge nurse and made it more difficult for them to spend time in direct patient care. Part of this further integration is to restore public confidence in the compassionate side of the NHS. We are committing more to the nursing directorate and nursing, which is an acknowledgement on NHS Tayside's part that we want to do more and better support our nurses at the frontline of delivering care to our patients.

“Next Steps for Integration is about being as efficient as possible in our management costs. We have worked well with our trade union partners and taken forward this significant change. We have listened carefully to staff who have been most affected by this change.

“We believe that our responsibility is to support our staff in their new jobs and provide opportunities for the future. All of the staff involved will be supplied with Personal Development Plans as they take on new challenges.”

“What we're doing in Tayside is unique and we think it best suits our particular set of circumstances"
A series of events was held throughout Tayside to highlight Dementia Awareness Week and to encourage people to make simple lifestyle changes to help reduce their risk of developing dementia.

In Dundee, representatives from NHS Tayside, Alzheimer Scotland, Age Concern/Help the Aged and the Scottish Dementia Clinical Research Network manned an information stand at Ninewells Hospital where visitors were able to get advice and information on dealing with dementia.

Also in Dundee, the Tartan Coffee House hosted a three-week long exhibition of digital prints created by members of the Alzheimer Scotland Early Stage Dementia Group as part of Tayside Health Arts Trust’s ST/ART project.

Events in Angus included an Alzheimer Scotland Charity Shop and jumble sale in Forfar, and information stands in the Abbeygate Shopping Centre in Arbroath as well as hospitals and health centres across the region.

At Alzheimer Scotland’s monthly dementia drop-in cafe in Perth, visitors were able to pick up leaflets and information about dementia and speak to healthcare and social work staff and other people with dementia, carers and their families.

Elsewhere in Perthshire, the Happy Highlanders Social Group, a Perthshire-based support group for carers and people with dementia, took part in a forest walk at Pitlochry in support of Dementia Awareness Week.

Dundee man Kenneth Lynch, 63, says he has ‘never felt so good’ after making small changes for a healthier lifestyle.

Kenneth was diagnosed with diabetes in December 2007 following a routine blood test and blood pressure check at his Keep well assessment at Westgate Health Centre in Dundee.

Keep well is a national initiative that offers a free health ‘MOT’ for people aged between 45 and 64 years old. Basic health checks offered include blood pressure, blood glucose and cholesterol, as well as an assessment on lifestyle risk factors such as smoking, alcohol consumption, diet and exercise.

Following his assessment, Kenneth decided to make some changes including cutting out the 20-24 sugars a day he used take in his tea and replacing them with sweetener. He has also increased his activity levels and attends a regular diabetes clinic at his GP practice.

Primary school leavers in Dundee enjoyed a ‘Well Good’ summer thanks to an NHS Tayside-led project.

Soon-to-be first year pupils from schools across the city spent a week at The Space, Dundee College taking part in fun activities focusing on healthy choices and decision making.

A final showpiece, created by the young people, was presented to family and friends at the end of the week.

Alison Duncan, NHS Tayside Public Health Schools’ Team, said, “This is a fantastic way for children and young people to learn serious messages about health and lifestyle.”

Youngsters enjoy a ‘Well Good’ summer

Dundee man keeping well thanks to health check
Health information for Angus community

A free health information day was held in Forfar recently for people in the area affected by long-term health conditions.

The event at the Reid Hall, which was opened by Mary, Dowager Countess of Strathmore, was developed by Angus people living with long-term conditions, and supported by Angus CHP, Angus Council Social Work and local and national voluntary organisations.

There were over 30 information stands, covering areas such as diabetes, asthma, cardiac disease, arthritis, pain, dementia, mental health and neurological conditions.

Local services and organisations were also available to share information about the wide range of support available in Angus and health-related workshops, including footcare, practical diabetes management and living with dementia, ran throughout the day.

Threshold smoking cessation group

Research shows that 70% of people with mental health problems smoke, and that the majority of smokers would like to stop. Smokers are four times more likely to give up with support and Nicotine Replacement Therapy (NRT) and in Tayside they can attend weekly support groups in community settings and community pharmacies.

Some people with mental health problems feel unable to join a mainstream community group due to symptoms of their illness. The smoking cessation support group at Threshold Day Hospital in Dundee is informal, friendly and is specifically for people with mental health problems.

The group is open to all, whether thinking about stopping, wanting to help others quit or just needing support to stay stopped. It runs every Thursday from 2-3pm. For more information call Anne Poustie (01382) 322026 or Susan Schooling (01382) 346050 or just come along and join in.

Alternatively, one-to-one sessions with a specialist smoking cessation advisor in mental health can be arranged.

Audrey, who is a member of the group, feels that “there is no pressure on you and the meetings are very friendly and informative. You get good feedback from other members in the group and the ongoing meetings help you stay stopped.”

Another former smoker Eric says “I started when I was 14 and used to smoke 20-25 cigarettes daily. I have been stopped now for 16 months. The money saved allows my wife and I to stay in hotels when on holiday. My breathing has never been better and my fingers are no longer stained.”

quit4u participants share success stories

Two Dundee friends, who have smoked since their teens, are among the first people in the city to kick the habit thanks to the quit4u smoking incentive scheme.

Philip Neave and Audrey Gordon, who have been friends since school, decided to try giving up smoking together and thought the quit4u scheme would motivate them to kick the habit for good.

Philip, 43, had a 20-25 cigarettes a day habit and Audrey, 44, smoked around 30 a day. Both have been attending a smoking cessation group where they have been tested on a weekly basis to prove they have given up smoking.

quit4u, which was launched by Minister for Public Health Shona Robison, is a stop smoking scheme which offers smokers in Dundee an incentive of £12.50 credit per week to give up cigarettes. Since the launch at the end of March this year, over 500 people have signed up to the scheme.

NHS Tayside’s Deputy Director of Public Health Paul Ballard, who has overall responsibility for the project, said, “Early indications are that we are seeing around a 30% quit rate and we are expecting this to rise to around 50%.”

“Already this is a significantly higher percentage of quitters than we see with other smoking cessation approaches and we are encouraged that the project will continue to be successful in reducing the number of smokers in Dundee.”
**A specialist palliative care conference, ‘A Time to Talk, A Time to Listen’, was held in Dundee recently, bringing together more than 200 healthcare professionals, researchers and patients from across the UK.**

The event, which was chaired by NHS Tayside consultant in palliative medicine Dr Rosie Conway, explored therapeutic relationships in end of life care, focusing on the theme of listening.

As part of the conference, there was work on display from the Marie Curie Delivering for Choice Programme, allowing delegates to learn about examples of good practice in palliative and end of life care that have been undertaken across NHS Tayside.

NHS Tayside service manager Anne Robb said, “With the wide range of diverse and experienced speakers, this stimulating programme supports discovery of new concepts in palliative care in the company of other skilled specialists and researchers.”

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**Top award for Tayside manager**

**Hazel Scott, Commissioner for Older Peoples Services and well respected figure within NHS Tayside and beyond, has received the Institute of Healthcare Managers most prestigious Award.**

At the annual IHM Awards dinner in London, IHM President Stewart Bain presented Hazel with her Companionship of the Institute.

Hazel has been a member of IHM since the mid-1980s and serves the IHM Scottish Council as vice chair and is also on the IHM Executive Board and IHM Members Council.

In order to be eligible for Companionship of the Institute you must have made a significant and sustained contribution to the profession of management, with the contribution having a direct relevance to healthcare management. Companionship is open to both IHM Members and Non-Members.

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**Clinical skills mobile unit visits Ninewells**

Ninewells Hospital played host to a visit of the clinical skills mobile unit, with over 200 staff and students stopping by to check out the facilities.

In the afternoon, a group of six pharmacists took part in a session using SimMan, a simulated patient, and four 5th year medical students, along with nurses and technicians from the Clinical Skills Centre, performed a scenario, also using SimMan.

Interest from a range of departments and professions from the hospital, the wider community and Dundee and Abertay Universities was strong and it is hoped that more faculties will deliver education through the unit in remote and rural areas.

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**CF team success in France**

The Cystic Fibrosis team at Ninewells Hospital recently attended the European Cystic Fibrosis Conference in Brest, France to give presentations to colleagues from across the world.

Gill Brady, Clinical Nurse Specialist, was presenting the Patient Held Medication Cards that the team had produced to address issues of education and compliance with their patients.

Lawrie MacDougall, Clinical Nurse Specialist, gave a presentation relating to work undertaken by the whole team to look at their traditional roles, how the roles have been extended and how this has evolved as patients needs have changed over the years. This was entered in the category for Best Care Award and Lawrie came second in this section.

The trip proved to be a valuable learning experience for the team, who returned motivated and enthusiastic, with fresh innovative ideas to enhance the service provided for their patients.
Healthcare Academy students graduate

Three groups of health and social care students from across Tayside have become the latest to graduate from NHS Tayside’s Healthcare Academy.

The 10th cohort of the Dundee Healthcare Academy completed seven weeks of training at Dundee College as well as three different placements in clinical or non-clinical areas in NHS Tayside, and completion of training in mandatory skills such as manual handling, basic IT and first aid.

This cohort has also completed the first REHIS infection control award delivered by a Further Education College in Scotland.

The first 36-week course delivered by Dundee College, Dundee Social Work Department and NHS Tayside also completed recently.

The course provides training in NHS and Social Care Mandatory skills along with Health or Social Care placements in Dundee of two and three days each for 30 weeks. At the end of the course, students gained both an SVQ2 in Health and Social Care and practical experience in the care field.

Placements in NHS Tayside were supplied by Glenlaw House, Labour Suite, Armitstead, Kingspark, Paediatric Unit Play Centre, Renal Unit, Theatres, Radiography, Physiotherapy, Occupational Therapy, Accident and Emergency, Wards 1, 9, 17 and 18 at Ninewells, Carseview and Liff Hospital.

In Arbroath, the 5th cohort of the Angus Health and Social Care Academy successfully graduated at Angus College.

The group have exemplified the positive attitude and caring ethos that both NHS Tayside and Angus Social Care and Health look for in their staff.

Armed with the mandatory skills, practical experience and the basic theory required to work in the care sector they are now actively seeking employment in care across both the public and private sectors.

Tayside staff trained in leadership

Fifteen leaders within NHS Tayside were among the first to graduate from the NHS Education for Scotland-funded Postgraduate Certificate in Frontline Leadership and Management, the culmination of 18 months of hard work.

The course is a collaborative programme between NES, UHI Millennium Institute and De Montfort University and comprises three core modules - Leading and Leadership; a personal focus, Leading change and innovation effectively, and Information management and decision making – and one optional module – Managing Service Improvement & Diversity, Intrapreneurialism, creativity through collaboration, or Leading and managing at a distance.

The first cohort in Scotland had approximately 120 participants with 15 of these from NHS Tayside. Of these 120 there were 14 who achieved the certificate with a distinction and six of these were from NHS Tayside. The Tayside cohort included clinical and management staff from medical, nursing and allied health professions as well as management trainees.
Mark Ferguson, Business Development Manager in Research & Development, talks to spectra about life as a family man and the job satisfaction of developing NHS Tayside staff ideas into products to be used in the hospitals.

Name, designation and dept.
Mark Ferguson, Business Development Manager, Scottish Health Innovations Ltd, based in R&D.

Personal history (an outline of yourself and how you came to be in this job...)
Arriving in Dundee in Sept 2008 almost felt like coming home. After work experience during High School at the DCL Distillery in Menstrie I knew I would become a Microbiologist in addition to a homebrewer. After training in Aberdeen in the late 90s I left to begin an academic career in Baltimore, USA. During this time I met my wife and helped to form a company based on technology I developed in the lab. Bonnie Scotland beckoned and we decided to raise our children back home. I took a position at Aberdeen University helping to get academics great ideas turned into products. Working now for Scottish Health Innovations Ltd within NHS Tayside has been another rewarding step as I can see healthcare related ideas turn into something useful for the benefit of patients. Occasionally I dust off the brewing equipment and put my other skills to good use. I have been made very welcome by all at NHS Tayside and have heard many terrific ideas so thanks to all I have met so far.

Like(s) about current job
The very nature of my job gets me out meeting many people from different backgrounds covering all specialties. I immensely enjoy meeting new people and hearing their innovative ideas about how to improve service and develop new products. Seeing a staff member’s idea turn into a product that is used within the hospital is a big reason I do this job.

Dislike about current job
Currently I connect to the internet wirelessly and it’s very slow! Not keen on looking for a parking space every morning.

Most unusual thing asked to do at work
In a previous job I was asked to escort a group of 40 Norwegian midwives to the pub.

Achievement most proud of
My family. Wife Celeste and two boys, Dillon and Ewan.

Favourite writer
Whatever I can lay my hands on whilst on holiday.

Favourite music
Dance music to burn off energy with the kids.

Favourite meal
Indian

Most like to have dinner with
Eddie Murphy

Favourite word
Daddy

Top 3 frustrations
My inability to send texts on my mobile phone. Driving behind a tractor in Fife on the way to Ninewells Hospital. Long, dark, damp winters.

Most embarrassing moment
This would have to be my first kiss. I nearly broke her tooth!

Irritating habit
Grinding my teeth at night (or so I am told).

Do better than anyone else
Staying calm in the face of adversity, especially when my one-year old son throws dinner in mum’s face.

3 wishes
My lottery numbers to come up. My wife’s lottery numbers to come up. Start building a kit car with my father.
Choice 2009

Later this year staff who joined the NHS Pension Scheme prior to April 2008 will be given the option to transfer to the new pension arrangements or remain on their existing arrangements. Shiona Lumsden (SL), Payroll Manager and Christopher Smith (CS), Head of Human Resources, talk to spectra about Choice 2009.

Q. What is Choice 2009?
S.L This is the name given by the Scottish Public Pensions Agency (SPPA) to the choice exercise which staff who joined the pension scheme prior to April 2008 will have.

Q. What choice will they have?
C.S Staff who joined the pension scheme prior to April 2008 can either choose to remain on their existing scheme or transfer to the new scheme.

Q. Who will be affected?
C.S All staff who have been members of the NHS pension scheme prior to April 2008. Choice 2009 will not affect staff who are not members of the pension scheme.

Q. What is the difference between the new and old schemes?
S.L Under the old arrangements staff when they retired received a pension based upon 1/80th of their best salary in the last three years for each year of service plus a lump sum of three times their pension. The normal retiring age is 60 onwards (55 for Special Classes). Under the new scheme the pension is based upon 1/60th for each year of service. No lump sum is paid although those that choose to transfer will have to take a lump sum in accordance with new arrangements. The normal retiring age will be 65.

Q. Are these the only changes?
S.L No, I would recommend that all those who are members of the pension scheme seek further information so that they get a good understanding of what the differences are.

Q. Where can staff get more information?
C.S The Scottish Public Pension Agency (SPPA) website on www.sppa.gov.uk has a lot of information about Choice 2009.

Q. When will staff be asked to choose?
S.L I don’t have an exact date but it will not be before October 2009 and the exact timetable will be confirmed once it is known. It is likely that the choice exercise will happen on a phased basis across Scotland.

Q. What will happen?
S.L Staff will receive information from the SPPA outlining what their existing pension benefits will be under the existing scheme and what they would look like under the new scheme. Staff will be asked to complete and return a form to the SPPA stating if they want to remain on the existing arrangements or transfer to the new arrangements.

Q. I’m sure the key question will be “what is the best option for me?”
S.L I will be asking myself that question! NHS Tayside is legally bound not to offer any advice to its staff regarding which option to choose. We can provide information but not advice. So when the Choice 2009 booklets and forms are issued please don’t call my department to ask what would be the best option.

Q. How will staff receive the Choice 2009 information?
S.L It will be sent to the relevant staff at their home address. If your address is different from the one on your payslip please complete the “Notification” part of your payslip with the new home address and send it to Payroll Department.

Q. Will there be a lot of jargon associated with Choice 2009?
C.S This will be a big and complex exercise and whilst a key focus will be to make information which goes to staff as clear and simple as possible some jargon will appear. There is some useful information on the SPPA website.

Q. Is there any information locally on Staffnet about Choice 2009?
C.S Yes, there is a page which can be accessed by clicking on Working for Us and under Working Here click on Pensions.

Q. If staff are about to retire what should they do?
C.S Staff who are members of the pension scheme and who retire prior to October 2009 will not take part in the Choice 2009. The SPPA have devised a special leaflet for this group of staff called “Members Retiring Soon” and it is available on the SPPA website. Staff who retire between 1 April 2008 – 1 October 2009 should they return to NHS employment will have the option to join the new April 2008 scheme two years after receiving their pension.
£1,150 for Cardiac Rehab Unit

Brechin men Gavin Moir and Alistair Gray visited Stracathro Hospital to donate £1,150 to the cardiac rehabilitation unit.

The pair met whilst attending exercise classes at the hospital as part of their cardiac rehabilitation programme.

Alistair retired earlier this year and held a dance in the Brechin Bowling Club for family and friends. Keen to help others in a similar position, Alistair decided to forego retirement gifts and asked his guests to donate money, raising £360.

Gavin recently celebrated his 40th birthday with a disco at the Bridge End Bar in Brechin. He also invited family and friends to donate to a birthday fundraiser which he organised to show his appreciation for all the care he received from staff at Stracathro and Ninewells. The evening raised £1,075 with £790 given to cardiac rehab at Stracathro and £290 to the cardiac step-down unit at Ninewells.

Dundee diabetes patient Helen Dawson presented £600 to Strathmore Diabetes Centre at Ninewells Hospital.

Helen, who has been a diabetic for 20 years and is treated at the centre, raised money by asking her friends and family to donate money instead of giving presents for her 75th birthday.

Handing over the cheque to Dr Ellen Malcolm, Helen said, “I would just like to thank everyone who attended the party and donated the money. I am delighted to be giving it to the centre.”

A Dundee man turned an unlucky day into a welcome boost for the Ninewells prostate cancer research fund, as a friend of his is recovering from the disease.

Andy Cathro, who works as a Health and Safety Officer at Dundee College, fractured his wrist during a staff five-a-side football game on Friday, 13 March and had to have his arm in a cast for six weeks.

With family, friends and colleagues constantly asking if they could write on the cast, Andy decided that he would only allow them to sign it if they donated some money for charity. He raised a total of £270.
Generous donation from Dundee man

Arthur Knight of Dundee thanked staff at Ninewells’ Ward 34 for the seven month chemotherapy treatment he received.

He acknowledged all of their hard work with an extremely generous donation of £1,000 from his own pocket.

The money is to be used to purchase chemotherapy pump units.

Mr Knight said, “Nothing gives me more pleasure than to give this donation to Ward 34 and day area. I want to say a very special thanks to Dr Ron Kerr and the nursing staff for the time that I spent in the ward and for further medical care and treatment.

“It will always be a place that’s close to my heart.”

Eye ball raises funds

Ophthalmology staff from Ninewells donned their posh frocks and black ties to raise funds for the department at a recent ball held at the Woodlands Hotel in Broughty Ferry.

During the evening, £1,400 was raised for the department’s ultrasound machine appeal and VISION 2020 Links Programme.

Ladies’ Day raises more than £2,500 for Ninewells neo-natal

The annual Ladies’ Day at Auchterhouse Country Sports raised £2,580 for the neo-natal unit at Ninewells.

The event, held in June, was the sixth of its kind and was aimed at encouraging ladies to try clay shooting, whilst at the same time raising money for a good cause.

Some 130 women participated, with instructors on hand to show them how it’s done.

There were also raffles and auctions which contributed to the total raised.

ICU staff thanked with £750

A former patient of Ninewells Hospital’s intensive care unit (ICU) thanked staff with a donation of £750.

Dundee man Archie Finnigan spent three weeks in intensive care in January after contracting septicaemia and suffering multiple organ failure.

After leaving Ninewells, where he also spent time recovering in Ward 1, Archie decided to turn his birthday party into a charity night and asked family and friends to give donations for the ICU. A raffle was also held on the night which brought the total raised to £750.
Duncan Henderson has retired from Financial Services after 34 years service in the NHS.

Duncan joined Tayside Health Board as a Finance Assistant in 1984, when he relocated to central Financial Services office in Dudhope Terrace. In 1990, Duncan moved with the Financial Services organisation to the Maryfield site. Duncan latterly has had responsibility for Financial Accounting, Cashiers, Accounts Receivable, Travel and Car Leasing.

Duncan and wife Anne enjoy travel and holidays. They have a holiday home in Turkey and with Duncan’s love of cars they plan to tour in an E Type Jaguar or even buy a classic car. They also plan to spend more time with their family.

David Clark, Director of Finance, said “I have had the pleasure of knowing Duncan for the last 25 years, and throughout this period he has been a mainstay of the financial services organisation which has served NHS Tayside so well. I would like to wish him a prosperous and happy retirement.”