



Helen Topia

Iwi connections: Te Rarawa, Whakatohea and Ngati Whatua

NP area of practice: Across the life span Primary Health Care and High Dependency Nursing.

Employed by: Te Hau Awhiowhio o Otangarei Trust and Auckland University of Technology

Based: Kaipara

Helen has been a NP for 15 years she lives in the Kaipara on her Whanau and Tupuna land; her descendants have lived on this land since 1897. Helen has spent a number of years overseas where she has worked in a variety of health environments gaining experience to support the level of advanced practice that is required to be a Nurse Practitioner, she has lived in New Zealand for the last 16 years.

Helen's clinical training includes midwifery, cardiothoracic and general intensive care, cardiopulmonary transplant, heart failure management, respiratory and diabetes. Over the last 15 years the life span and primary health care presentations including PRIME training have been a feature of practice.

My nursing career spans 40 years. Much of this practice has been in clinical areas, my focus for the last 15 years has been in Primary Health care with a strong interest in Rural and Maori Health. My current clinical practice is in General Practice; in a high needs Maori Health Trust in Northland. Over the last 7 years I have held a part time teaching role with AUT teaching Prescribing practicum and post-graduate papers related to assessment and diagnostic reasoning and long-term conditions. I have been an executive member of NPNZ for 10 years and been conference facilitator on this team. I have several active committee roles; Medical Tender's committee for PHARMAC; Panel assessor NZNC; Medical appeals committee member for MSD; Northland NP Forum Group.