



MHHX1003

Evidence-Based Practice in Health

Session 2, Online-flexible 2026

Medicine, Health and Human Sciences Faculty level units

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Disclaimer

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General Information

Unit convenor and teaching staff

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Credit points

10

Prerequisites

Corequisites

Co-badged status

Unit description

In this unit, you will learn how to use research to make informed decisions in healthcare. You will develop the practical skills needed to apply evidence-based approaches to real health issues, while considering different cultural needs. By the end of the unit, you will know how to assess research, apply solutions based on evidence, and work ethically and responsibly.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

On successful completion of this unit, you will be able to:

ULO1: Explain the core principles of evidence-based practice and outline how research informs healthcare decisions to address health issues. (Capability 1: Scientist and Scholar)

ULO2: Apply evidence-based approaches to assess health issues and develop practical

solutions using research to enhance patient care. (Capability 2: Practitioner)

ULO3: Adapt evidence-based practices to meet the needs of diverse populations, considering social and cultural contexts. (Capability 3: Citizen)

ULO4: Apply ethical decision-making in healthcare, demonstrating an understanding of professional responsibilities and ethical principles in diverse practice settings. (Capability 4: Professional)

General Assessment Information

Grade descriptors and other information concerning grading are contained in the [Macquarie University Assessment Policy](#).

All final grades are determined by a grading committee, in accordance with the Macquarie University Assessment Policy, and are not the sole responsibility of the Unit Convenor. Students will be awarded a final grade and a mark which must correspond to the grade descriptors specified in the [Assessment Procedure](#) (clause 128).

All extensions need to be formally requested via [MQ Service Connect](#) in line with the special consideration policy. Supplementary assessment tasks will only be provided following an approved Special Consideration application, and only when appropriate.

Extensions for Assessment Tasks

Applications for assessment task extensions may be considered for short-term, unexpected, serious, and unavoidable circumstances affecting assessment. Applications must be submitted via [Service Connect | Macquarie University](#). For further details please refer to the [Special Considerations Policy](#). You can also find out more on the MQ Student Portal at the following link: <http://students.mq.edu.au/study/assessment-exams/special-consideration>

Should you encounter any personal issues or concerns in regard to health and wellbeing during your studies you can also gain personal support and advice on campus. Please see the following link for further information: <https://students.mq.edu.au/support/personal>

Short Extension

The Assessment Task table lists which assessments are eligible for a Short Extension. You can only apply for a Short Extension before the assessment due date. No reason or evidence is required. It will extend the due date by an additional 3 calendar days. You can only receive one Short Extension for each eligible assessment task. Short Extensions are not available if you have already received an IEAP Extension or Special Consideration for that assessment task.

Late Submissions

Unless a Special Consideration request has been submitted and approved, a 5% penalty (OF THE TOTAL POSSIBLE MARK) will be applied each day a written assessment is not submitted, up until the 7th day (including weekends). After the 7th day, a grade of '0' will be awarded even if the assessment is submitted. Submission time for all written assessments is set at 11.55pm. **A 1-hour grace period is provided to students who experience a technical concern.**

For example:

Number of days (hours) late	Total Possible Marks	Deduction	Raw mark	Final mark
1 day (1-24 hours)	100	5	75	70
2 days (24-48 hours)	100	10	75	65
3 days (48-72 hours)	100	15	75	60
7 days (144-168 hours)	100	35	75	40
>7 days (>168 hours)	100	-	75	0

Please note no submissions will be accepted after marked assignments are returned and feedback is released to students.

For any late submissions of time-sensitive tasks, such as scheduled tests/exams, performance assessments/presentations, and/or scheduled practical assessments/labs, students need to submit an application for Special Consideration.

Further details for each assessment task will be available on iLearn.

Assessment Tasks

Name	Weighting	Hurdle	Due	Groupwork/Individual	Short Extension	AI Approach
<u>Evidence-Based Practice Presentation</u>	30%	No	04/09/2026	Individual	No	Observed
<u>Research Article Critique</u>	40%	No	09/10/2026	Individual	No	Open
<u>Reflective Essay</u>	30%	No	30/10/2026	Individual	Yes	Open

Evidence-Based Practice Presentation

Assessment Type ¹: Presentation task

Indicative Time on Task ²: 27 hours

Due: **04/09/2026**

Weighting: **30%**

Groupwork/Individual: Individual

Short extension ³: No

AI Approach: Observed

You will create a short presentation explaining the core principles of evidence-based practice and how research informs healthcare decisions to address a selected health issue.

On successful completion you will be able to:

- Explain the core principles of evidence-based practice and outline how research informs healthcare decisions to address health issues. (Capability 1: Scientist and Scholar)
- Apply evidence-based approaches to assess health issues and develop practical solutions using research to enhance patient care. (Capability 2: Practitioner)
- Adapt evidence-based practices to meet the needs of diverse populations, considering social and cultural contexts. (Capability 3: Citizen)
- Apply ethical decision-making in healthcare, demonstrating an understanding of professional responsibilities and ethical principles in diverse practice settings. (Capability 4: Professional)

Research Article Critique

Assessment Type ¹: Written Submission

Indicative Time on Task ²: 36 hours

Due: **09/10/2026**

Weighting: **40%**

Groupwork/Individual: Individual

Short extension ³: No

AI Approach: Open

You will select a peer-reviewed research article on a healthcare topic and conduct a structured critique, focusing on the quality of the research methodology, validity of the findings, and how well the research can be applied to address health issues. In your critique you will also consider how the evidence could be adapted for diverse populations and reflect on ethical considerations.

On successful completion you will be able to:

- Explain the core principles of evidence-based practice and outline how research informs healthcare decisions to address health issues. (Capability 1: Scientist and Scholar)
- Apply evidence-based approaches to assess health issues and develop practical solutions using research to enhance patient care. (Capability 2: Practitioner)
- Adapt evidence-based practices to meet the needs of diverse populations, considering social and cultural contexts. (Capability 3: Citizen)
- Apply ethical decision-making in healthcare, demonstrating an understanding of professional responsibilities and ethical principles in diverse practice settings. (Capability 4: Professional)

Reflective Essay

Assessment Type ¹: Reflection task

Indicative Time on Task ²: 27 hours

Due: **30/10/2026**

Weighting: **30%**

Groupwork/Individual: Individual

Short extension ³: Yes

AI Approach: Open

You will write a reflective essay discussing what you have learnt about evidence-based practice throughout the unit and how you will use this knowledge in the future to assess healthcare issues.

On successful completion you will be able to:

- Apply evidence-based approaches to assess health issues and develop practical solutions using research to enhance patient care. (Capability 2: Practitioner)
- Adapt evidence-based practices to meet the needs of diverse populations, considering social and cultural contexts. (Capability 3: Citizen)
- Apply ethical decision-making in healthcare, demonstrating an understanding of professional responsibilities and ethical principles in diverse practice settings. (Capability 4: Professional)

¹ If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- [Academic Success](#) for academic skills support.

² Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation.

³ An automatic short extension is available for some assessments. Apply through the [Service Connect Portal](#).

Delivery and Resources

Delivery and Resources

As a student enrolled in this unit, you will engage in a range of online asynchronous learning activities, including online lecture modules, tutorial classes and readings. Lectures for this unit will be delivered as online learning modules, via the iLearn site, to be completed in your own time during the week and prior to your completion of your online self-paced tutorial activities.

Please note that the images used in these modules include images obtained from lecture recordings, stock images, and AI image generation tools. All other images have been attributed.

Further details about lectures and tutorials can be found on the iLearn site for this unit.

Required and Recommended Readings

The recommended textbook for this unit is available free online, via the MQ Library website. Hoffmann, Tammy & Bennett, Sally & Del Mar, Chris. 4th ed (2023). *Evidence-based practice across the health professions*. Chatswood, NSW : Elsevier Australia

Additional recommended resources will be listed in the Leganto readings list, within the unit's iLearn site.

Technology Used

Active participation in the learning activities and completion of the assessment tasks in this unit will require students to have access to a tablet, laptop, desktop computer, or similar device. Students can download the Office 365 suite for free <https://students.mq.edu.au/support/technology/software/microsoft>

Unit Schedule

Unit Schedule

The following weekly schedule is subject to change; see the iLearn site for the most up-to-date information. Online asynchronous lectures and tutorials both commence from Week 1.

Week	Lecture
1	Unit introduction
2	Understanding research questions, studies & levels of evidence
3	Searching for evidence
4	Review articles & Meta-analyses
5	Quantitative evidence
6	Qualitative evidence & Qualitative vs Quantitative co-design I
7	Qualitative evidence & Qualitative vs Quantitative co-design II
8	Ethical considerations in evidence based practice
Mid-session Break	
9	Shared decision making
10	Clinical reasoning
11	Implementing evidence and closing evidence practice gaps
12	Embedding evidence based practice into routine clinical care
13	No Lecture

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Assessment Procedure](#)
- [Complaints Resolution Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies \(https://students.mq.edu.au/support/study/policies\)](https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au) and use the [search tool](#).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/student-conduct>

Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit connect.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

Academic Success

[Academic Success](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Ask a Study Coach](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

Student Services and Support

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support including information about finances, tenancy and legal issues](#)
- [Student Advocacy](#) provides independent advice on MQ policies, procedures, and processes

Student Enquiries

Got a question? Ask us via the [Service Connect Portal](#), or contact [Service Connect](#).

IT Help

For help with University computer systems and technology, visit <https://students.mq.edu.au/support/technology/service-desk>.

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

Changes from Previous Offering

Based on previous feedback Assessment Task 2 (Research Article Critique) has been refined to better align with the unit capability outcomes.

Artificial Intelligence Tools

Macquarie University recognises that artificial intelligence (AI), especially generative AI, is rapidly reshaping education and the modern workplace. As AI becomes increasingly accessible, the University and your teaching staff are committed to preparing you to use these tools effectively, ethically, and with strong professional judgment. Rather than restricting technology, the emphasis is on helping you understand when and how AI can be used to enhance productivity, support learning, and reflect real-world professional practice. Across your degree, we will support you to develop the critical thinking, adaptability, and values-based decision-making skills required to navigate evolving AI tools responsibly, including acknowledging their use appropriately. You should always appropriately acknowledge when you have used AI tools within assessment tasks, including which AI tools you have used and how you have used them.

To provide clarity, Macquarie University uses a simple, two-tiered approach to AI in assessment:

- AI Open assessments allow you to fully incorporate AI, reflecting authentic tasks where AI would normally be used in professional settings.
- Observed with AI Optional assessments involve tasks where you either demonstrate essential knowledge without technology or show how you apply AI under supervision.

Across both categories, the goal is to ensure you build foundational knowledge, exercise sound judgment, and engage with AI in ways that uphold ethical, cultural, and university values.

Inclusion and Diversity

Social inclusion at Macquarie University is about giving everyone who has the potential to benefit from higher education the opportunity to study at university, participate in campus life and flourish in their chosen field. The University has made significant moves to promote an equitable, diverse and exciting campus community for the benefit of staff and students. It is your responsibility to contribute towards the development of an inclusive culture and practice in the areas of learning and teaching, research, and service orientation and delivery. As a member of the Macquarie University community, you must not discriminate against or harass others based on their sex, gender, race, marital status, carers' responsibilities, disability, sexual orientation, age, political conviction or religious belief. All staff and students are expected to display appropriate behaviour that is conducive to a healthy learning environment for everyone.

Professionalism

In the Faculty of Medicine, Health and Human Sciences, professionalism is a key capability embedded in all our courses. As part of developing professionalism, students are expected to attend all small group interactive sessions including clinical, practical, laboratory, work-integrated learning (e.g., PACE placements), and team-based learning activities. Some learning activities are recorded (e.g., face-to-face lectures), however you are encouraged to avoid relying upon such material as they do not recreate the whole learning experience and technical issues can and do occur. As an adult learner, we respect your decision to choose how you engage with your

learning, but we would remind you that the learning opportunities we create for you have been done so to enable your success, and that by not engaging you may impact your ability to successfully complete this unit. We equally expect that you show respect for the academic staff who have worked hard to develop meaningful activities and prioritise your learning by communicating with them in advance if you are unable to attend a small group interactive session.

Another dimension of professionalism is having respect for your peers. It is the right of every student to learn in an environment that is free of disruption and distraction. Please arrive to all learning activities on time, and if you are unavoidably detained, please join activity as quietly as possible to minimise disruption. Phones and other electronic devices that produce noise and other distractions must be turned off prior to entering class. Where your own device (e.g., laptop) is being used for class-related activities, you are asked to close down all other applications to avoid distraction to you and others. Please treat your fellow students with the utmost respect. If you are uncomfortable participating in any specific activity, please let the relevant academic know.

Unit information based on version 2026.03 of the [Handbook](#)