



## Using CINAHL

CINAHL (Cumulative Index to the Nursing and Allied Health Literature) provides comprehensive coverage of the literature from nursing and the allied health disciplines with coverage dating back to 1937. It is primarily used to look up full-text articles from nursing journals.

### Access

From the Mulford homepage ([utoledo.edu/library/mulford](http://utoledo.edu/library/mulford)), click the **CINAHL** link under **Mulford Quick Links** on the left side of the page. UT students, faculty and staff can access CINAHL from off-campus. After clicking the CINAHL link you will need to enter your first name, last name and Rocket ID.



### Subject Searching

Every article and piece of literature indexed in CINAHL is assigned specific **subject headings**. The best way to find articles in CINAHL is to look for headings that match your topic of interest. CINAHL's headings work like a thesaurus by pulling all articles on a concept together; there is no need to worry about synonyms, plurals or variations in spelling. To begin searching for articles on a topic, make sure that **Suggest Subject Terms** is checked. This helps you choose a more exact subject heading to search by. For example, if you type in *breast cancer*, CINAHL will direct you to use the subject heading *Breast Neoplasms*.

To begin, type your search topic in the box and click **Search (Step 1)**.

Step 1

On the next screen that appears, check the box (**Step 2**) next to the heading that best fits your topic (you can check more than one heading at once). You then have the option to **Explode** the heading, focus it as the **Major Concept** of the articles you get in return, and select specific **Subheadings** (see p. 2 for details on these options). After setting up your search options, click **Search Database** to see your list of results (**Step 4**).

Step 2

Explode (+)	Major Concept	Scope	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> <b>Include All Subheadings</b> Or select on or more subheadings to restrict your search
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Blood/BL
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Cerebrospinal Fluid/CF
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chemically Induced/CI

Step 3

Step 4

CINAHL has various search options that allow you to customize your subject heading search (see **Step 3** on the previous page):

**Explode** Check this box if you want CINAHL to include narrower terms in the search. For example, if there are different types of dementias within the main heading for Dementia, CINAHL will also retrieve articles on those topics. This option **broadens** the search, and you end up with more results than if you left it unchecked.

**Major Concept** Check this box if you want to limit your search results to articles that have the selected subject heading as one of the main subjects. This option **narrows** the search, and you end up with less results than if you left it unchecked.

**Subheadings** Subheadings allow a search to be restricted to one or more facets, such as diagnosis, prevention and control, and therapy. By default CINAHL includes all subheadings in the search results, but if you want to specify certain ones then you can click next to them individually.

## Combining Subjects for Complex Searches

As a rule of thumb, **keep your search as simple as possible at first**. If you have a complex topic in mind, such as *pain measurement in patients with dementia*, do not type this entire phrase into the search box. Instead, break the topic down into 2 or 3 components, search for them separately and combine the searches at a later point. CINAHL allows you to combine more than one subject heading together.

To easily do this, follow Steps 1-3 on the previous page. Before following through with Step 4, scroll to the bottom of the screen and click **Browse Additional Terms**. This feature lets you look for a different subject heading that you wish to combine with your previous search (i.e. Dementia). Type your new search term in the box and click **Browse**. Check the box next to the term that you want to search for.

You will see that both Dementia and Pain Measurement are stored in the box on the far right of the search screen. Choose AND to search the terms together; if you choose OR, you will search the terms separately. Click **Search Database** to view the results.

<input checked="" type="checkbox"/> <a href="#">Pain Measurement</a>
Pain Measurements Use: <a href="#">Pain Measurement</a>
Pain Measuring Use: <a href="#">Pain Measurement</a>
<input type="checkbox"/> <a href="#">Luminescent Measurements</a>

Search Term	Explode (+)	Major Concept
Dementia	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pain Measurement	<input type="checkbox"/>	<input type="checkbox"/>

Combine selections with:  
 AND  OR

## Keyword Searching

A **keyword search** (which can be done by making sure that **Suggest Subject Terms** is **not selected**) will retrieve references that have the search term(s) or phrase in the records. To combine two or more keyword searches, type your additional terms in the subsequent search boxes. Keyword searching can be messier than subject term searching. With a keyword search, you may need to search for: synonyms ("*myocardial infarction*" or "*heart attack*"), variations in spelling (*estrogen* or *oestrogen*), and suffix variation (*hypertension* or *hypertensive*). When searching for phrases, make sure to put them in quotation marks (i.e. "*holistic nursing*") so the database knows to search those terms together, not separately. Use of **wildcards** and **truncation** can help with keyword searching as well.

## Searching with Wildcards and Truncation

Using wildcards and truncation can facilitate keyword searching. The wildcard symbol (?) can be used to replace a character within a word (*wom?n* will retrieve references containing *woman* or *women*). The truncation symbol (\*) is used to retrieve references containing a word that begins with the truncated characters (*parasit\** retrieves terms such as *parasite*, *parasitology*, and *parasitic*).

## Narrowing Search Results

Sometimes you need to narrow your search results further according to things like age group, gender, article type, publication year, etc. CINAHL makes this easy. After completing your search, you will see a menu on the left side of the screen labeled **Refine Your Results**. To see all options, click **Show More** and a window will pop up. Select the desired options and click the **Search** button which is located at either the top or bottom of the pop-up window.

## Getting the Full-Text

Depending upon the source of the full-text of the reference, different links will be available from the results list and the individual reference page: **PDF** or **HTML** full text links and the **Find It!** link.

Perception: holistic assessment.   
(includes abstract); Hibberd J; Hong CS; Boyle L;  
Subjects: Nursing Home Patients; Patient Assess  
Database: CINAHL Plus with Full Text

 Add to folder | Cited References: (7)

 PDF Full Text

 Click here!

Connected speech production in three variants  
Wilson SM; Henry ML; Besbris M; Ogar JM; Dronkers NF; Jam  
20542982 CINAHL AN: 2010698955  
Subjects: Aphasia; Dementia; Speech; Speech Production  
Database: CINAHL Plus with Full Text

 Add to folder

 Find It!

 No PDF or HTML link? Click Find it!

Always click the **Find It!** link if you do not see a PDF or HTML link. The Find It! link will open up a new window with a link to the full-text and location of the article in the print journal stacks (if either are available). If the Find It! information does not indicate that the article is available electronically or in print from the UT Libraries, you can request a copy from another library by using the interlibrary loan system called ILLiad. The article(s) will be delivered to you electronically within 1-2 weeks. See the ILLiad help sheet: <http://www.utoledo.edu/library/mulford/pdf/illiadmulford.pdf>.

### What you'll see in the FindIt! window:

 Click here!

Full text online: <a href="#">Full text of this article in the EJC</a>	<a href="#">Get a copy via Interlibrary Loan</a>
Copies in your library: University of Toledo has: CARLSON Periodicals (2nd-3rd fl): v.107(1984)-v.120(1997) NW Regional Depository: v.3(1881),v.5(1882),v.9(1887)-v.12(1890),v.16(1893),v	Find similar items at Electronic Journal Center <input type="button" value="Go"/> Format citation as: APA <input type="button" value="Go"/> <a href="#">Persistent link to this page</a>

 No full-text availability?  
Click here to request a copy.

## Viewing, Printing, Emailing and Downloading References

---

After searching, combining, or limiting, the system will display the record list. To view the complete citation and/or abstract, simply hold your mouse pointer over the magnifying glass next to the title of the reference. To view the entire reference, click on **Detail** (or you can click the title of the desired reference). To store a reference from this list, click **Add to folder**.

Once references are selected, the right side screen will indicate that the **Folder has items**. To view the stored items, click on **Go to Folder View** in the right side screen or click on the folder icon at the top of the page. Then, select the desired option: **print** (with the option of printing any full-text articles in HTML format), **email** (with the option of emailing the full text of articles in HTML and PDF formats), **save** (with the option of saving full-text of articles in HTML and PDF formats) and **export** to import records into a bibliographic management program like EndNote.

## Saving Searches and References

---

To save a search strategy to run at a future time, you need to create a **My EBSCOhost** account (this is free) and be logged in. To create an account, click **Sign in to My EBSCOhost** at the top of the page, then choose **I'm a new user**. After you are logged-in, run the desired search. Click on the **Search History/Alerts** link, then click **Save Searches/Alerts**. Use the **Saved Search** option if you want to rerun the search manually; use the **Alert** option if you want EBSCOhost to run the search automatically and email you the results.

With a My EBSCOhost account, you can also save individual references. Once you are logged in, click **Add to folder** next to the items that you want to save permanently.

Each time you log-in to your account, you will be able to access your saved searches and saved references in your folder.

## Need help? Ask a librarian!

---

If assistance is needed, do not hesitate to ask a librarian. From home or office, contact Mulford Reference Assistance by calling 419-383-4218, sending an e-mail to [MulfordReference@utoledo.edu](mailto:MulfordReference@utoledo.edu), or by using Instant Messaging to chat with a librarian (see <http://www.utoledo.edu/library/mulford/resources.html>).

Visit the online Nursing Portal and click Finding Articles to see a video tutorial of CINAHL:  
<http://libguides.utoledo.edu/nursing>.

Training sessions covering CINAHL are offered. Contact Reference Assistance for more information.