

# Postgraduate Health and Social





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# Anoushka



Postgraduate Health



Registered Nurse

Registered Nurse Anoushka Alo began her nursing career over ten years ago. After working in Gynaecology for five years, Anoushka decided it was time to expand her learning and enrolled in the Postgraduate Certificate in Specialty Care, specialising in Pacific Health and Clinical Leadership at Whitireia. What Anoushka learned now helps her every day in her work with Pacific communities.

## Inspired to make a change

Anoushka was inspired to get into healthcare after her mother was diagnosed with cancer. Accompanying her to appointments, she saw what it was like to go through the system as a Pacific woman and felt there needed to be change.

“Visiting the hospital so much with Mum, I saw all the needs and the barriers to healthcare for Pacific and vulnerable populations. I wanted to be a part of that change; I know that Pacific clients need to be supported in specific ways.”

## Learning about Pacific Health

While she was working, Anoushka started the Postgraduate Certificate in Specialty Care, specialising in Pacific Health and Clinical Leadership at Whitireia and WelTec.

“I chose Whitireia because they were the only ones I knew of that had that programme. I’ve never known there to be a specific postgrad programme focussed on Pacific health and clinical leadership. Both of those things spoke to my heart straight away.”

Anoushka loved how comprehensive the course was, and how it dove into so many different Pacific cultures and their different health models.

## Finding connections through study

Guest speakers were common in Anoushka’s classes, but it wasn’t just the speakers that offered an insight into different areas of work in Pacific health. Her fellow class members also came from many areas of the health industry, which allowed them to share their stories and connect.

## Supporting Pacific Health in the Hutt Valley

Anoushka now works for two organisations – Pacific Health Services Hutt Valley, and Net Pacific and Pakeha.

“Being Samoan, it was always my goal to work with Pacific communities. It’s the community I know, it’s my background, it’s the values I live every day. And so, fusing how I live every day into my work was a no-brainer.”

Follow the QR code below to read the full story.



# Te Taha Tinana for Enrolled Nurses in Mental Health and Addictions (Micro-credential)

📖	Level 6
🕒	8-weeks
📅	07 Jul 2025 (Distance)
💰	\$1,361 (indicative for 2025 intake)

If you are an enrolled nurse working in mental health and addiction practice, this micro-credential (short course) will introduce you to the context of mental health and addiction nursing, along with key concepts relating to safe practice within Aotearoa New Zealand.¶

This flexibly offered micro-credential is one in a series of four, which includes:

- Te Taha Hinengaro (15 Credits)
- Te Taha Tinana (15 Credits)
- Te Taha Wairua (15 Credits)
- Te Taha Whanau (15 Credits)

These micro-credentials are suitable for all registered enrolled nurses, whether you are working in primary, secondary, or tertiary mental health and addiction settings.¶

On completion of all four micro-credentials, you are eligible to apply for Proficient on the PDRP framework for Enrolled Nurses

## More detail about this qualification

### Flexible study options

- This micro-credential is worth 15 credits and is delivered over 8 weeks.
- Learning is delivered online, except for the one day on-campus orientation at the beginning of the start of the course.
- Learning includes online tutorials, self-directed learning (approximately 2-4 hours per week) and practical.

### What you will learn

- Working with people in mental distress
- Mental health later in life
- Mental health and disability
- Mental health and addictions
- Introducing comorbidities
- Equally well – looking after the physical health of service users

### Entry requirements

Letter of Support confirming you are a registered enrolled nurse currently working in a primary, secondary, or tertiary mental health and addiction setting.

Please upload your Letter of Support as part of your Online Application in the Additional Information section.

### Letter of support



Disclaimer: The information contained in this document is correct at the time of print. Whitireia and WelTec | Te Pūkenga reserves the right to cancel or postpone any of the programmes, and shall not be liable for any claim other than the proportion of programme fees that the cancelled portion bears. Some programmes may be dependent upon formal approval from NZQA (New Zealand Qualifications Authority), TEC (Tertiary Education Commission) funding allocation, and the number of enrolments. As part of the NZQA targeted review of all Level 1-6 New Zealand qualifications, there may still be changes to some programmes starting in 2024. Fees, programmes, entry and selection criteria, and dates, are subject to change. Please check the relevant programme pages at whitireiaweltec.ac.nz for up-to-date information and full entry regulations before applying to enrol. Information regarding English language requirements is available on each course page at whitireiaweltec.ac.nz.