

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 Primary Health Care Specialty Nursing

📖	Level 8
🕒	1 year full-time, part-time available
📅	24 Feb 2025 (Distance) 28 Jul 2025 (Distance)
💰	\$4,666 (indicative for 2025 intake)

This programme is for registered nurses, working in community and primary health Well Child Tamariki Ora services. This postgraduate qualification is delivered in partnership with Whānau Āwhina (Plunket). Credits may be gained towards Master's study.

Programme outline

This clinically focused programme is for registered nurses working in Well Child/Tamariki Ora Nursing for a minimum of two days per week.

The Postgraduate Certificate in Primary Health Care Specialty Nursing consists of two papers: Primary Health Care and Health Promotion, and Praxis in the Community Setting (Well Child/Tamariki Ora).

Blended learning approaches are used.

More detail about this qualification

HSC8501: Primary Health Care and Health Promotion: 60 credits

This course will enable you to gain an in-depth understanding of primary health care, community practice and health promotion. You will explore the theory and policy that influences service delivery, with a focus on evidence-based practice, community development, population health, the application of te Tiriti o Waitangi to primary healthcare, and health literacy.

HSC8504: Praxis in the Community Setting (Tamariki Ora/Well Child): 60 credits

This course enables you to gain increased knowledge through praxis (the application of theory, research knowledge and reflective practice), for Well Child

Tamariki Ora nursing. Explore literature that is relevant to the way that health is explained in the New Zealand context and work effectively with clients from their own perspective/world view. Focus on appropriate service delivery for clients that provides culturally safe care and enables individuals, whānau and communities to increase their skills in health-focused daily living.

[Download course outline](#)

Entry requirements

Domestic Students

New Zealand registered nurse with current annual practicing certificate, Bachelor degree or equivalent AND relevant clinical employment for a minimum of two days (15 hours) per week.

International Students

Proven equivalence for Domestic Entry Requirements plus IELTS 7.0 (or equivalent) in each band.

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](#)

How to apply

The Well Child Tamariki Ora strand is delivered in partnership with Whānau Āwhina Plunket. Please contact Jane.Elderkin@plunket.org.nz to register your interest in the next available course.