

# The road to Nurse Practitioner.

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# Nurse Practitioner and Business Partner





MANAWATU  
GET CONNECTED

MASSEY UNIVERSITY





# WELLINGTON THE CREATIVE CAMPUS





A wide-angle photograph of the Albany Innovation Campus. In the foreground, three students are sitting on a large green lawn, looking at a laptop. One student is wearing a red Chicago Bulls jersey. In the background, a modern building with a facade of vertical wooden slats and large glass windows stands under a blue sky with scattered clouds. Several other people are walking on the paved plaza and steps to the right of the lawn.

# ALBANY THE INNOVATION CAMPUS

## Head and Associate Head of School



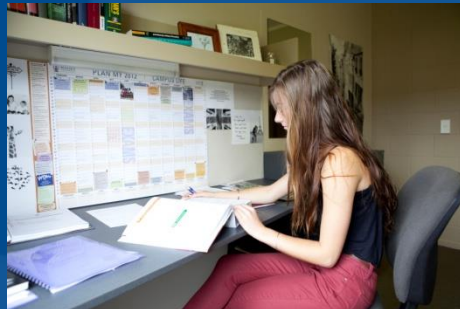
## The Albany academic team





## Distance Learning

For 51 years we have led what is now one of the most respected distance learning programmes in the world





# 250.705 Special Topic: Health and Well-Being of Children and Young People

Change

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## Nau Mai - Welcome



## A stepped approach

- Postgraduate certificate (60 points – 2 courses)
  - Can cross credit from another institution
- Postgraduate diploma (120 points – 4 courses)
  - Can cross credit from another institution
- Master of Nursing (240 points)

## Core courses for Diploma for NP

- Physiology and pathophysiology (168733 – ***fully online*** from 2020)
- Advanced assessment and clinical reasoning (168728 – 5 block course days held on all 3 campuses)
- Clinical pharmacology (168734 – ***fully online***)
- Evidence based practice (168713 – 4 block course days in Albany or Wellington)



## Master of Nursing

- 2 courses of student's choice (60 points)
- Final 60 point year long course
  - Prescribing and advanced practice for Nurse Practitioners – 168860
  - Two routes NPTP (500 hours) non-NPTP (300 hours)

## University of Auckland



## Academic mentors – all are NPs





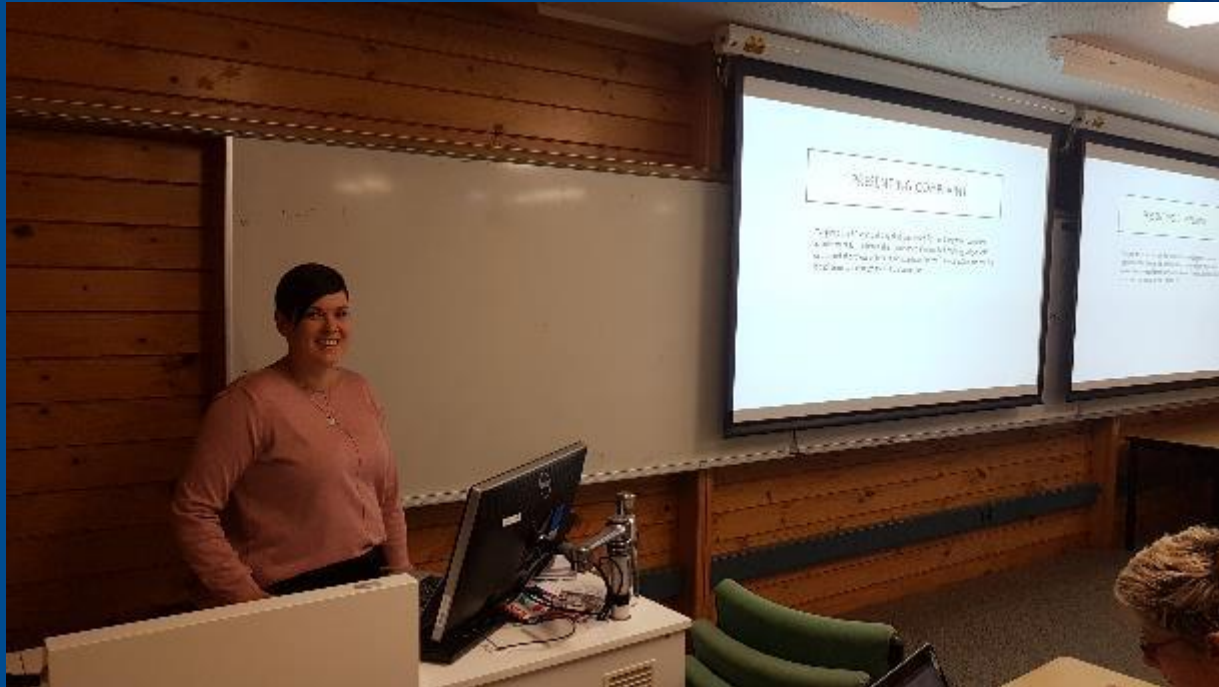
## Clinical supervision



Panic sets in






## High anxiety





## Presenting a case

### Identifying diagnoses

	Rule in	Rule out
Abdominal aortic aneurysm 	Loin pain Tachycardia	Fevers and rigors Abnormal MSU BP normal <65 years No palpable pulsating mass
Renal colic	Obesity Loin pain Vomiting Haematuria	Pain not severe – non radiating No dysuria + infection on MSU Fevers and rigors No nausea
Appendicitis 	Fevers R sided pain Vomiting	No rebound pain No RLQ tenderness Abdomen soft
UTI	Infection on MSU	Loin pain Haematuria Fevers and rigors
Pyelonephritis 	Fevers and rigors Abnormal urine MSU Haematuria R loin pain	No dysuria No increased urine frequency

## What's going well?

- As NP candidates we are being role models and opening the door for nurses
- Enjoying the expanded role
- Providing holistic care
- Diversity of role
- Protected time – able to work autonomously
- Working with other NPs
- In depth relationship with clinical supervisor

# Health and well-being

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Health and wellbeing for health professionals /

## Seminars

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## Health and wellbeing for health professionals

**Date:** 17 June 2019

**Location:** Ko Awatea, 54/100 Hospital Road, Middlemore Hospital, Counties Manukau

**Speakers:** Associate Professor Karen Hoare will facilitate, and Dr Fiona Moir will present this workshop. There will be brief introductory teaching about stress and resilience. Some useful techniques for stress management, burnout prevention and self-compassion will be covered, along with opportunities to practice these skills. This will include some discussion regarding the practice of mindfulness, and other evidence-based techniques. Resources will be recommended.

## Event information

**Date & time:**

17 June 2019

**Location:**

Ko Awatea, 54/100 Hospital Road,  
Middlemore Hospital, Counties  
Manukau



## Health and well-being

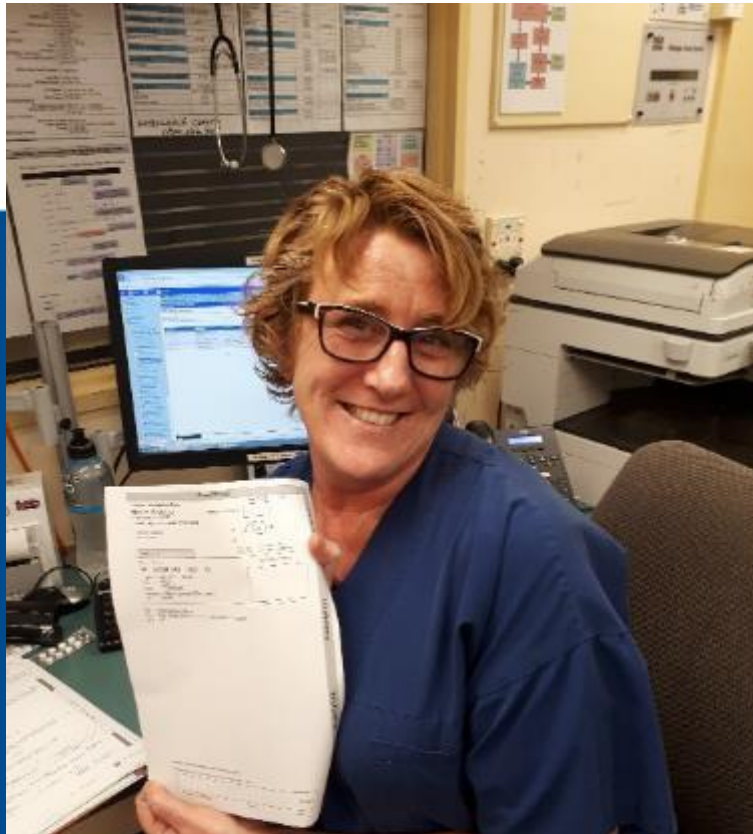
- CALM website – University of Auckland

[CALM - Computer Assisted Learning for the Mind - Homepage](#)

- Amy Cuddy's TED Talk

[https://www.youtube.com/watch?v=Ks-\\_Mh1QhMc-](https://www.youtube.com/watch?v=Ks-_Mh1QhMc-)

## Helene- my first prescription



The NPTP was an excellent programme to undertake.

## Helen - leading the way



I am really enjoying the NP role and the opportunities and value it brings. I feel there is still so much to learn. I am very much in touch with my mentors still . Every day I am thankful that I pushed through with the support of those around me (you included) and became an NP.





## Terry - NP renal service

Fantastic program highly recommended  
worth the blood sweat and tears.



## Signe – NP in Dunedin ED





The course is supported by experienced Nurse Practitioners who teach the course, provide the academic supervision and give practical guidance throughout the year. I was pregnant with my second child when I embarked on my Masters journey and Massey accommodated my circumstances without hesitation. They were very understanding and flexible around my needs.



## Barry – PHC in Manawatu



## Lisa - SDGs



I just returned from Cambodia on Friday where I went with my partner (a paramedic) and helped my NZ social worker friend at Children's future international (an organisation that helps the poorest children in Cambodia and reintegrates orphans into community from orphanages). This is a photo that was taken while I was there. This assessment was completed in their house, in the dirt, on the side of a busy road. This 4 year old boy had 1 month history of facial paralysis. It was a very sad, humbling experience. I taught 25 Cambodians through a translator mental health, intellectual disability, drug and alcohol addictions and attachment and neglect. I also did health checks on sick children and did general screening (with my partner) on 30 adolescents. I raised \$4000 before I left and took it there for them to buy health clinic supplies and a generator (no power 6 hours a day). I am working as NP in Johnsonville still and have a really supportive GP mentor. The role is very challenging and I look forward to feeling more confident in a years time Haha.



**I still have no idea**



**what I'm doing**

## Transition shock





THANK YOU FROM THE ENGINE  
OF THE **NEW** NEW ZEALAND