

Our People: Nurses at the cutting edge of learning

TWO Whangarei women who have just finished master degrees in nursing will be taking their research to seminars around New Zealand.

Tina Darkins has graduated from AUT (Auckland University of Technology) and Massey University with a Master in Health Science Nursing with Honours.

Judy Hamilton received her Master of Arts (Applied) in Nursing with Merit from Victoria University.

Tina's thesis looks at workplace stress and Judy's thesis investigates an action plan to help nurses recognise and use opportunities to develop their potential.

The women studied part-time as extra mural students for four years and used each other as support during this time.

Both want other nurses to know that they can reach their potential.



ACHIEVEMENT: Tina Darkins (left) and Judy Hamilton discuss their research.

“Nurses need to move out of their traditional safe and secure positions and seize the day. This research shows them how to do

it,” says Judy.

Judy and Tina plan to take their research on a roadshow of seminars around the country to

show nurses and other interested groups.

Tina is also having a condensed version of her thesis published in the New Zealand nurses' magazine *Kaitiaki*.

Judy has been nursing for 25 years and has a background in public health, community development, project facilitation and acute clinical areas.

She currently works as an independent needs assessor for people with disabilities and is a staff nurse at Kensington Hospital.

Tina trained as a nurse in Whangarei 30 years ago.

Since then she has worked in London in occupational health, spent 15 years as a district health nurse and now has a project management company working in health and safety. □

— STORY/PHOTO: Sarah Kennett