CINAHL®: A GUIDE

This handout gives information on using CINAHL (EBSCO®)
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Introduction to CINAHL

CINAHL is the Cumulative Index of Nursing & Allied Health Literature.

- Indexes most English language journals in Nursing, Midwifery, Radiography and Rehabilitation.
- Contains 3.6 million records from over 4,950 journals.
- About two thirds of the records have abstracts.
- Coverage is back to 1937.
- We have the full text of about half of the journals whose details you will find on CINAHL (depending on the subject you’re searching). We will order (through inter-library loans) articles from journals we don’t subscribe to.

Other databases you might use include Medline, PsycINFO, Maternity and Infant Care and AMED.

Accessing CINAHL

1. From the University of Bradford internal home page www.bradford.ac.uk/internal Click on the link to eResources which you will find under QuickLinks.
2. Type the name of the database you want, then click Search, OR
3. Search databases by subject by selecting from the list, OR
4. Browse the databases by letter.
You should then be able to access CINAHL (EBSCO) EITHER by clicking on the title (CINAHL) OR use the Alternative Link (located below the main link) if unable to use the main link.

The main search page will load.

**Basic Search or Advanced Search?**

EBSCO has two modes of searching: Basic and Advanced Search.

**Basic Search** is just using one search box. It’s fine for finding a few articles quickly. You can put in one term or a combination of terms such as *music therapy and pain* in the same way as you might search the internet. However your results will be very hit-or-miss depending on your having keyed in the same words as the authors of the articles have used.

We recommend using **Advanced Search** which is the default setting. CINAHL contains a lot of information so you need to be specific and define your search clearly. **The best way to do this is to ask yourself a question e.g. Is music therapy effective in treating pain?** Then break down the question into keywords e.g. *music therapy / pain*.

**Searching CINAHL**

CINAHL uses subject headings to index references to journal articles. Searching using subject headings should increase the number of relevant references you retrieve. It is not necessary to know what subject heading should be used, CINAHL will automatically ‘map’ your search term to one, or several headings related to your request.

To begin searching:

1. Enter your first keyword (e.g. music therapy) in the search box and click on Search. CINAHL will try to “Map” the term you have used to a subject term.
2. Make sure there’s a tick in the box next to the most relevant subject term to select it (e.g. music therapy) and click Search Database.

3. If the term you have entered does not ‘map’ to a relevant subject heading tick ‘Search as a Keyword’, which is the last option on the list.

4. Now key your second term pain into the search box and click Search.

5. As happened with your first term, CINAHL has mapped what you’ve keyed in to its subject headings and suggested several useful headings. Select Pain by ticking the box.

6. Also tick the box next to Pain marked Explode. This will retrieve all the articles about Pain in general plus also articles about specific kinds of pain (e.g. Chronic Pain, Muscle Pain, Back Pain etc.) Click Search Database.

Another option you have is to click Major Concept. This will retrieve details of articles whose main focus is your keyword, i.e. articles mainly about pain. This is useful when you are searching on a topic with a huge literature. It will find the most relevant articles.
Combining Searches

To combine terms we use "AND" or "OR".

- **AND** is used to narrow a search. All terms must be present in any references you retrieve e.g. pregnancy AND smoking, covert medication AND ethics.
- **OR** is used to expand a search. Your search will retrieve references containing ANY of the terms e.g. childbirth OR labour, exercise OR exercise therapy, dementia OR Alzheimer's disease.
- Select both sets of articles by ticking the boxes and click **Search with AND**.

Scroll down the page to see your results. Notice the link to **Show More** to the left of the page and click on it.

Limiting a Search

If you have retrieved a large number of references you may want to limit your search. CINAHL can limit your results by date and language, to research articles and to UK journals, to inpatients or outpatients and by age and gender of patient.

To limit a search:

1. The limit options should appear on the **Search Options** box after clicking on **Show More**.
2. If you want to limit to recent references published after a certain date choose the date you want to go back to (e.g. 2002) and the current year.
3. If you want to limit to articles published in English, tick the **English Language** box.
4. If you want only research articles, tick that box.
5. If you only want UK journals look for the list called **Geographic Subset**, scroll down to UK & Ireland and highlight it.
6. Other limits are available to you such as age groups and inpatient/outpatient.
7. Click on either Search to impose your limits.
How do I get the Full Text?

1. Sometimes, as in the first article below, all you have to do is click to access the full text of the article. But these aren’t the only articles we have access to.

2. Where full text is not offered click on the SFX icon next to the details of an article you’re interested in. This will help you find out whether or not a journal is available in the library, either online or in print.

3. SFX may provide you with a direct link to the Full Text version.

4. If not, click on Check for print holdings in University of Bradford Catalogue as the journal may be available in print.

5. If the journal you want is not available either in print or online, SFX will say Sorry, this article is not available for immediate download. The article you need may then
be ordered from us via inter-library loans. More information on this service is available at http://www.bradford.ac.uk/library/services/inter-library-loans/

Viewing and Selecting References

1. To see more information about each citation, click on the title.
2. Select relevant references as you go along by clicking on the blue folder on the right of each result.
3. When you have selected enough, look for a Folder link at the top of the main screen and click on it. The references you have selected will have been stored here.
4. From your folder you can print, save, email or export to a reference manager your results.

Setting up and Using a Personal Account

1. We strongly advise you to set up a personal account with EBSCO.
2. This will enable you to store your folder and its contents and also to save your searches. You can even set up alerts so the system will run a search for you regularly and inform you of any new articles.
3. Look for the Sign-in to My EBSCOhost link at the top right of the Main Search Page.
4. Click on Create a New Account and complete the form (you will be asked to create a username and password; you may find it convenient to use your Bradford University username and password here).
5. As well as saving your folder, you can also save your searches permanently so you can re-use them later. Look for the Save Searches/Alerts option. Click on it, give your search a name and click Save. As well as saving your search, if you opt for Alert and say how often you want auto-alerts (daily, weekly, fortnightly or monthly) and click Save, the system will run your search for you automatically and notify you by email of new references found.
6. Next time you want to retrieve your search or the references stored in your folder, sign into your MyEBSCOhost account and look for the Folder link.

Repeating the Search on Medline

Please note: Repeating the search on another database will sometimes retrieve no references. This does not mean there is no information available on that subject, just that the new database uses different subject headings to describe the topic. In this case, you should try the search again using a different term.

1. Click on the Choose Databases link towards the top of the main search page.
2. Select another database to search by clicking on the title of the new database, deselecting CINAHL and clicking OK.
3. The search will be re-run in the database you selected and you can choose from a different set of references. There will probably be some duplicate references and some new ones.

4. Click on Search History.

5. Click on Select all followed by Refresh Search Results.

**Limiting a Search on Medline**

The limits available differ from one database to another. For example the limit “Research” is available on CINAHL but not on Medline. Use the Show more link to reset them.

**How can I get Help?**

If you have a question about the library, have a problem with passwords, need help finding some information or would like to be shown how to use a particular resource then the subject staff would be happy to help you. You should go to the Information Desk, e-mail or phone the library and ask for subject staff.

If you would like help or to arrange an appointment with the subject staff: Tel: 01274 236370 and ask for the subject staff or email: hsl@bradford.ac.uk.