

# 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.



# Postgraduate Certificate in Nursing

📖	Level 8
🕒	1 year full-time, part time available
📅	25 Aug 2025 (Distance)
💰	\$4,758 (indicative for 2025 intake)

This clinically focused programme is for registered nurses new to Mental Health, Addiction, or Intellectual Disability services. Credits may be gained towards Master's study.

## Programme outline

The Postgraduate Certificate in Nursing builds on the registered nurse's existing knowledge and experience, in a learning environment that supports the acquisition of knowledge and skills for practice in mental health nursing. Ākonga attend theory blocks and/or tutorials at the Porirua campus.

## More detail about this qualification

### Mental Health and Addiction Strand (including change of scope of practice)

This programme is offered to registered nurses in their first year of practice in mental health, addiction, or intellectual disability services; or for registered nurses wanting to change their scope of practice to include mental health nursing. Te Pou funding is available for nurses employed in a Ministry of Health funded mental health service for a minimum of 0.7 FTE per week.

### HSC8316: Contemporary Mental Health and Addiction Nursing (60 credits)

In this course you will explore contemporary mental health and addictions practice in Aotearoa, New Zealand, including the socio-political and professional issues and how these issues relate to clinical practice.

### HCS8326: Professional Practice in Mental Health and Addiction Nursing (60 credits)

This course will provide you with supported entry into specialty mental health and addiction nursing, through the development of confidence and competence within the professional practice setting.

## Course outlines

[Download course outline](#)

## Entry requirements

Registered nurses with a current New Zealand practising certificate, Bachelor degree or equivalent; currently employed in a relevant clinical setting.

Change of scope strand must have approval from the Nursing Council of New Zealand.

## International

Find your country's [equivalent academic entry requirements here](#)

*\*For fee exclusions, please see our [terms and conditions](#).*

## Credit Recognition

If you have relevant skills and knowledge through study or experiences in work or other activities, you may be able to receive credit for them when enrolling in a programme of study. Information (including the Credit Recognition Application form and fees information) is available [here](#).

## Block course dates

