



CINAHL indexes about 3,000 specialized publications by and for professional nurses, including **journals**, which primarily publish research articles, and **trade journals** which focus on news, features such as “best practice” articles, and career information but may also include some research articles. About 70 of these publications are full-text in CINAHL; many others link directly to full-text access in other EBSCO indexes. Some key publications are available in print at the CCC Library. Articles not available full-text or at CCC Library may be obtained through our **Interlibrary Loan** service.

### 1. Access CINAHL:

- At the Library’s home page, choose “EBSCO” from the “go” box. Log in with CCC ID if asked.
- Click the “Choose Database” link; Select “CINAHL.”

### 2. Explore CINAHL Headings:

One of the most important tricks in searching CINAHL is to **match your search vocabulary** to CINAHL’s. Before you jump in with a keyword search, find out what terms CINAHL uses! Example:

- Click **CINAHL Headings**
- Type in *magnetotherapy* and click **Browse**.
- What term does CINAHL use for this topic? \_\_\_\_\_
- Click the term and look at the “tree view” list.
- What is the top category for this term? \_\_\_\_\_
- What is the next category down? \_\_\_\_\_
- Notice all the nice, useful “subheadings” on the right – but don’t mark any for this example.
- Mark the box next to the search term, and click “Search.” How many hits do you get? \_\_\_\_\_  
[Notice the MH that appears in your search – this stands for “Major Heading.”]
- Go to “Search Options” (under Limits in the right frame).
- Choose **Research** articles only and search again. Hits: \_\_\_\_\_
- Go back to Search Options and **change** this to **Evidence-Based Practice** articles. Hits: \_\_\_\_\_
- Go back to Search Options. Remove the limits on type of article, but specify articles from the last 5 years. Hits: \_\_\_\_\_
- In the Limits on the right frame, mark the boxes for “CCC Library” and “Full-text” to show only articles that are easy to obtain; click Search. Hits: \_\_\_\_\_
- Finally, change the sort from Date to Relevance.

### 3. Keyword Search

You can also simply start with a keyword search, but for best results, watch for and use those subject terms!

- Do a keyword search for Crohn’s Disease. Hits: \_\_\_\_\_
- Look at the Subject Major Headings list on the left. What term does CINAHL use? \_\_\_\_\_
- Change your search to the new term. You should get more items. Hits: \_\_\_\_\_

NOTE: Don’t just click on the term in the Subject list, as is tempting, because then CINAHL will look for articles with **both** terms, and that will reduce your list.

NOTE: this works, but remember that to get to the “Tree” view with all those sub-headings (ethical issues, risk factors, mortality, trends, therapy...) you need to use the CINAHL Headings button!

**4. Try your own topic.** Select a disease or medical condition to research: \_\_\_\_\_  
(Need a list? Try [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus) or [www.cdc.gov](http://www.cdc.gov). Choose “health topics.”)

Now do it again with your chosen disease / condition!

- Explore your topic in the **CINAHL Headings**. What term(s) does CINAHL use?
- What **category/categories** is it in?
- Give 2 **subheadings** available for this topic:

(Mark a few if you wish. If this turns out to be too limiting, come back and unmark them!)

- Mark your term and search. How many hits do you get? \_\_\_\_\_
- Limit the results to **research** articles (under publication type). How many hits are left? \_\_\_\_\_
- Limit again to articles available either full text or at CCC Library. How many hits are left? \_\_\_\_\_
- Choose an article from this result list to evaluate. Give its **APA Citation**:

#### **5. Evaluate the article:**

- View or obtain your article.
- Who is the first author?
- What qualifications and/or affiliations are given for this author? (Look at the beginning and end of the article.)
- In the full record for the article, the author’s name should be a link. Click on it. How many other publications does this author have in CINAHL? \_\_\_\_\_
- Research articles are often divided into the following formal sections. Circle any that are present in your article:  
abstract/summary                      introduction                      methods  
results                                      conclusion / discussion

NOTE: the **introduction** and **discussion** sections are often the most readable and informative parts of a research paper for readers who are not specialists in the field.

- How many references are cited? \_\_\_\_\_