

# HLTH 1022 EVIDENCE IN HEALTH PRACTICE (WSTC)

**Credit Points** 10

**Coordinator** Ryan Sidoti ([https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/](https://directory.westernsydney.edu.au/search/name/Ryan%20Sidoti/))

**Description** This subject will introduce skills for finding and using the best available evidence in health. This begins with understanding thinking systems, biases and why we often don't accept, or respond to facts, science and evidence. Students will learn the evidence-based practice process to formulate questions and find appropriate and relevant evidence from the unending amount of information available. The subject covers key concepts in how to read and understand a research paper. Students will develop skills for communicating evidence to strengthen arguments in academic writing and professional practice.

**School** Health Sciences

**Discipline** Health, Not Elsewhere Classified.

**Student Contribution Band**

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 1 subject

**Restrictions**

Students must be enrolled in an existing Destination College Diploma program listed below:

- 7188 Diploma in Culture, Society and Justice
- 7189 Diploma in Health Science
- 7190 Diploma in Business
- 7191 Diploma in Information and Communication Technologies
- 7192 Diploma in Building Design and Construction
- 7193 Diploma in Engineering Studies
- 7194 Diploma in Creative Industries and Communications
- 7195 Diploma in Arts
- 7196 Diploma in Science
- 7197 Diploma in Education Studies

## Learning Outcomes

After successful completion of this subject, students will be able to:

1. Recognise personal thinking styles and associated biases
2. Describe the reasons for the five steps of evidence-based practice!
3. Design a sensitive and specific PICO search strategy to find best available evidence
4. Identify type, level and key research concepts in journal articles, and
5. Integrate strength and relevance of evidence findings

## Subject Content

**Evidence-based Practice (EBP) Process**

- Introduction to epistemology
- System 1 and 2 thinking
- Heuristics, biases and certainty
- "Why we don't believe the facts"

- Ethics and evidence
- Reflective practice

**Evidence-based Practice (EBP) Process**

- 5-step EBP process
- Step 1 Formulating questions
- Step 2 Sources of evidence –
  - Search strategies –
  - Information literacy
  - Reader bias

**How to read a paper**

- Article sections
- Types of research
- Levels of evidence
- Key research concepts (e.g. measurement, reliability, validity, causality, probability)

**Communicating evidence**

- Integrating evidence in writing
- Evidence justification
- Evidence summaries

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Applied Project	Part A: 300 words	15	N	Individual	N
Applied Project	Part B: 750 words	25	N	Individual	N
Professional Task	800 words	35	N	Individual	N
Viva Voce	5 minutes	25	N	Individual	N

Teaching Periods

## Spring Block 1 (2025)

**Nirimba Education Precinct**

**On-site**

**Subject Contact** Ryan Sidoti ([https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/](https://directory.westernsydney.edu.au/search/name/Ryan%20Sidoti/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH1022\\_25-SB1\\_BL\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH1022_25-SB1_BL_1#subjects))

**Penrith (Kingswood)**

**On-site**

**Subject Contact** Ryan Sidoti ([https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/](https://directory.westernsydney.edu.au/search/name/Ryan%20Sidoti/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH1022\\_25-SB1\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH1022_25-SB1_KW_1#subjects))

## Spring Block 2 (2025)

### Nirimba Education Precinct

#### On-site

**Subject Contact** Ryan Sidoti ([https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/](https://directory.westernsydney.edu.au/search/name/Ryan%20Sidoti/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH1022\\_25-SB2\\_BL\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH1022_25-SB2_BL_1#subjects))

### Penrith (Kingswood)

#### On-site

**Subject Contact** Ryan Sidoti ([https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/](https://directory.westernsydney.edu.au/search/name/Ryan%20Sidoti/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH1022\\_25-SB2\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH1022_25-SB2_KW_1#subjects))