

Research in 10 STEPS Using CINAHL

1.) Identify the important topics/keywords pertaining to your patient

- Circle, underline (or if using an electronic device) underline, highlight or bold identified keywords
- Some important factors to include: *age, race, marital status, religion, preexisting conditions, current disease/condition/procedure, home life, medications, etc.*

2.) Identify THE most important factor in your scenario or question

- Ask yourself "WHY is this patient on your hospital floor and in your care?" What MUST you address first and foremost?

3.) Search CINAHL for articles on your topic

- CINAHL allows you to “drill down” and find information specific to your needs
- **Library homepage--> Databases--> Health & Medicine--> CINAHL Complete**
Or **Library homepage --> Research--> Nursing (ADN, BNA, PN)--> Journal Articles --> CINAHL Complete**

4.) From the initial CINAHL search page, select **CINAHL headings** from the top of the page

5.) Enter search term in the box and click the **Browse** button

6.) Check the box before the appropriate subject heading

- A blue list of subheadings for your selection will appear in the middle of the page

7.) Review scope note(s) and select subheadings. Click the **Search Database** button when finished

- subheadings include: adverse effects, contraindications, education, ethical issues, mortality, methods, nursing, psychosocial factors, drug therapy, rehabilitation, surgery

8.) Set limiters

- Select the **Show more link** in the **Refine your results** section on the left-hand side of the page
- Nursing students can set Journal Subset to “nursing” to only retrieve nursing journal articles
 - DO NOT limit to first author is nurse! Check the item record or full text for author information—most authors publishing in nursing journals are nurses!

9.) Apply **additional limits** and/or **refine** the original search if necessary

- Don’t automatically limit results to full text. Use the Find This! button or the Journal Locator feature found on the main Databases page to search for journal article availability or to ILL
- CEU (continuing education unit) articles are excellent for students and health care practitioners

10.) Review results and retrieve documents

- the **magnifying glass icon** provides information about the article including viewing part of the abstract
- save an article for later viewing/emailing/printing, click the **Add to folder** button
- click on the PDF full text link (if available) to view and print the entire article
- set up a personal account to *create, share and transfer* **custom folders, searches** (to be rerun later), and **results**