

KNOWLEDGE THROUGH EXPERIENCE

Nayda Heays RN, PG CERT, BN

NGĀI TŪHOE | NGĀI TERIU | TE PAHIPOTO

Nayda Heays told her parents she didn't want to be a nurse because she didn't like looking after children or sick people. Wouldn't you know it, now she's married with three children and a fully qualified card carrying nurse.

I'm a registered nurse working at the Hawkes Bay District Health Board in the Intensive Care Unit. I'm from Ruatāhuna in Te Urewera and Te Teko in the Bay of Plenty.

I completed my Bachelor of Nursing Certificate in Health Science, then my undergraduate Bachelor of Nursing and Nurse Entry to Practice Programme. I also have my Postgraduate Certificate in Health Science and next year I'm looking at my Masters.



KOH

I became involved with Kia Ora Hauora through the Eastern Institute of Technology (EIT) in Napier. They provided information on scholarship opportunities and ran noho (live-in's) at local marae. They came and set up education workshops with nurses already in different areas. Kia Ora Hauora, were opening horizons and broadening our potential.

Mature students

I was a mature student. There were 65 of us in our cohort for my three years of study. Only half a dozen were school leavers the others were aged from 30 to 55.

Having children definitely changes the way you feel. I'd

always said to my parents, that I never wanted to be a nurse I didn't like looking after children or sick people. And then, wouldn't you know it, I have children and I want to become a nurse.

I applied for the Bachelor of Nursing and was turned down. I was heartbroken.

However, the rejection encouraged me to do the Certificate in Health Science, which was a re-entry into academic study. It's the best thing I ever did. I went to lectures every single day, I did placements all over the community, as practical's. It was on a practical that I came here to Intensive Care in my 3rd year and I decided I wanted to be here.

Māori in health

I believe we need more Māori in acute settings. You're not just caring for the patient, you're caring for their whānau. I see my whānau in the beds, I want my mother to be treated with compassion and skill, because this is how I am going to treat you.

More study

I'm doing my Postgrad. Diploma I have one paper left, which I'm doing at the moment, called Pharmacology for Advanced Health Professionals and that will give me my diploma. It's hard, I'm not going to pretend, but it is so rewarding in every other way. I was Valedictorian of my undergraduate class and to have my family sitting there watching me graduate; that's the best bit.

I feel that education gives you better opportunities, options and it just broadens your horizons. Your potential is in what you are capable of and we are capable of anything, if not better.

“ KOH were opening horizons and broadening our opportunities, our potential you could say ”