

# KIA ORA



*Health  
Careers  
Booklet*

# HAUORA



**Kia Ora Hauora**  
Supporting Māori into Health

## What does a Chiropractor do?

Chiropractors care for patients with health problems of the neuromusculoskeletal system, which includes nerves, bones, muscles, ligaments, and tendons. They use spinal adjustments, manipulation and other techniques to manage patients' health concerns, mostly back and neck pain. Chiropractors focus on patients' overall health and believe that misalignments of the spinal joints interfere with a person's neuromuscular system and can result in lower resistance to disease, as well as other conditions of poor health. Some chiropractors use procedures such as massage therapy, rehabilitative exercise, and ultrasound in addition to spinal adjustments.

## Salary

Chiropractors with up to five years' experience usually earn \$40,000 to \$60,000 per year, while chiropractors with more than five years' experience usually earn \$60,000 to \$200,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Physics
- ❖ Physical Education

## How do I get into it?

To become a chiropractor you must complete:

- ✓ Diploma in Applied Science
- ✓ Bachelor of Chiropractor degree

The New Zealand College of Chiropractic recommends the Diploma in Applied Science Pre-Chiropractic at Auckland University of Technology. If you wish to study your diploma elsewhere, you will need the diploma approved by the New Zealand College of Chiropractic first.

A chiropractor may specialise in chiropractic radiology, which requires:

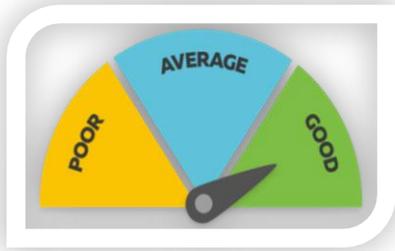
- ✓ completion of three year Residency in Diagnostic Imaging at New Zealand College of Chiropractic
- ✓ American Chiropractic Board of Radiology exam

### ***Interpersonal skills:***

Chiropractors should be:

- ❖ patient and understanding
- ❖ motivated
- ❖ concerned for others
- ❖ good communicators

## Will I get a job after training?



The number of chiropractors is growing because more kiwis are willing to try alternative health care methods, using modern technology is leading to posture problems and ACC is funding chiropractic treatment. Most chiropractors are self-employed. The remainder is employed at private practices, natural health care clinics, education institutions as teachers and chiropractic institutions doing research.

Chiropractors can do postgraduate training and move into teaching and research roles. They can also progress into management roles, or establish their own practice.

Chiropractors may specialise in chiropractic radiology, which deals with the diagnosis of bone disorders from looking at x-rays.

## Where can I find out more?

- **New Zealand College of Chiropractic**  
(09) 526 5678 - [admissions@nzchiro.co.nz](mailto:admissions@nzchiro.co.nz) - [www.chiropractic.ac.nz](http://www.chiropractic.ac.nz)

## What does a community health worker do?

Community health workers provide a link between the community, health educators and other healthcare workers. They develop and implement strategies to improve the health of individuals, whānau and communities by collecting data and discussing health concerns with members of specific populations and communities that they serve, in which they have an in-depth knowledge. They also provide informal counselling and social support and conduct outreach programs, ensuring that people have access to the healthcare services they need.

## Salary

Community health workers usually earn between \$40,000 to \$75,000 per year.

## What subjects do I need to take in school?

- ❖ English
- ❖ Maths
- ❖ Accounting
- ❖ Te Reo Māori

## How do I get into it?

To become a community health worker you need to have relevant paid or voluntary work experience in community engagement or development. Tertiary qualifications in social work or social practice may be useful, particularly with strands in community development or management of nonprofit organisations. Project and event management training and experience are also useful. Universities offering relevant courses include:

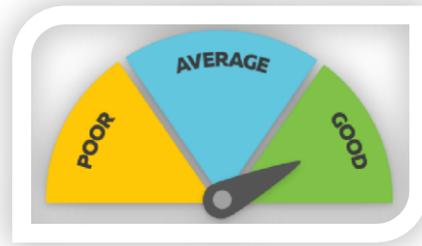
- ❖ Toi-Ohomai Institute of Technology: Bachelor of Community Health
- ❖ Massey University: Certificate in Public Health
- ❖ Unitec: Social work and community development

### **Interpersonal skills** Community

workers should also be: ❖ outgoing and positive

- ❖ excellent listeners and communicators
- ❖ highly skilled at both leadership and facilitation

- ❖ well-organized
- ❖ able to establish clear professional boundaries between themselves and the community.



## Will I get a job after training?

Demand for community workers is good due to the difficulty of getting staff with the right skill mix and increasing awareness of the importance of building communities and can also respond to emergencies. The Government also has a \$3.5 million community-led development programme, which includes funding for community development workers. Community health workers are employed by a wide variety of employers including social service providers such as Plunket, charitable trusts, faith-based organisations, and city and district councils. Most community work is funded by grants of one to five years, and community workers may have a fixed-term contract for the same term. They may move into team leader or project management roles.

## Where can I found out more?

- **NZ Public Health Workforce Development**  
publichealthworkforce@moh.govt.nz - [www.publichealthworkforce.org.nz](http://www.publichealthworkforce.org.nz)
- **Health Promotion Forum**  
(09) 531 5500 - hpf@hauora.co.nz - [www.hauora.co.nz](http://www.hauora.co.nz)

## What does a dentist do?

Dentists diagnose and treat problems with patients' teeth, gums, and related parts of the mouth. They provide advice and instruction on taking care of the teeth and gums and on diet choices that affect oral health. Dentists use a variety of equipment, including x-ray machines, drills, mouth mirrors, probes, forceps, brushes, and scalpels. They also use lasers, digital scanners, and other computer technologies. They employ and supervise dental hygienists, dental assistants, dental laboratory technicians and receptionists. Dentists also:

- ❖ Remove decay from teeth and fill cavities
- ❖ Repair cracked or fractured teeth and remove teeth
- ❖ Place sealants or whitening agents on teeth
- ❖ Administer anesthetics to keep patients from feeling pain during procedures
- ❖ Examine x rays in order to diagnose problems

## Salary

Dentists with up to five years' experience usually earn \$65,000 to \$120,000 per year, while very experienced dentists usually earn \$150,000 to \$212,000 per year.

## What subjects do I need to take at school?

- ❖ Maths
- ❖ Chemistry
- ❖ Physics
- ❖ Biology
- ❖ English

## How do I get into it?

To become a dentist you need to:

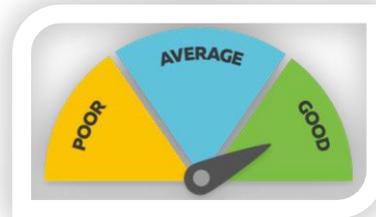
- ✓ complete the Health Sciences First Year programme at Otago University
- ✓ complete a four-year Bachelor of Dental Surgery degree at Otago University.
- ✓ be registered with the Dental Council of New Zealand

The University of Otago is the only university in New Zealand that offers a Bachelor of Dental Surgery. To specialise in an area of dentistry, such as orthodontics, you need to complete postgraduate study at the University of Otago.

### ***Interpersonal skills***

Dentists also need to be able to:

- ❖ relate to a wide range of detail
- ❖ be able to work well under pressure
- ❖ be good at problem solving
- ❖ be accurate with an eye for people
- ❖ have good eyesight (with or without corrective lenses)
- ❖ have good hand-eye coordination



## Will I get a job after training?

It can take time for graduate dentists to gain full-time employment. There are few entry-level positions available and 60-80 graduates annually. Many established private practices don't take on graduates full time. Graduate dentists working in private practices can find it hard to get new patients as they lack experience, especially as the cost of treatment is not subsidised. Once graduate dentists have gained 1-2 years' experience their employment chances increase.

Dentist appears on Immigration New Zealand's immediate skill shortage list. This means the Government is actively encouraging skilled dentists from overseas to work in New Zealand. Many regions throughout New Zealand have a shortage in dentists. Most dentists are self-employed, but some are employees by hospitals, community dental services, the Army, and the Faculty of Dentistry at the University of Otago.

Dentists may specialise in an area of dentistry such as Oral and Maxillofacial Surgeon, Oral Medicine Specialist, Orthodontist, Paediatric Dentist, and Periodontics.

## Where can I find out more?

- **University of Otago - Faculty of Dentistry**  
(03) 479 7019 - [dentistry@otago.ac.nz](mailto:dentistry@otago.ac.nz) - [www.otago.ac.nz](http://www.otago.ac.nz)
- **New Zealand Dental Association**  
<https://www.nzda.org.nz/>

## What does a Dietitian do?

Dietitians advise patients, communities and groups about their dietary requirements for maintaining good health, managing food services and food and nutrition issues. They help people make healthy food choices, separating fact from fiction and distinguishing healthy eating plans from those that don't provide optimal nourishment. Dietitians play an important role in supporting other health professionals to help people make long-term change to their lives for a healthier lifestyle.

## Salary

Dietitians usually earn \$46,000 to \$100,000 per year, depending on experience and where they work. Those starting out make about \$46,000. After four years' experience salary increases to about \$63,000 annually. Senior dietitians can earn up to \$95,000. Those working in private practice can earn up to \$100,000.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Maths
- ❖ English

## How do I get into the job?

To become a dietitian you need to complete:

- ✓ Bachelor of Science in Human Nutrition **or** in Food Science and Nutrition
- ✓ a two-year masters' degree in Dietetics **or** in Nutrition and Dietetics
- ✓ registration with the New Zealand Dietitians Board

To enter tertiary training you need to have NCEA Level 3.

**Interpersonal skills** Dietitians also need to be:

- |  |  |
|--|--|
| ❖ outgoing and motivated               | ❖ able to relate to a wide variety of people |
| ❖ able to inspire confidence in others | ❖ a good communicator                        |
| ❖ patient                              |  |

Useful experience for dieticians includes work in a hospital kitchen or restaurant, food preparation, teaching or staff management experience.

Dietitians should also be reasonably fit and healthy, as they act as role models for their clients.

Universities offering these degrees include Massey University and the University of Otago.



### **Will I get a job after studying?**

According to Dietitians New Zealand, there are insufficient vacancies for the number of dietitians seeking jobs each year. However, for experienced dietitians job opportunities are reasonably good. Dietitians can work for a variety of employers, including hospitals, district health boards, private practices, government organisations, non-governmental organisations, universities, and commercial or industrial organisations. They can also be self-employed and may progress into policy or advisory work in the public sector, pharmaceuticals, the food industry, food service management, or research.

### **Where can I find out more?**

- **Dietitians New Zealand**

(04) 477 4701 - admin@dietitians.org.nz - [www.dietitians.org.nz](http://www.dietitians.org.nz)

## What does a doctor do?

Doctors, also known as **general practitioners**, care for, diagnose and treat the health problems of individuals and whānau in the community. They look after people's health and wellbeing in many different specialty areas. Doctors may: consult with and examine patients, treat people over extended periods, advise on health care and prevention of illness, perform minor surgery, prescribe and administer medicines, keep medical records, refer patients, and train doctors working towards their exams.

## Salary

Trainee and graduate general practitioners usually earn \$80,000 to \$130,000 per year. General practitioners usually earn \$95,000 to \$250,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Maths
- ❖ Physics
- ❖ English

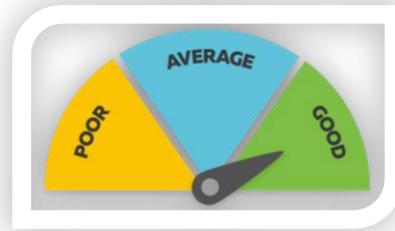
## How do I get into it?

To become a general practitioner you need to:

- ✓ complete the Health Sciences First Year programme at Otago University, **or** the first year of either the Bachelor of Health Sciences **or** Bachelor of Science in Biomedical Science at Auckland University
- ✓ complete a five-year Bachelor of Medicine and Bachelor of Surgery degree at Otago or Auckland universities
- ✓ work for two years as a house officer (supervised junior doctor) in a hospital
- ✓ complete another three years of specialist training and examinations to become a Fellow of the Royal New Zealand College of General Practitioners.
- ✓ be registered with the Medical Council of New Zealand.

**Interpersonal skills** Doctors should also be:

- ❖ Patient & empathetic
- ❖ able to work well under pressure and remain calm in emergencies
- ❖ able to make good decisions and solve problems
- ❖ good at time management
- ❖ able to keep information confidential
- ❖ understanding of other cultures' attitudes to medical treatment.



## Will I get a job after training?

Chances of getting a job as a general practitioner are good, as there are a number of factors leading to a shortage of doctors. General practitioner appears on Immigration New Zealand's long term skill shortage list, which means the Government is actively encouraging skilled general practitioners from overseas to work in New Zealand. There also exists extra payment for graduates who work in hard-to-staff locations, such as rural and remote areas. Most doctors are employed by a medical practice on a full or part-time basis, or as a locum (a general practitioner who fills in when others are away), or are self-employed in their own practice. They may also be employed by a district health board. General practitioners can further develop their skills in areas such as emergency medicine, sports medicine, childbirth, geriatric medicine, paediatrics, and palliative care.

## Where can I find out more?

- **New Zealand Medical Association**  
(04) 472 4741 <https://www.nzma.org.nz/>

## What does a health promoter do?

Health promoters work with communities and groups to plan and develop ways to help people improve and manage their health. They also work with government and other agencies to improve environmental conditions that contribute to ill health. Health promoters may also develop policies, strategies and programmes for improving health, co-ordinate health promotion programmes and educate people on how to prevent disease. Examples of health promotion include:

- ❖ Tobacco control
- ❖ Improving nutrition
- ❖ Improving oral health
- ❖ Promoting physical activity

## Salary

Health promoters usually earn \$35,000 to \$75,000 per year.

## What subjects do I need to take at school?

- ❖ English
- ❖ Te Reo Māori
- ❖ Science
- ❖ Health
- ❖ Physical wellbeing
- ❖ Geography
- ❖ Media

## How do I get into it?

There are no specific entry requirements to become a health promoter. However, employers *prefer* you to have a tertiary qualification in *one of the following*:

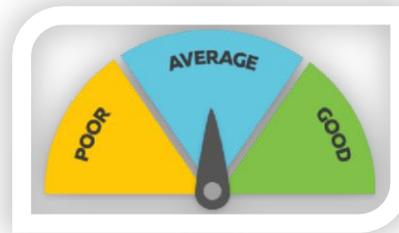
- ✓ Health promotion
- ✓ Public health
- ✓ Health sciences
- ✓ Social sciences
- ✓ Education

One of these qualifications should typically sum up to one to three years of training for this role. It is also useful to have knowledge of a related field such as child health, youth work, community housing, or nutrition. Some health promoters learn skills on the job while studying toward a health qualification. Short-term, part-time and extramural courses in health promotion and public health are available from entry-level to postgraduate level. Certificates in Health Promotion are available from the University of Otago, Eastern Institute of Technology, and MIT.

## ***Interpersonal skills***

Health promoters need to be:

- ❖ excellent communicators
- ❖ outgoing and confident with an interest in health improvement
- ❖ good at planning and project management
- ❖ able to work with a wide range of people from different cultures
- ❖ able to motivate others.



### **Will I get a job after training?**

Job opportunities for health promoters are average, according to the Health Promotion Forum of New Zealand. Most health promoters work full-time, though hours can vary depending on funding levels in different regions. Health promoters may work as contractors on several projects at once or be employed with district health boards, primary health organisations, and nongovernmental organisations such as community development groups.

### **Where can I find out more?**

- **Health Promotion Agency**  
(04) 917 0060 <https://www.hpa.org.nz/>

## What does a laboratory technician do?

Medical laboratory technicians work in hospital and private laboratories (clinical or research) or physician office labs. At career entry, the MLT will be able to perform routine clinical laboratory tests done in hematology, chemistry, immunohematology, microbiology, immunology and coagulation. He/she will have gained basic laboratory skills required for entry-level positions in these and other emerging laboratory fields, such as molecular diagnostics. The responsibilities of the MLT include:

- ❖ Decisions concerning sample collection and handling
- ❖ Daily instrument maintenance and quality control
- ❖ Sample testing
- ❖ Collection and interpretation of data

## Salary

Trainee medical laboratory technicians usually earn \$37,000 to \$46,000 per year. Qualified medical laboratory technicians usually earn \$43,000 to \$55,000 per year.

## What subjects do I need to take at school?

- |             |           |
|-------------|-----------|
| ❖ Biology   | ❖ Health  |
| ❖ Chemistry | ❖ Physics |
| ❖ English   | ❖ Maths   |

## How do I get into it?

There are no specific requirements to become a trainee medical laboratory technician as you train on the job. To become a registered medical laboratory technician you need to:

- ✓ work as a trainee medical laboratory technician in an approved laboratory for two years
- ✓ gain the Qualified Medical Laboratory Technician certificate **or** hold a degree approved by the Medical Sciences Council of New Zealand
- ✓ hold a full driver's license.

Many universities offer these certificates, such as AUT, ARA, University of Otago, etc.

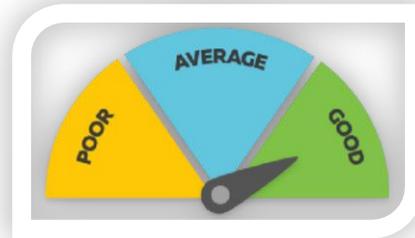
### ***Interpersonal skills***

Medical laboratory technicians need to be:

- ❖ accurate, with an eye for detail
- ❖ able to work alone or in a team
- ❖ competent at record-keeping
- ❖ sensitive when dealing with patients

Techs should not be squeamish, as their work involves dealing with body samples.

Useful experience for this role includes work in labs, particularly in the specimen reception area, work in the health sector, and work with computers and information systems.



### **Will I get a job after training?**

Chances of getting a job as a medical laboratory technician are good. Medical laboratory technician appears on Immigration New Zealand's immediate skill shortage list, meaning the government is actively encouraging skilled workers from overseas to work in New Zealand. About two-thirds of medical laboratory technicians work in large private laboratories. The remainder mostly work in hospitals for district health boards or for the New Zealand Blood Service. Experienced medical laboratory technicians may move into managerial positions. With further training they may progress to become medical laboratory scientists.

### **Where can I find out more?**

- **Medical Sciences Council of New Zealand**  
(04) 801 6250 <https://www.msccouncil.org.nz/>

## What does a midwife do?

Helping to bring life into the world is immensely satisfying as a career. Midwives provide care and support to women during pregnancy, labour and birth, and up to six weeks following birth. They also provide advice for mothers, such as information on breastfeeding and good parenting, as well as their partners and whānau. Midwives work collaboratively with other health professionals such as obstetricians, physicians, anaesthetists, neonatal nurses and GPs, as well as social services such as lactation consultants.

## Salary

Midwives' salaries range from \$47,000 to \$150,000 per year, based on experience. New midwives can expect \$47,000 annually. Those with two to five years can earn up to \$64,000 per year, while midwives with more than five years make \$64,000 to \$70,000. Senior midwives with more than eight years' experience average at \$94,000 annually. Self-employed midwives can make \$70,000 to \$150,000, depending on the number of women they care for.

## What subjects do I need to take at school?

- ❖ English
- ❖ Biology
- ❖ Chemistry
- ❖ Maths
- ❖ Te Reo Māori

## How do I get into it?

To become a midwife you need to:

- ✓ Complete a Bachelor of Midwifery – a three-year degree programme combining theory and practice. Parts of the degree can be done through distance learning
- ✓ register with the Midwifery Council of New Zealand
- ✓ have a current Annual Practising Certificate
- ✓

### ***Interpersonal skills***

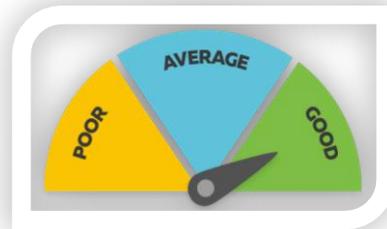
Midwives also need to be:

- ❖ good at managing their time
- ❖ skilled in communicating with people
- ❖ patient and caring
- ❖ able to work well under pressure
- ❖ mature and responsible
- ❖ observant and analytical
- ❖ able to remain calm during emergencies.

Midwives need to be reasonably fit and healthy, and must have a good level of stamina, as some births may take a long time.

There are four pre-registration midwifery programmes in New Zealand:

- ❖ Otago Polytechnic in Dunedin
- ❖ Waikato Institute of Technology in Hamilton
- ❖ Ara Institute of Canterbury in Christchurch
- ❖ Auckland University of Technology



### **Will I get a job after studying?**

A rise in the number of midwifery graduates since 2010 has eased previous high skill shortages in midwifery. However, chances of getting work are still good, particularly in Auckland, where the birth rate is higher and employers still have difficulty in filling all positions. Midwives often undertake postgraduate study for a Master's degree or PhD. They can also become midwifery educators or midwifery advisers, who provide education and information on the midwife role and scope of practice.

### **Where can I find out more?**

- **Midwifery Council of New Zealand:**  
(04) 499 5040 <https://www.midwiferycouncil.health.nz/>

## What does a Nurse do?

Registered nurses assess, treat, care for and support patients in hospitals, clinics, residential care facilities and their homes. Nurses provide care to improve patients' health by administering immunisations, medication, and intravenous drugs. Nurses monitor and assess patients' conditions and record changes, as well as visit and educate patients, their whānau, and communities about health needs, long term effects, and prevention of accidents and illness. There are various types of nurses, such as enrolled, charge, clinical, and practitioner nurses. Hours greatly vary for nurses depending on their role and place of employment and may require long shifts working in stressful situations where they may come in contact with diseases and bodily fluids.

## Salary

Pay for a registered nurse varies depending on experience, duties and responsibilities. New graduate nurses earn about \$47,000 a year. Those with three to five years' experience can earn between \$54,000 and \$68,000. Senior nurses with more experience and responsibility can earn between \$68,000 and \$114,000.

## What subjects do I need to take at school?

- ❖ Maths
- ❖ English
- ❖ Biology
- ❖ Chemistry
- ❖ Physics

NCEA Level 3 is required to enter tertiary training. A combination of these useful subjects will help you become a well-rounded candidate for a career in nursing.

## How do I get into it?

To become a registered nurse you need to have:

- ✓ a Bachelor of Nursing **or** Bachelor of Health Sciences, which takes 3 years of training
- ✓ registered with the Nursing Council of New Zealand
- ✓ a current Annual Practising Certificate
- ✓

Entry requirements vary based on the type of nurse you want to be:

- ❖ *Enrolled nurse*: Diploma in Enrolled Nursing; have a limited scope of practice and work under the supervision of a registered nurse or nurse practitioner.

- ❖ *Nurse practitioner*: Master's degree in nursing or health science that involves 300 hours of supervised on-the-job training; pass nurse practitioner exam; at least 4 years' experience in specific area of practice; pass Nursing Council assessment
- ❖ *Plunket nurse*: Postgraduate Certificate in Primary Health Care Specialty Nursing (Level 8) through Whitireia NZ, after working for 6 months as a registered nurse
- ❖ *Practice nurse*: Current cardio-pulmonary resuscitation certificate and a certificate of competence in vaccinations or cervical screening

### ***Interpersonal skills***

Registered nurses need to be skilled at:

- ❖ Communicating
- ❖ showing compassion
- ❖ problem solving
- ❖ patience
- ❖ organization
- ❖ keeping information private
- ❖ working under pressure and remaining calm in emergencies

Useful experience for those wanting to seek a career in nursing can include social work, community support work, hospital-based work, health related work and teaching. Nurses should also be reasonably fit, as they may have to spend long hours on their feet and sometimes have to life patients. There are 19 institutions that offer nursing courses. [Click here](#) to explore options.



### **Will I get a job after training?**

Chances of finding work as a registered nurse are high for experienced nurses, especially in the West Coast and South Canterbury regions of New Zealand. The best way to get a nursing job as a new graduate is to apply for a new entry to practice (NETO) or nursing entry to specialist practice (NESP) position through the advanced choice of employment (ACE) programme. Employers in this programme provide support for graduates in their first year of nursing work. Otherwise, it may take graduate nurses three to 12 months to find work, with more opportunities in aged care nursing.

Registered nurse appears on Immigration New Zealand's immediate skill shortage list, meaning the Government is actively encouraging skilled registered nurses in aged care from overseas to work in NZ. About half of nurses are employed by district health boards in hospital and community settings. Others work for private hospitals, primary health organizations, nursing homes, private providers, prisons, schools, and Plunket. The Ministry of Health runs a voluntary bonding scheme aimed at recruiting more graduate nurses to work in specialist areas that are hard to staff. Graduates are bonded for three years and after this they receive extra payments for up to five years.

## Where can I find out more?

- **New Zealand Nurses Organisation (NZNO)**  
0800 28 38 48 - nurses@nzno.org.nz - [www.nzno.org.nz](http://www.nzno.org.nz)

## What does an occupational therapist do?

Occupational therapists assess and treat people who are limited in their ability to undertake the activities of everyday life due to illness, mental health needs, injury or circumstance. They help these patients develop, recover, and improve the skills needed for daily living and working. Occupational therapists plan and direct therapy treatment, including physical and social activities, recommend adaptation to equipment in patients' homes, workplace, or vehicles, and advise clients on changes to their lifestyle to help them with daily activities.

## Salary

Occupational therapists with up to six years' experience usually earn \$47,000 to \$68,000 per year. Those with more than six years' experience usually earn \$68,000 to \$99,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Health
- ❖ Physical Education
- ❖ Te Reo Māori

## How do I get into it?

To become an occupation therapist you need to complete one of the following:

- ✓ Bachelor of Health Science in Occupational Therapy (AUT)
- ✓ Bachelor of Occupational Therapy (Otago Polytechnic/Wintec) **And**
- ✓ Register with the Occupational Therapy Board

Training takes three years to complete. Degrees can be completed at either Auckland University of Technology or Otago Polytechnic.

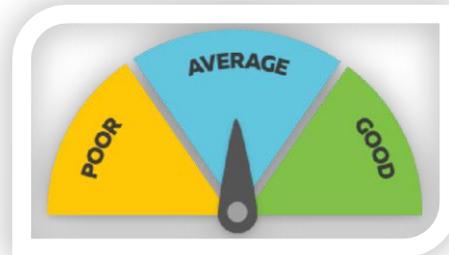
### ***Interpersonal skills***

Occupational therapists should be:

- ❖ positive and encouraging
- ❖ approachable
- ❖ have good communication skills
- ❖ skilled at report writing
- ❖ analytical and observant
- ❖ good problem solvers
- ❖ patient and good at time management skills

Useful experience for those keen on this job includes working with children, elderly, or the disabled, coaching and working with groups of people, and first

aid experience. Occupational therapists need to be reasonably fit and healthy as they may have to help lift patients.



### **Will I get a job after training?**

Chances of getting a job as an occupational therapist are poor for those wanting to enter the role, but good for those with experience. New graduates may have better chances of finding work outside the main cities, and with smaller health providers such as private clinics.

Occupational therapists work in public and private practices, such as district health boards, private occupational therapy practices, primary health care providers, rest homes, hospitals, rehabilitation services, schools, and hospices. Therapists may progress to work in management, teaching or research roles, or move into contract work as a workplace occupational health and safety adviser

### **Where do I find out more?**

- **Occupational Therapy New Zealand**  
(04) 473 6510 - [otnz@otnz.co.nz](mailto:otnz@otnz.co.nz) - [www.otnz.co.nz](http://www.otnz.co.nz)
- **Te Rau Matatini - Māori Mental Health Workforce Development**  
0800 6282 8464 - [communications@teraumatatini.com](mailto:communications@teraumatatini.com) - [www.matatini.com](http://www.matatini.com)

## What does an optometrist do?

Optometrists examine, diagnose, treat, and manage disorders of the visual system, eye diseases, and injuries. They perform vision tests and analyze results, prescribing eyeglasses or contact lenses as needed. They provide pre- and postoperative care to patients undergoing eye surgery—for example, examining a patient's eyes the day after surgery. Optometrists also promote eye health by counseling patients, including explaining how to clean and wear contact lenses.

## Salary

Optometrists with one to two years' experience usually earn \$60,000 to \$80,000 per year. Those with three to five years' experience usually earn \$80,000 to \$120,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Physics
- ❖ Maths
- ❖ English

## How do I get into it?

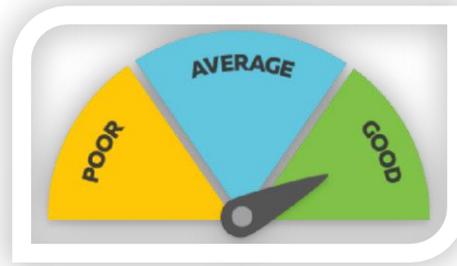
To become an optometrist you must:

- ✓ complete a five-year Bachelor of Optometry at the University of Auckland
- ✓ be registered with the Optometrists and Dispensing Opticians Board ✓  
hold a current Annual Practising Certificate.

***Interpersonal skills*** For this role you should be:

- ❖ patient and understanding
- ❖ able to work with a wide range of clients
- ❖ a good communicator and listener
- ❖ accurate, with an eye for detail

Useful experience for optometrists includes work in the health sector, as an optometrist's assistant, business management experience, and scientific or medical research.



## **Will I get a job after training?**

Chances of gaining employment after graduation are high, as a range of factors contribute to rising demand for optometrists. Optometrists mainly work in private optometry practices, corporate retail chains and specialist eye clinics. They may set up their own practice or become partners at existing practices. To increase your chances of getting an entry-level optometrist role, get some work experience in the industry while you are studying and approach employers directly.

## **Where can I find out more?**

- **New Zealand Association of Optometrists**  
(04) 473 2322 <https://www.nzao.co.nz/>

## What does a Paramedic do?

Paramedics care for the sick or injured in emergency medical settings. People's lives often depend on their quick reaction and competent care. Paramedics respond to emergency calls, perform medical services and transport patients to medical facilities. A 111 operator sends paramedics to the scene of an emergency, such as an auto accident, where they often work with police and firefighters. Paramedics assess a patient's condition and determine a course of treatment, following guidelines learned in training or from physicians who oversee their work. They transfer patients to the emergency department of a healthcare facility and report their observations and treatment to the staff. When taking a patient to a hospital, one paramedic may drive the ambulance while another monitors the patient's vital signs and gives additional care. Some paramedics work as part of a helicopter's flight crew to transport critically ill or injured patients to a hospital.

## Salary

New paramedics usually earn \$45,000 to \$58,000 per year, while experienced paramedics usually earn \$58,000 to 75,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Health
- ❖ English

## How do I get into it?

To become a paramedic you need a relevant degree or experience as an ambulance crew volunteer with St John. The study pathway requires you to:

- ✓ Complete a Bachelor of Health Science majoring in paramedicine through Whitireia New Zealand or Auckland University of Technology
- ✓ Hold a full Class 1 driver's licence for one year, and have a good driving record
- ✓

The volunteer pathway requires you to:

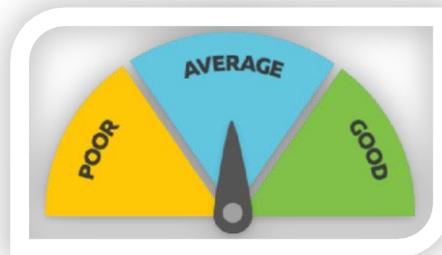
- ✓ Apply for an operational volunteer position with St. John
- ✓ Hold a full Class 1 driver's licence for one year, or
- ✓ Hold a full Class 1 driver's license and complete a defensive driving course

Paramedics working in air rescue may require postgraduate qualifications.

### ***Interpersonal skills***

- ❖ maturity and caring attitude
- ❖ good communication and team player
- ❖ ability to work well under pressure and remain calm in emergencies
- ❖ alertness
  - ❖ problem solving
  - ❖ decision making
  - ❖ conscious of cultural and religious beliefs about how the body should be treated.

Useful experience for a paramedic includes working in a health-related environment and emergency services call centre or working as a medic in the New Zealand's Defence Force.



### **Will I get a job after training?**

Chances of getting a job as a paramedic are average, and experience boosts chances of securing paramedic work. Working as a volunteer or assistant ambulance officer is a good way to gain work experience. Knowledge and experience of other cultures is also valuable in New Zealand's diverse population; understanding of Maori and Pasifika cultures is particularly valuable. St John is the country's largest employer of paramedics and provides ambulance services for about 95% of the country's population. Wellington Free Ambulance is a smaller independent ambulance service that also employs paramedics. Paramedics are also in demand in the New Zealand Defence Force.

### **Where can I find out more?**

- **Ambulance Union NZ**  
<https://nzambulance.org.nz/>
- **St. John** [www.matatini.com](http://www.matatini.com)



## What does a pharmacist do?

Pharmacists are experts on medicines. They prepare, mix and dispense medicines that doctors prescribe for patients. They share information with patients about how to manage their health and help ensure patients know how to take their medication properly.

Other roles in pharmacy include pharmacy technicians and pharmacy assistants. Pharmacy technicians help pharmacists to prepare and give out medicines, while pharmacist assistants help pharmacists and pharmacy techs, and are usually the first point of contact for customers. They advise customers on basic health and beauty care.

## Salary

Pharmacists with up to five years' experience usually earn \$45,000 to \$75,000 per year. Those with more than five years' experience usually earn \$75,000 to \$105,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Health
- ❖ Maths
- ❖ Physics

## How do I get into it?

To become a pharmacist you need five years of training. You need to:

- ✓ Complete a Bachelor of Pharmacy from the University of Auckland or University of Otago
- ❖ honest and efficient
- ❖ responsible and careful, particularly when dealing with dangerous drugs
- ❖ able to work within a professional code of ethics, keeping information confidential
- ✓ Complete an internship of one year working in a hospital or community pharmacy
- ✓ Register with the Pharmacy Council of New Zealand.

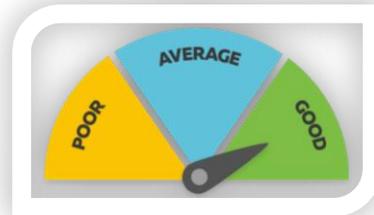
For specialist roles, such as a pharmacist prescriber, you must complete the Postgraduate Certificate in Clinical Pharmacy in Prescribing from the University of Auckland or a Postgraduate Certificate in Pharmacist Prescribing from the University of Otago.

### ***Interpersonal Skills*** A

pharmacist must be:

- ❖ good at maths and record-keeping skills

Useful experience for pharmacists includes pharmacy technician or assistant work, any customer service, and any work in the health industry.



### **Will I get a job after training?**

Chances of getting a job as a pharmacist are good due to an ageing population, an increase in long-term conditions such as diabetes, and a demand to take some primary care work from doctors. Pharmacists mostly work in community pharmacies and may also work for public hospitals, universities and the pharmaceutical industry.

### **Where can I find out more?**

- **Pharmaceutical Society of NZ**  
(04) 802 0030 <https://www.psnz.org.nz/>

## What does a physiotherapist do?

If you're a people person interested in improving physical health, physiotherapy could be the career for you! As a physiotherapist you'll help patients with physical difficulties resulting from illness, injury, disability or ageing to improve their movement. You will devise and review treatment programmes using manual therapy (such as massage), therapeutic exercise and electrotherapy. As well as treating a variety of patients, you'll also promote their health and wellbeing and provide advice on how to avoid injury and self-manage long-term conditions. The variety makes physiotherapy a very rewarding and diverse profession.

## Salary

Physiotherapists with up to six years' experience usually earn \$47,000 to \$68,000 per year. Those with more than six years' experience usually earn \$68,000 to \$99,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Health
- ❖ Physics
- ❖ Physical Education

## How do I get into it?

To become a physiotherapist you need:

- ✓ a Bachelor's degree in Physiotherapy
- ✓ to register with New Zealand Physiotherapy Board
- ✓ have a current Annual Practising Certificate

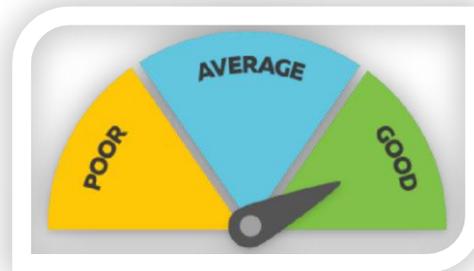
Degrees are available from two universities- AUT and University of Otago. Both courses take four years and consist of a first year studying common health science and three years studying physiotherapy. To specialise in a particular area of physiotherapy you need to complete a portfolio assessment, a practical clinical assessment, and a panel review with the New Zealand Physiotherapy Board.

## *Interpersonal Skills*

A physiotherapist must also be:

- ❖ supportive and positive
- ❖ understanding of diverse cultures and work with a team
- ❖ good at planning and organising communicators
- ❖ able to gain people's trust
- ❖ good listeners and

Useful experience to fill this role includes work as a nurse aide or physiotherapy assistant, occupational health nursing, counseling experience, and any other work in the health sector.



### **Will I get a job after training?**

Physiotherapists are in demand to treat a growing and ageing population. Physiotherapists appear on Immigration New Zealand's long-term skill shortage list. This means the Government is actively encouraging skilled physiotherapists from overseas to work in New Zealand.

Physiotherapists work in public and private health organisation and about a third of physiotherapists are self-employed. This role may move into teaching and research, progress into management or specialise in a specific area, such as cardiorespiratory, women's health, pain management, and sports to name a few.

### **Where can I find out more?**

- **Physiotherapy New Zealand**  
(04) 801 6500 <http://physiotherapy.org.nz/>

## What does a podiatrist do?

Podiatrists provide preventative care, diagnosis and treatment of a range of problems affecting the feet, ankles and lower legs. This can include infections, defects and injuries, as well as foot and nail conditions related to other major health disorders such as diabetes. They also give advice to patients on improving mobility, independence and their quality of life. Podiatrists are also known as **chiropodists** and both are protected titles.

## Salary

Podiatrists usually earn \$46,000 to \$65,000 per year. Senior podiatrists usually earn \$69,000 to \$95,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ Chemistry
- ❖ Physical Education
- ❖ Health
- ❖ English

## How do I get into it?

To become a podiatrist you need:

- ✓ a Bachelor of Health Science majoring in podiatry from Auckland University of Technology (AUT), **or** an overseas qualification recognised by the Podiatrists Board of New Zealand
- ✓ to be registered with the Podiatrists Board of New Zealand and have a current Annual Practising Certificate This job requires three years of training.

***Interpersonal skills*** Podiatrists need to be:

- ❖ patient, friendly, and helpful
- ❖ practical
- ❖ accurate, with attention to detail

You must also have good eyesight (with or without corrective lenses). Useful experience for a podiatrist includes work caring for people and experience in shoe manufacturing or sports industries.



## Will I get a job after training?

Demand for podiatrists is growing and is higher in rural areas rather than in Auckland. Auckland University of Technology is the only place to study podiatry and so competition for Auckland based jobs is high. Job vacancies are often not advertised, so approach podiatry businesses directly to look for work, or ask Podiatry New Zealand to be connected to a mentor.

Most podiatrists are self-employed but you could also be based in a hospital, GP surgery or within a private practice and may work with a team of people including nurses, physiotherapists and doctors. Specialist areas also exist, such as in high-risk feet (diabetes), sports injuries, pediatrics, and aged care.

## Where can I find out more?

- **Podiatry New Zealand**  
(04) 473 9547 <https://www.podiatry.org.nz/>

## What does a Psychologist do?

Psychologists are experts in human behaviour. These professionals investigate, assess and work with people who have problems affecting their behaviour, thoughts and emotions, and help them to develop their potential. Many psychologists work directly with those experiencing difficulties, such as mental health disorders including anxiety and depression. They help people to overcome relationship problems, eating disorders, learning problems, substance abuse, parenting issues, or to manage the effects of a chronic illness. Psychologists work in a variety of settings with individual patients, businesses, hospitals, clinics, schools, prisons, communities, the government, the military, and many others.

There are many areas of study in Psychiatry including:

- ❖ Developmental
- ❖ Forensic
- ❖ Research
- ❖ Clinical
- ❖ School
- ❖ Social

## Salary

Trainee psychologists at district health boards usually earn \$51,000 to \$56,000 per year. Senior psychologists with staff responsibilities usually earn \$94,000 to \$116,000 per year.

## What subjects do I need to take at school?

- ❖ English
- ❖ Maths
- ❖ Science
- ❖ Te Reo Māori

## How do I get into it?

A tertiary entrance qualification is required to enter further training. To become a psychologist you need:

- ✓ Masters or high degree in psychology
- ✓ 1,500 hours of closely supervised practice, approved and evaluated by the NZ Psychologists Board
- ✓ To be registered with the NZ Psychologist Board
- ✓

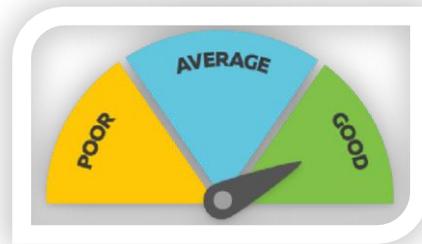
Length of training takes six to seven years. Additional requirements need to be met for specialist roles dependent upon the area of psychology you are interested in.

### ***Interpersonal Skills***

Psychologists also need to be:

- ❖ good at observing and relating to a wide variety of people
- ❖ respectful of people from different cultures
- ❖ be able to analyse and evaluate human behaviour
- ❖ patient and adaptable
- ❖ concerned for the well-being of others
- ❖ be able to keep information private
- ❖ be self-aware and nonjudgmental
- ❖ be able to work well under pressure, make decisions and cope with stress
- ❖ balance professional ethics with commercial realities.

Useful experience for psychologist includes work with community groups, recovering mental health clients in the community, a background in social work, probation, teaching, research, and talent management or recruitment companies.



## Will I get a job after training?

Demand for psychologists is strong. The number of psychologist trainees is limited and it takes a long time to train- most universities only take about 10 postgraduate students a year. The number and range of jobs available in health care and criminal justice services has increased significantly and the number of referrals to psychologists is rising- employers in some rural locations are even having a difficult time recruiting. Clinical psychologist appears on Immigration New Zealand's long-term shortage list, meaning the Government is actively encouraging skilled clinical psychologists from overseas to work in NZ.

Psychologists can work for a range of employers, including district health boards, government departments, iwi organisations, non-governmental organisations, addiction, trauma and abuse centres, and universities. Psychologists can also be self-employed in private consultancies or move into specialisation fields such as research, teaching, policy development, clinical work, advisory and management roles.

## Where can I find out more?

- **New Zealand Psychological Society (NZPS)**

(04) 473 4884 - [www.psychology.org.nz](http://www.psychology.org.nz)

## What does a Radiation Therapist do?

Radiation therapists are part of a specialized team that treats diseases, mostly cancers, in patients. They work with cancer specialists to plan and deliver treatment for patients by providing radiation therapy to patients' specific body parts as prescribed by a radiologist, using radiation therapy equipment. Their work duties include the use of CT scans, computer programs and clinical information to plan radiation treatment. They may make immobilization devices to help patients lie still during treatment and educate people about radiation therapy and its side effects. Good bedside manner is important in this role, as therapists build rapport and communicate with patients of all ages and backgrounds during treatment to make them feel comfortable during a difficult time in their lives.

## Salary

Pay for radiation therapists vary depending on experience and responsibilities. Radiation therapists usually earn between \$51,000 and \$80,000 per year. Those with extra responsibilities can earn between \$83,000 and \$107,000 per year.

## What subjects do I need to take at school?

- ❖ Biology
- ❖ English
- ❖ Physics
- ❖ Te Reo Māori
- ❖ Maths

## How do I get into it?

To become a radiation therapist you need:

- ✓ a Bachelor of Radiation Therapy **or** another qualification recognised by the Medical Radiation Technologists Board. Three years of training is required
- ✓ to be registered with the Medical Radiation Technologists Board.

The Bachelor of Radiation Therapy is only available from the University of Otago's Wellington campus, and there are about 30 places on the course each year. You can increase your chances of being accepted on to the course by:

- ❖ Having strong NCEA Level 3 results, or at least one year's university study in science and psychology
- ❖ Showing an interest in, and knowledge of, radiation therapy.

### ***Interpersonal skills***

- ❖ Empathetic and understanding attitude
- ❖ Ability to work well under pressure
- ❖ Safety conscious
- ❖ Excellent communicator
- ❖ Problem solving



### **Will I get a job after training?**

Chances of getting work as a radiation therapist are average, but better in larger cities. An ageing population increases demand for more health checks and scans or age-related diseases. Many radiation therapists leave New Zealand to get experience overseas. Radiation therapist appears on Immigration New Zealand's long-term skill shortage list, which means the Government is actively encouraging this career from overseas to work in New Zealand. Most radiation therapists work for public hospitals in the oncology (cancer) department.

### **Where can I find out more?**

- **NZ Medical Radiation Technologists Board**  
(04) 801 6250 Ext. 1 <https://www.mrtboard.org.nz/>