



**Waitemata**  
District Health Board  
Best Care for Everyone

4 September 2018

#### New District Nurse for North Shore

- **Emma London is the first nurse to graduate and go straight into district nursing within Waitemata District Health Board since 2007. Most district nurses come in via a different route.**
- **She is doing rounds as part of the North Shore District Nursing Team where she visits around 12 patients per day from Devonport through to Castor Bay as well as treating people at the District Nursing Clinic in Takapuna.**
- **Emma was one of 50 nurses to graduate the Waitemata DHB Nurse Entry to Practice Programme on 15 August.**
- **Another 90 nurses will graduate within Waitemata DHB this December.**
- **The programme has supported their first year of practice and development as registered nurses.**

The North Shore District Nursing Team has a special new recruit doing rounds in the community.

Emma London [34] has broken the mould to become Waitemata District Health Board's first district nursing graduate since 2007.

District Nurses see patients within local clinics – such as the one located on Karaka Street in Takapuna – and provide in-home support to housebound patients with complex needs and long-term conditions.

The independent nature of the work makes it an unlikely pathway for a graduate to go straight into, with most nurses opting to gain experience and build their confidence working alongside colleagues within a hospital or clinic environment for a few years before moving into a community-based role. However, it's a challenge that Emma relishes.

“Working alone isn't easy and you're ultimately responsible for the wellbeing of your patients, particularly given the complexity of some of the cases. It suits me because I'm really comfortable liaising with specialists and doctors on behalf of my patient. If I am not sure of an answer, I'll find out,” says Emma. “I am also lucky to have the support of a great team who are there on the other end of the phone if I need them.”

It is a particularly important role at this time of year, with both North Shore and Waitakere hospitals experiencing record demand due to seasonal illness and urging the public to reserve hospitals for those in the greatest need.

North Shore currently has 26 District Nurses working on a case load of around 450 patients. They cover the area from Devonport to Stillwater, including Dairy flat, Riverhead and Greenhithe. Between them, they see up to 120 patients per day, providing essential advice, support, treatment and education throughout the community.

Waitemata DHB is committed to giving nurses at all levels opportunities for growth and development so they can achieve their career goals. This includes opening doors for graduates and encouraging them to follow their hearts into a wide range of roles where they can make a real difference, says Director of Nursing and Midwifery Dr Jocelyn Peach.

“The high calibre of graduates who are entering our workforce each year assists us in preparing for the future demands of an increasingly diverse and fast-growing population. I look forward to welcoming more graduates like Emma in December when another 90 nurses will complete their first year of practice and go on to be fully-fledged Registered Nurses,” adds Dr Peach.

As part of its commitment to creating a diverse workforce that is reflective of the community it serves, the DHB recently established 50 additional positions for Maori nurses and recently celebrated the graduation of 50 nurses – including 7 Maori and 6 Pacific – from the Nurse Entry to Practice Programme.

**ENDS**

**For further information, contact:**

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*Caption: North Shore District Nurse Emma London is relishing her new role in the community.*