CINAHL

WHAT IS CINAHL?
The Cumulative Index to Nursing & Allied Health (CINAHL) is a database indexing literature related to all aspects of nursing and allied health. CINAHL is international in scope with more than 1,700 journals indexed.

WHAT SUBJECTS DOES CINAHL COVER?
In addition to journals, there are also dissertations, meeting proceedings and standards indexed. The majority of subjects covered are to do with nursing. However, many other topics are covered, for example:

- Emergency Medicine
- Occupational Therapy
- Radiologic Technology
- Medical Laboratory
- Physical Therapy
- Social Service and Health Care

HOW DO I ACCESS CINAHL?
Go directly to http://gateway.ovid.com/athens or search the Voyager catalogue for CINAHL and follow the links to the resources.

HOW DO I GET STARTED SEARCHING?

Plan your search before you start typing!
This is an important first step. A few minutes determining what it is that you are really looking for will save you a lot of time when you do your actual search. Clearly define the concepts of what you are searching for and make list of words that will best describe these concepts (i.e. heart, cardiovascular, coronary) and plan your search strategy accordingly.

Start broad – then narrow your search.
When you start searching, you want to gather all the articles that have to do with your subject. This may bring back many articles (sometimes in the 1,000s!). Not to worry – you can narrow your search down to a more usable number later. You will learn how to do this in the Limiting Your Search section of this guide.

Select CINAHL database
Once you have entered in your username and password and clicked on Login, you will see Welcome to Ovid Online, scroll down page and click on CONTINUE. You will be at a screen that asks you to choose a database. Click on CINAHL and the CINAHL search screen will appear.

SUBJECT SEARCHING
If you are looking for general articles on a single subject, you can do a simple keyword search. At CINAHL’s main search page, click in the white text box below the words Enter keyword or phrase. Enter the words that best describe your topic. The option Map term to subject headings is automatically selected which will match your terms with the subject headings that CINAHL has identified.
You can limit your search at this stage to: Latest Update, Local Holdings, Research, Abstracts, English of Full Text. You can also specify the date range that you’d like to search by clicking on the pull down menu below these options. Click on SEARCH.

The next screen will list Subject Headings that best describe your term. If your search term was mapped to a subject heading, that term will appear in blue with a ticked Select check box. If no box is checked, click on the small box next to the subject heading that best describes your topic. To the right of the subject heading you will see Explode, Focus, and 
. By checking the Explode box, you will retrieve articles about your subject, as well as its more specific terms (a broad search). By checking the Focus box, you will limit the articles to those in which your topic is the main point of the article (a narrow search). The is a scope note. By clicking on this icon, you will see a more detailed description of the subject term you want to search. Once you checked Explode, Focus or leave Select box only checked for your subject heading, click on CONTINUE ».

On the next screen relevant subheadings are displayed. If you checked Focus or Select on the previous page, there will be a number in brackets beside each subheading. This indicates the number of articles that will be retrieved using your focussed subject heading and the specific subheadings. This is often a small number, so it is usually better to click Include All Subheadings and CONTINUE ». You are now returned to the main menu where your search is listed under Search History.

COMBINING SEARCHES
Searches can be combined on the Main search page. When you have 2 or more searches listed under the Search History click on the Combine Searches option that appears below the search history. Your searches are listed; click in the boxes next to each of the searches you’d like to combine. After you’ve made your selection click on CONTINUE ». Your combined search is displayed in the Search History list, click on DISPLAY to see the citations. You can combine your searches using AND (for articles with both/all topics selected) or OR (for articles containing either/any of the selected terms). The default is AND, but you can change this to OR using the drop-down menu which is top centre of the screen.

LIMITING YOUR SEARCH
You can limit your search to, e.g. a specific date range, age group, or UK journals only by clicking on the option More Limits just under the search box. Your Search History is listed; make sure that the search you want to limit is checked under Select. Scroll down the screen (use the arrow keys or the mouse) and select the option of your choice. Click on LIMIT A SEARCH ».

DISPLAYING/SAVING/PRINTING/EMAILING
Click on DISPLAY to view your results in brief. You can then choose Abstract or Complete Reference to look at your results in the respective format. Mark the records that you find useful, do this by clicking in the box next to the reference. Results are displayed 10 to a page, to view next page click on Next Result ». 

To PRINT go down to the bottom of your list of records to the Results Manager and click on DISPLAY in the Actions field in order to ONLY print out the records you have chosen. It is advisable to click in check box Include Search History. Use the print button on the browser (along the top of the screen). If you wish to SAVE onto a disc or EMAIL the results to yourself click on the appropriate option and follow the on screen instructions.

When you see this box, you can click to find out if the library has an electronic copy of the article you are interested in. This will take you out of the Cinahl database, but it will stay active for 15 minutes until you return to your searches.

FINISHING
Click on Logoff at the top right of the screen.