

Step-by-Step Searching in CINAHL

This help sheet will walk you through a sample search in the database CINAHL. For more detailed information on the CINAHL database, please consult the CINAHL help sheet (<http://www.utoledo.edu/library/mulford/pdf/cinahl.pdf>). Feel free to contact Mulford Reference Assistance by sending an e-mail to MulfordReference@utoledo.edu, giving us a call at 419-383-4218, or sending an Instant Message to MulfordReference.

Our topic:

We are looking for research articles on treating hypertension in patients who also have diabetes.

1. From the library's homepage (<http://www.utoledo.edu/library/mulford/index.html>), click the **CINAHL** link on the left side of the page under **Mulford Quick Links**. Then, click on the **CINAHL, 1982-present** link; when off-campus, click on **Off-Campus Access**
2. On CINAHL's search page, type in **Hypertension** in the **Find** box, making sure **Suggest Subject Terms** is checked
3. From the resulting list, click the first blue **Hypertension** link
4. Select the boxes next to **Hypertension**, **Explode** and **Major Concept** (**Explode** will include our term plus the narrower ways to describe our term and **Major Concept** will limit our search to citations that have our topic as the main focus)
5. Choose **Diet Therapy**, **Drug Therapy**, **Prevention & Control**, and **Therapy** from the list of **Subheadings**
6. At the top of the page, click on **Search Database**
7. After you complete the hypertension search, click the **Keyword** link in the top left corner of the page to begin a new search for diabetes.
8. In the **Find** box, search for **Diabetes** and make sure **Suggest Subject Terms** is checked; click **Search**
9. On the resulting list, click the first blue **Diabetes Mellitus** link
10. Select the box next to **Explode** (this will search for all types of diabetes)
11. Click on **Search Database**
12. After you have completed the **Diabetes Mellitus** search, click on the **Search History/Alerts** link (one of the blue links on the Search page).
13. Now, you need to create a new search that combines your two searches for hypertension and diabetes. Before doing so, click the **Clear** button next to the Find box
14. Click the blue **Search History/Alerts** link on the Search page
15. To combine our two searches, click in the boxes to the left of the search terms
16. From the **Combine Searches With** drop down menu, choose **And**; then click the **Add** button
17. Click on **Search**
18. To limit your search to research articles, click on the **Search Options** link (under **Limit Your Results** in the right side menu)
19. Select **Research Article** from the list of limits and click on the **Search** button at the bottom of the page

