PMSC13003 *Pharmacology in Paramedic Practice*
Term 3 - 2018

Profile information current as at 03/05/2024 04:50 am

General Information

Overview
You will develop an understanding of pharmacotherapy in paramedic practice through investigation of the appropriate use of pharmacological interventions in patient management. You will develop knowledge of specific medications common to patients requiring care by paramedics, as well as skills to calculate medication dosages through a series of coursework and case management exercises.

Details
Career Level: *Undergraduate*
Unit Level: *Level 3*
Credit Points: *6*
Student Contribution Band: *8*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites
Pre requisites: PMSC12001 Procedures and Skills in Paramedic Care and Co requisites: PHRM19001 Pharmacology and Toxicology or BMSC13010 Pharmacology
Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the Assessment Policy and Procedure (Higher Education Coursework).

Offerings For Term 3 - 2018
- Distance

Attendance Requirements
All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website
This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

Regional Campuses
Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

Metropolitan Campuses
Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Presentation and Written Assessment**
Weighting: 50%
2. **Online Quiz(zes)**
Weighting: 25%
3. **Online Quiz(zes)**
Weighting: 25%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the University's Grades and Results Policy for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the CQUniversity Policy site.
You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the CQUniversity Policy site.

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student feedback via Moodle.

Feedback
New lecture material was very good and the lecture length was perfect.

Recommendation
The twenty minute length lectures remain a favourite with students, as it was last term with previous Lecturers, so all new content will continue to be formatted to this length.

Feedback from Student feedback via Moodle and email.

Feedback
Presentation of pathophysiology material for each weekly topic preceding lectures on drug therapy protocols for that topic was very useful in helping to link patient presentation with treatment.

Recommendation
This approach gained great feedback over term three with the previous Lecturers, and will continue to be implemented for this unit.

Feedback from Student feedback via Moodle.

Feedback
Zoom sessions were engaging - students wish to have more of these sessions recorded.

Recommendation
Students had clinical placement during term one and responded via a survey earlier in the term stating that they would rather Zoom sessions be held back until they finished placement so that they could participate in more sessions. This was done, with sessions recorded, but many still did not attend. Greater participation is expected for the term three offering as students will not have other units to complete or placements to attend over the summer period.

Feedback from Student feedback via Moodle and email.

Feedback
Students appreciated the opportunity to submit the major written assessment piece as a draft to the Lecturer for general feedback on areas to improve.

Recommendation
This initiative was very helpful for students, encouraging them to get started on the major (50% value) task early, and enabling them to refine their submission in response to generalised feedback. It was however very time consuming for the Lecturer, so if offered again it will be subject to an earlier deadline for draft submission.

Feedback from Student feedback via Moodle and email.

Feedback
Students question the learning value of a major task with 50% value that is not directly related to a drug in current use within Australia.

Recommendation
This task required students to think more broadly around the requirements for drug introduction and use within ambulance services, with a focus more upon critical thinking, research, and presentation skills than a requirement to learn that particular drug itself. The task will however be reformatted for the term three offering to centre more upon clinical decision-making and clinical judgement in prehospital pharmacology.

Unit Learning Outcomes

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

1. Describe the indications, pharmacokinetics, actions, routes of administration, contraindications, side effects and precautions of medications and fluids administered by paramedics, and how you would evaluate the effects of administration
2. Correctly calculate drug doses for the administration of paramedic medications
3. Discuss the implications of renal or hepatic dysfunction, pregnancy and extremes of age on drug administration in the paramedic context
4. Research and justify the most effective pharmacological treatment options in the pre-hospital context.

1. The educational institution **must** demonstrate it has developed a paramedic education course that provides students with the educational base for a graduate appropriate to the level of qualification to be attained, the specified level of competence to meet the requirements for employment as an entry level paramedic.
2. The educational course / curriculum requirements for work readiness **must** be determined by the curriculum / course development committee through consultation with all major stakeholders in particular, the principal ambulance services in Australia and New Zealand represented by the CAA.
3. The educational couse / curriculum requirements to meet the work readiness requirements of the principal ambulance services in Australia and NZ and **should** be reviewed on a regular basis as part of a formal paramedic education course review process.
4. Given the complex nature of out of hospital, unscheduled care and the diversity of health care situations encountered, Paramedics **must** be well educated, skilled and knowledgeable practitioners in a range of subjects and be able to appraise and adopt an enquiry-based approach to the delivery of care
5. Paramedic education courses **should** produce graduates with an educational base and attributes appropriate to the level of qualification attained and specified level of competence required. These objectives and attributes **must** be clearly described for each course being assessed.

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level ◦ Introductory Level • Intermediate Level • Graduate Level ◦ Professional Level ◦ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Presentation and Written Assessment - 50%	•			•
2 - Online Quiz(zes) - 25%		•		
3 - Online Quiz(zes) - 25%	•		•	

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Communication	•		•	•
2 - Problem Solving			•	•

Graduate Attributes	Learning Outcomes			
	1	2	3	4
3 - Critical Thinking	•	•	•	•
4 - Information Literacy	•		•	•
5 - Team Work				
6 - Information Technology Competence	•		•	•
7 - Cross Cultural Competence				
8 - Ethical practice	•			•
9 - Social Innovation				
10 - Aboriginal and Torres Strait Islander Cultures				

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Presentation and Written Assessment - 50%	•	•	•	•		•		•		
2 - Online Quiz(zes) - 25%			•	•						
3 - Online Quiz(zes) - 25%	•	•	•	•				•		

Textbooks and Resources

Textbooks

PMSC13003

Prescribed

Pharmacology for Health Professionals
Edition: 4 (2015)
Authors: Bryant & Knights
Elsevier
Chatswood , NSW , Australia
ISBN: 9780729541701
Binding: Paperback

Additional Textbook Information
Students are encouraged to access the student resources through Evolve Learning System (access details in the front of the textbook) to facilitate their learning in this unit.
Copies can be purchased at the CQUni Bookshop here: http://bookshop.cqu.edu.au (search on the Unit code)

View textbooks at the CQUniversity Bookshop

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: American Psychological Association 6th Edition (APA 6th edition)
For further information, see the Assessment Tasks.

Teaching Contacts

Lisa Hurring Unit Coordinator
l.hurring@cqu.edu.au

Schedule

Week 1 - 05 Nov 2018

Module/Topic	Chapter	Events and Submissions/Topic
Foundations of pharmacology: • Dosage measurements and calculations • Pharmacodynamics and drug action • Pharmacokinetics and metabolism	**Textbook:** • Chapter 1: Dosage measurements & calculations, pp.21-30 • Chapter 5: Molecular aspects of drug action & pharmacodynamics, pp.127-140. • Chapter 6: Drug absorption, distribution, metabolism & excretion, pp.141-161	

Week 2 - 12 Nov 2018

Module/Topic	Chapter	Events and Submissions/Topic

Adverse drug reactions & drug interactions **Special considerations affecting pharmacokinetics:** • Geriatrics • Hepatic dysfunction • Paediatrics • Pregnancy • Renal failure • Shock	**Textbook:** • Chapter 10: Adverse drug reactions & drug interactions, pp.203-215 • Chapter 9: Individual and lifespan aspects of drug therapy, pp.188-202	

Week 3 - 19 Nov 2018

Module/Topic	Chapter	Events and Submissions/Topic
The home pharmacy **The essentials:** • Adrenaline • Oxygen • Sodium chloride 0.9% • Water for injection	**Textbook:** • Chapter 3: OTC and complementary therapies, pp. 62-71 (read to end OTC section) • Chapter 12: Adrenaline monograph, pp.240-241 **QAS DTPs:** • Adrenaline • Oxygen • Sodium chloride 0.9% • Water for injection	

Week 4 - 26 Nov 2018

Module/Topic	Chapter	Events and Submissions/Topic
Analgesics: • Fentanyl • Ibuprofen • Methoxyflurane • Morphine • Paracetamol	**Textbook:** • Chapter 15: Analgesics, pp.308-339 **QAS DTPs:** • Fentanyl • Ibuprofen • Methoxyflurane • Morphine • Paracetamol	

Vacation Week - 03 Dec 2018

Module/Topic	Chapter	Events and Submissions/Topic

Week 5 - 10 Dec 2018

Module/Topic	Chapter	Events and Submissions/Topic
Cardiovascular drugs: • Adrenaline (review) • Glyceryl trinitrate **Anti-platelet drugs:** • Aspirin • Clopidogrel • Ticagrelor **Anti-coagulants:** • Enoxaparin • Heparin **Fibrinolytics:** • Tenecteplase	**Textbook:** • Chapter 12: Adrenaline monograph, pp.240-241 (review) • Chapter 15: Aspirin, pp.329-330 (review) • Chapter 23: Drugs affecting vascular smooth muscle, pp.513-518 (read up to end of GTN) • Chapter 26: Drugs affecting thrombosis & haemostasis, pp. 573-591 **QAS DTPs:** • Adrenaline (review) • Aspirin • Clopidogrel • Enoxaparin • Glyceryl trinitrate • Heparin • Tenecteplase • Ticagrelor	

Week 6 - 17 Dec 2018

Module/Topic	Chapter	Events and Submissions/Topic

Respiratory drugs: • Salbutamol • Ipratropium bromide • Hydrocortisone	**Textbook:** • Chapter 28: Drugs used in respiratory disorders, pp.601-608 (read up to end oxygen therapy); pp.611-617 (read up to end salbultamol monograph) **QAS DTPs:** • Hydrocortisone • Ipratropium bromide • Salbutamol	

Week 7 - 31 Dec 2018

Module/Topic	Chapter	Events and Submissions/Topic
Neurological drugs & antibiotics: • Ceftriaxone • Droperidol • Midazolam • Naloxone	**Textbook:** • Chapter 16: Antianxiety, sedative & hypnotic drugs, pp.345-350 (read only benzodiazepines section) • Chapter 17: Antiepileptic drugs, pp.356-362 (read to end special situations section) • Chapter 44: Antibacterial drugs, pp.931-3 (read to end cephalosporins section) **QAS DTPs:** • Ceftriaxone • Droperidol • Midazolam • Naloxone	**Literature review and poster** Due: Week 7 Friday (4 Jan 2019) 11:45 pm AEST

Week 8 - 07 Jan 2019

Module/Topic	Chapter	Events and Submissions/Topic
Endocrine & anti-emetic drugs: • Glucagon • Glucose gel • Glucose 10% • Ondansetron	**Textbook:** • Chapter 36: Endocrine pancreas & diabetes mellitus, pp.756-765 (read to end treatment with hyperglycaemic agents section) • Chapter 29: Drugs affecting upper GI tract, pp.650-653 (read to end 5-HT3 agonists) **QAS DTPs:** • Glucagon • Glucose gel • Glucose 10% • Ondansetron	Drug calculation quiz opens

Week 9 - 14 Jan 2019

Module/Topic	Chapter	Events and Submissions/Topic
Other drugs: • Box jellyfish antivenom • Magnesium sulphate • Hydroxocobalamin • Loratadine • Oxytocin	**Textbook:** • Chapter 51: Envenomation & anti-venoms, pp.1088-1090 (marine envenomation section only) • Chapter 33: Neuroendocrine & pituitary gland, pp.723-724 (oxytocin section only) **QAS DTPs:** • Box jellyfish antivenom • Magnesium sulphate • Hydroxocobalamin • Loratadine • Oxytocin	**Drug calculation quiz** Due: Week 9 Friday (18 Jan 2019) 11:45 pm AEST

Week 10 - 21 Jan 2019

Module/Topic	Chapter	Events and Submissions/Topic
General pharmacology in paramedicine **CCP drugs**	No assigned readings	Short answer quiz opens

Week 11 - 28 Jan 2019

Module/Topic	Chapter	Events and Submissions/Topic
Review period • Use this time to complete assessment tasks and review the term	No assigned readings	**Short answer quiz** Due: Week 11 Friday (1 Feb 2019) 11:45 pm AEST

Week 12 - 04 Feb 2019

Module/Topic	Chapter	Events and Submissions/Topic
Review period • Use this time to review the term	No assigned readings	

Assessment Tasks

1 Literature review and poster

Assessment Type
Presentation and Written Assessment

Task Description
Background:
Ambulance services have historically followed a medical model for determining future clinical direction, often deferring to a medical advisory board or medical director to determine suitable new skills, procedures, or pharmacology. Since the introduction of tertiary paramedic education, and due to the increasing professionalisation of our discipline, there has been a shift in thinking towards paramedics researching and determining their own destiny in a clinical sense. It is therefore becoming an important skill for paramedics to be able to look at current research and new trends, and to analyse the evidence base to determine whether or not this research should influence our practice, or whether a new skill, procedure, or pharmacology should be adopted into use.
Task introduction:
You have been tasked by a medical advisory board to review and propose the introduction of a new drug into the already extensive armament of drugs on offer in your chosen ambulance service. You can either choose a completely new drug not currently used by your service or you can research a drug currently used by another ambulance service for introduction into your service. **Adenosine is not permitted for this task.**
The drug you choose must be approved by the Therapeutic Goods Administration of Australia (TGA), not the FDA or any other international agency. If you choose a drug already used by another service please note that you cannot simply alter the indications or the route of administration for that drug - this is not sufficient for this task. The medical advisory board would like for you to report on the introduction of this drug into the ambulance service and therefore require two parts to this proposal as follows:
PART A: Literature review (25%)
You are required to review recent (no greater than 5-10 years) literature for research articles (aim for a minimum of 5 articles) in relation to this drug of choice. Seek literature related to the context of use, i.e. suitability of this drug for use in the pre-hospital / emergency medicine setting.
You will review the information within this literature, critique, and discuss the findings. As a minimum your report should include the following:

- Introduction: Your report aim.
- Research methodology: Identify the search methodology and which databases you used.
- Discussion: What conclusions can be drawn from the studies? Discuss the implications of introducing this drug into paramedic practice, for example, do you need to cease the use of one drug for the introduction of another? Are there any cost/equipment implications?
- Drug Therapy Protocol: Develop a new DTP for your drug of choice. This may be included within the body of your report or as an appendix.
- Conclusion: Summarise your findings and state your recommendations.

- Word limit is 1800 words.

PART B: Poster presentation (25%)
Using the information collected in Part A, you are required to develop a scientific poster about your drug of choice. Approach this as though intending for the poster to be posted around ambulance stations, i.e. providing general information on the new drug and the research underlying its introduction into the DTPs, as an informational and visual adjunct to training. This poster is presenting your report findings in a different format for a different audience, therefore you must rewrite your findings to better suit the poster context; do not simply paste in sections of your written report!
Your word limit is 800 words. Remember that information on posters must be concise and clear, as a summary of the most pertinent information, and that too much text will overwhelm and decrease impact.

Assessment Due Date
Week 7 Friday (4 Jan 2019) 11:45 pm AEST

Return Date to Students
Week 9 Friday (18 Jan 2019)

Weighting
50%

Minimum mark or grade
50%

Assessment Criteria
A marking rubric for both parts of this assessment task together with exemplar material will be provided on the Moodle page for reference. This task is worth 50% of your overall mark.
Part A: Literature review (25%)

- Presentation and layout: information presented in a clear & logical sequence; content clearly written; appropriate word count; abbreviations & diagrams used appropriately
- Questions: selected drug meets criteria; most current literature used; introduction; discussion of research design & data; implications of introducing the drug; recommendations
- Drug therapy protocol: developed appropriately; all information included; effective layout; sources acknowledged
- Referencing: all sources referenced appropriately.

Part B: Poster presentation (25%)

- Presentation: Excellent presentation of the scientific poster in terms of organised layout, use of visual aspects.
- Information Gathering: Full review of available literature from all sources relevant to the assignment. Comprehensive knowledge of the subject matter.
- Scholarliness: Clear statement of objectives, persuasive and comprehensive matter.
- Grammar: Work presented to a high grammatical standard with 2 or less grammatical errors. Findings from report are rewritten to suit poster format.
- Referencing: Consistently accurate with in text and referencing list protocols in line with the APA system of referencing.

Referencing Style

- American Psychological Association 6th Edition (APA 6th edition)

Submission
Online

Learning Outcomes Assessed

- Describe the indications, pharmacokinetics, actions, routes of administration, contraindications, side effects and precautions of medications and fluids administered by paramedics, and how you would evaluate the effects of administration
- Research and justify the most effective pharmacological treatment options in the pre-hospital context.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

2 Drug calculation quiz

Assessment Type
Online Quiz(zes)

Task Description
For this assessment task you are required to complete an online quiz. The quiz will be made up of case based management exercises that include drug calculations in accordance with the Queensland Ambulance Service Drug Therapy Protocols.
The quiz will become available in Week 8, and must be completed by Friday of Week 9. You will have a specific time limit imposed to complete the quiz.

Number of Quizzes
1

Frequency of Quizzes

Assessment Due Date
Week 9 Friday (18 Jan 2019) 11:45 pm AEST

Return Date to Students
Week 11 Friday (1 Feb 2019)

Weighting
25%

Minimum mark or grade
50%

Assessment Criteria

- You will be required to answer each question at an Advanced Care Paramedic Two level (ACP2). (Ensure that you use the ACP2 dosages of DTPs.)
- In order to achieve the full marks allocated to that question you must complete the question fully and you must include any drug calculations in your answer.
- Please ensure that you read the question carefully. Some questions may ask you to give your answer as a dosage or as a volume to be given to the patient.
- This quiz is worth 25% of your overall mark.
- You must achieve a minimum pass mark of 50% to pass this assessment.
- You will only be given one attempt for this quiz.
- You will have a time limit of 90 minutes to complete the quiz.
- For this assessment task no late submissions will be accepted and the quiz will become unavailable after the due date and time.
- In the absence of an approved extension, there will be no opportunity to complete the task after this date, nor opportunity to apply a late penalty of five percent per day.

Referencing Style

- American Psychological Association 6th Edition (APA 6th edition)

Submission
Online

Learning Outcomes Assessed

- Correctly calculate drug doses for the administration of paramedic medications

Graduate Attributes

- Critical Thinking
- Information Literacy

3 Short answer quiz

Assessment Type
Online Quiz(zes)

Task Description
For this assessment task you will complete an online quiz. The quiz comprises short answer questions related to the material offered in this unit. Where drug calculations are required these will be in accordance with the Queensland Ambulance Service Drug Therapy Protocols at ACP2 level.
The quiz will become available in Week 10, and must be completed by Friday of Week 11. You will have a specific time limit imposed to complete the quiz.

Number of Quizzes
1

Frequency of Quizzes

Assessment Due Date
Week 11 Friday (1 Feb 2019) 11:45 pm AEST

Return Date to Students
Exam Week Friday (15 Feb 2019)

Weighting
25%

Minimum mark or grade
50%

Assessment Criteria

- You will be required to answer each question at an Advanced Care Paramedic Two level (ACP2).
- In order to achieve the full marks allocated to that question you must complete the question fully and you must include any drug calculations in your answer.
- Please ensure that you read the question carefully. Some questions may ask you to give your answer as a dosage or as a volume to be given to the patient.
- This quiz is worth 25% of your overall mark.
- You must achieve a minimum pass mark of 50% to pass this assessment.
- You will only be given one attempt for this quiz.
- You will have a time limit of 90 minutes to complete the quiz.
- For this assessment task no late submissions will be accepted and the quiz will become unavailable after the due date and time.
- In the absence of an approved extension, there will be no opportunity to complete the task after this date, nor opportunity to apply a late penalty of five percent per day.

Referencing Style

- American Psychological Association 6th Edition (APA 6th edition)

Submission
Online

Learning Outcomes Assessed

- Describe the indications, pharmacokinetics, actions, routes of administration, contraindications, side effects and precautions of medications and fluids administered by paramedics, and how you would evaluate the effects of administration
- Discuss the implications of renal or hepatic dysfunction, pregnancy and extremes of age on drug administration in the paramedic context

Graduate Attributes

- Communication

- Problem Solving
- Critical Thinking
- Information Literacy
- Ethical practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the **Student Academic Integrity Policy and Procedure**. This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?
A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?
A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?
For academic advice and guidance, the Academic Learning Centre (ALC) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?

Be Honest
If your assessment task is done by someone else, it would be dishonest of you to claim it as your own

Seek Help
If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)

Produce Original Work
Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem