

Guide to CINAHL 2013

CINAHL (Cumulative Index of Nursing and Allied Health Literature) helps you find health-related information for academic research in nearly 3000 journals, including most English-language journals about nursing and allied health. The full text of some of the articles is embedded in the database; other articles will have links to check to see if TCD subscribes electronically or in print.

Bookmark the page for the [Nursing and Midwifery Librarian](#) to give you direct access to CINAHL and other health sciences databases.

Step One: Think Before You Start...

Normally, you will be trying to find information on particular subjects. **Note your keywords and break down the search into its component parts.**

List ideas, concepts and similar words - think of as many search terms describing your topic(s) as you can, and put them in a notebook or Word document. Use textbooks, nursing dictionaries and encyclopaediae for suggestions. When you plan your search this way, you generally have a clearer idea of how to start searching and improve your chances of locating relevant results.

Example: you are looking for the effects of exercise and diet on people with diabetes. There are three components to your search:

Exercise

Diet

Diabetes

So further ideas could be:

Exercise = Anaerobic (Anerobic), Aerobic, Physical Fitness

Diet = Nutrition

Diabetes = Diabetes Mellitus (Types 1 & 2)

Note that "anerobic" is an American form of "anaerobic" so articles in American journals may use that spelling. However, there is a way to make the database look for all articles on a particular subject, even if the term is spelt differently, and even if a different term that means the same thing is used instead. This is done by "subject searching" - our version of CINAHL will automatically work like this. Other versions you may have used before might have been set up differently!

Step Two: Sign In

It's best to use the *Sign In to My EBSCOhost* feature - this lets you save individual records of articles and whole searches you like in an online "folder". The first time you use it you need to sign up for it and create a new account. Use a username and password you'll remember, like the one for your College e-mail, or your Facebook login.

Step Three: Beginning Your Search

The best way to search CINAHL if you are looking for particular subjects is to search for one topic at a time, then combine your terms afterwards and narrow your search down until you only have relevant results.

Often people just start typing in all their keywords, all at once, into the search box. USING THE DEFAULT SETTINGS, THIS WILL NOT WORK IN OUR VERSION. This is a deliberate choice on our part to use CINAHL at its most powerful. **Only search for one concept at a time; not necessarily only one word, but one concept.** CINAHL will automatically perform a "subject search" and offer a list of headings from which to choose.

Searching by topic like this will pull together all the articles about a subject, regardless of spelling or even terminology. For instance, if you search for "cancer nursing" you will be told to use "Oncologic Nursing", which is the American phrase for the same concept. Researchers have looked at all the articles and have decided what they are actually about, and assigned these to standardised phrases. So articles which are about cancer nursing will be listed under the subject "Oncologic Nursing", *even if it calls it something else in the text*. Articles found this way will also be more likely to focus on your topic, rather than just mentioning it in passing.

Running Your First Search

1. Enter your first topic in the search box and click *Search*.
2. A list of subjects which match your term will appear. Find the most appropriate and tick to the left of it.
3. Click *Search Database* at the top to be taken to a list of results.

Can't Find a Suitable Term?

If you can't find a match for your subject on the first page of results:

1. Look through the next few pages of suggestions by using the *Next* button.
2. If you still can't see something appropriate, try searching for one of its synonyms.
3. As a final resort, the last option in the list of suggestions - *Search as Keyword* - can be used. This will find that word anywhere in the title, abstract etc. but the article may not be anything to do with it as a subject, and it will only show results that use that exact term.

Step Four: Adding More Subjects

Your first search will likely return a large number of hits – maybe too many to browse through:

1. In the search box, type in your next topic and click *Search*.
2. Find the appropriate term and tick the box to the left of it. Click *Search Database* at the top to be taken to a list of results as before.
3. Don't worry - CINAHL has remembered your last search and you can add your new search to it later.
4. Keep searching for these new topics until you are happy that you have found all the topics you need.

Step Five: Adding Searches Together

1. Tick to the left of the searches you wish to combine.
2. Choose *Search with OR*, or *Search with AND*, as appropriate:
 - a. Use OR between synonyms, e.g., Diet OR Nutrition, to make a "super search" of everything on this idea.
 - b. Use AND if you want to narrow down your search i.e., when the articles have to mention all those terms. This is normally what you want to do.
3. Keep doing this until to have a search that will (hopefully!) just be about the particular topic you are researching.

4. If you need a record of your searches click *Print Search History*. Alternatively, you can save the whole search.

Saving and Retrieving Searches

You can save searches so they can be run again in the future:

1. Make sure you are signed in.
2. In your search history, click on *Save Searches/Alerts*.
3. Give your search a meaningful name and add the date to it - so, something like *Diabetes & Diet & Exercise 21-01-2013*.

To retrieve it later:

1. Login and click the yellow *Folder* button at the top of the screen.
2. Click *Saved Searches* on the left.
3. Select and retrieve your search. You will be taken to the *Search History* page.
4. Tick *Select/deselect all* and click *Refresh Search Results* to see how many results are found running the searches this time - it will likely increase over time.

Step Six: Working With Your Results

The results for your last search are displayed on the *Search History* page below your searches. By default it shows 10 per page - you can change this to up to 50 in your EBSCOhost preferences. Separate out the articles you want to find from the ones you don't:

1. If you are interested in an article, "mark" it by clicking *Add to Folder* under the record.
2. Once you have marked all the interesting records, click the yellow *Folder* button at the top of the screen to see the results you have selected.
3. To see if an article is relevant you can click the title of the article (underlined and in blue). This will take you to a more detailed page about that piece. Generally there will be an "abstract" – a brief summary of the article. Other topics which are found in the article will also be listed (the more important ones under *Major Descriptors*), which can help provide you with more ideas for keywords.
4. Click *Back to Results* to return to your results list.
5. If you want you can make a record of the list of articles via printing them, e-mailing them or adding them to EndNote. Select the ones you want individually by ticking them, or do the whole lot by ticking *Select/deselect all*.
6. Unless you deliberately delete the records from your folder, they will stay there and be available whenever you log in.

MODIFYING YOUR SEARCH

Broaden Your Search

Search for your term as usual. In the list of topics, tick the *Explode* box to the right of your term if available. This will search for all the subtopics of the subject. Not all headings will have any subheadings, however. To see what the subheadings are, click on the term to go to a "family tree" view.

Narrow Your Search

Major Concept

Search for your term as usual. Tick the *Major Concept* box to the right of your term. This will narrow your search down to where your topic is one of the most important terms listed for the article.

Limit a Search

Display the results of the search you want to limit by clicking *View Results* for the relevant search. To the left of your results are options to limit your search to particular sub-groups. Some are available there immediately such as publication date, age group and gender, but

some of the most useful like *English Language*, *Peer Reviewed*, and document type can only be selected by clicking the *Show More* button under the publication date slider.

GETTING THE FULL TEXT OF ARTICLES

You may notice that some of your results have links to the full text of the article underneath them in the results list. Sometimes it will give a choice of HTML or PDF. The HTML version is meant to be viewed on the screen. The PDF version is an exact copy of how the article would look in the original journal; this is the best version if you want to print the article.

Only journals which the database publisher provides access to themselves will show up in this way. However, that does not mean TCD doesn't have the journal! Trinity maintains thousands of subscriptions to journals, both in print and electronic formats.

1. Click on *Check TCD e-journals*.
2. On the "LinkSource Results" page that pops up you will have at least one option: *Search the Library Catalogue for this journal title*. Clicking this will see if we have the journal in any format.
3. If that link is the *only* one to show on the LinkSource page, the vast majority of the time it means we do *not* have the journal electronically. However, we may well have it in print, especially if it is a British journal.
4. If there are more choices to click, select one to go to an electronic version of the text. Sometimes you will go straight to the article; sometimes, it goes to the journal homepage and you will have to find the right issue etc. - remember, the citation details are still up on the LinkSource page!

Texts not in Trinity

If the journal you want is not held by Trinity, you can check other libraries' catalogues to see if they hold the title:

1. Go to our [Other Libraries' Catalogues](#) page.
2. Select a catalogue to view e.g., UCD and search for the journal.

If you are a postgraduate, then you can apply for an ALCID card, which will let you visit many of Ireland's third-level institutions.

If you are an undergraduate then you can ask the Duty Librarian to write you a letter of introduction to get you into the other library.

More information is available at our [Visiting Other Libraries](#) page.

If no nearby libraries hold the journal, or you cannot visit another library yourself, then you can apply for an Inter-Library Loan. TCD will source and obtain the article for you. However, there is a charge of €8 for each article requested. More details are found at our [Inter-Library Loans](#) page.