Using Electronic Resources:
CINAHL Plus

Workbook for the Department of Health Sciences
Contents

1 Getting started ................................................................................................................. 2
  1.1 This workbook ............................................................................................................. 2
  1.2 Accessing CINAHL Plus ............................................................................................ 2
  1.3 Logging on to CINAHL Plus via Ebsco ........................................................................ 2
2 Searching using Keywords ............................................................................................... 3
  2.1 Keyword searching ....................................................................................................... 3
  2.2 A simple example using keywords .............................................................................. 3
  2.3 Viewing your results .................................................................................................... 4
  2.4 A more complex search .............................................................................................. 5
  2.5 Using Limits ................................................................................................................ 6
3 Searching using CINAHL Subject Headings .................................................................... 7
  3.1 What are CINAHL Subject Headings? ......................................................................... 7
  3.2 Using Suggest Subject terms ..................................................................................... 7
  3.3 Using CINAHL Headings and explode ....................................................................... 8
4 Combining search sets ..................................................................................................... 10
  4.1 Search History ............................................................................................................ 10
  4.2 Combining search sets in Search History .................................................................... 10
5 Managing your results ..................................................................................................... 11
  5.1 Introduction ................................................................................................................ 11
  5.2 Linking to full text ...................................................................................................... 11
  5.3 Printing, saving, emailing and exporting individual records ...................................... 11
  5.4 Using folders .............................................................................................................. 12
  5.5 Saving searches and keeping up to date ..................................................................... 13
1 Getting started

1.1 This workbook

This workbook is designed to introduce you to searching for literature on a topic using CINAHL Plus. There are a number of worked examples which use a range of search options.

CINAHL Plus is the expanded edition of the Cumulative Index for Nursing and Allied Health Literature. It indexes the contents of over 4,000 journals in the areas of nursing, midwifery and allied health with records going back to 1937. CINAHL Plus is produced in the US and is a core resource for nursing research. It is updated weekly.

1.2 Accessing CINAHL Plus

The Library’s main collection of bibliographic databases, including CINAHL Plus, is available via the E-resources Guide.

From your Personal homepage, click on Library Catalogue.

Note: If you are not working on a University IT Services computer and your Personal homepage is not automatically displayed, navigate to it by clicking on Current students from the University of York homepage (www.york.ac.uk).

On the Library Catalogue page click on E-resources Guide.

The E-resources Guide will open in a new window. Choose Health Sciences and Nursing from the Subject dropdown list.

Note: You can also access CINAHL Plus from the Health Sciences Subject Guide. Choose the Search the Literature tab.

1.3 Logging on to CINAHL Plus via Ebsco

From the list of resources displayed, click on CINAHL Plus (EBSCO).

EBSCO is the name of the supplier of CINAHL Plus.

Enter your University IT Services username and password when prompted then click on Login.

EBSCOhost will then open in a new window.
2 Searching using Keywords

2.1 Keyword searching

When you first go into CINAHL Plus, you will see a screen that starts like this:

![CINAHL Plus search screen](image)

2.2 A simple example using keywords

This example looks for literature to investigate the importance of infection control in preventing Clostridium infections, such as those caused by Clostridium difficile.

There are two main elements of this question:

- Clostridium
- Infection control

Enter these terms as follows:

![CINAHL Plus search example](image)

Note that the terms will be combined using **and**, i.e. both terms should occur.

Click on **Search** to conduct the search.
2.3 Viewing your results

A list of the results that you have found will be displayed:

How many results have you found? .................................................................

By hovering over the Preview icon you can see a more detailed screen containing an abstract. Abstracts provide a brief summary of the article.

Click on the title of a record to view the full information about it contained within CINAHL Plus.

Note that the records are divided into fields, for example Title, Author, Source, etc.

Look at the Source field. In what journal or other source is the item to be found?

.................................................................

Click on Result List to return to your search results.

We will do some more work on using results later in this workbook.
2.4 A more complex search

This example requires a more complex search. The aim is to find literature investigating the prevention of childhood obesity in the UK.

This search has four main elements:
- prevention
- children
- obesity
- Britain.

We need to think about the keywords that could be used for each of these elements.

Some of these terms could have variations from a common stem. Truncation is useful in these cases. The truncation symbol on CINAHL Plus is *. Searching using `prevent*` will, therefore, find `prevent`, `prevents`, and `prevention`. `obes*` will find `obese` and `obesity`. `child*` will find `child`, `children`, `childhood`, etc.

To find articles relating to the UK we may need to use several alternative terms, for example United Kingdom, Britain, England, Wales, Scotland, Ireland. These terms will be combined using OR. The search will find results containing either United Kingdom or Britain or England or Wales or Scotland or Ireland.

Our search becomes:
- `prevent*`
- `child*`
- `obes*`
- `united kingdom or britain or england or wales or scotland or ireland`

To put this search into action, click on New Search (located on the top left of the menu bar) to start a new Keyword search.

Enter these terms in the Keyword search boxes as illustrated below:

Click on Search to conduct the search.

How many results are found? What is the title of the first item on the list?

........................................................................................................................................................................
2.5 Using Limits

It is also possible to restrict your search results using Limits. The available limits are listed underneath the Keyword search boxes when starting a new search.

In this search, we are going to limit the results to items with the publication years 2009-2013. This means that we should have only the most recent information. We are also going to limit the results to English language only.

The subject of our search is cognitive behavioural therapy for schizophrenia. This search has two elements. It is a good idea to use truncation in this search. schizophren* will find schizophrenia and schizophrenic. cognitive behav* therap* will find cognitive behaviou ral therapy(ies), cognitive behavioral therapy(ies), etc.

To put this search into action, click on New Search (top left) to start a new Keyword search.

Enter your search terms.

Before you click on Search, scroll down the screen to set some limits.

Enter the appropriate years into the Published Date boxes:

```
Published Date
Month:  - Year: 2009 - Month:  - Year: 2013
```

Tick the checkbox (☑) below English Language.

Click on Search.

How many results have you found?

You can also apply limits to a search in the results display. To view the limits click [ ] on the left of the results display. A toolbar similar to this will appear:
3 Searching using CINAHL Subject Headings

3.1 What are CINAHL Subject Headings?

The producers of CINAHL Plus look carefully at each item that they add to the database and allocate subject headings to each entry. Subject headings describe the subject content of each item and are taken from a standard list. This means that subjects are described using consistent terminology.

It is important to be aware that many CINAHL subject headings use American terminology and American spellings.

By using the appropriate CINAHL subject heading for your search, you can improve your search results.

There are two main means of using subject headings, the Suggest Subject Terms option, and the CINAHL Headings option.

In the next search we will investigate whether the choice of pressure relieving surface (e.g. bed, mattress or pillow) can prevent the development of pressure sores. The search has two main elements (pressure sores, mattresses). We will find the most appropriate subject headings for each of these two elements.

3.2 Using Suggest Subject terms

Click on New Search to start a new search. Click on the checkbox by Suggest Subject Terms to insert a tick.

Enter the term pressure sores and click on Search.

A screen similar to the following will be displayed:

This screen tells us that the CINAHL Subject Heading for this topic is Pressure Ulcer.
Click on **Pressure Ulcer** to view more information and use this term. A screen similar to the following will be displayed:

![Diagram](image)

Click on the checkbox next to the term **Pressure Ulcer** to select this term to search.

![Diagram](image)

Note that you can choose aspects of a topic (e.g. the Education Subheading) if required, though we will not use this option for this example.

Click on **Search Database** to carry out the search.

How many results do you find? 

3.3 Using CINAHL Headings and explode

CINAHL subject headings are arranged in hierarchies (called trees). It is sometimes useful to exploit these hierarchies to improve your searching.

Click on **CINAHL Headings** (from the top menu bar).

Type in **mattresses** and click on **Browse**.

The CINAHL Subject Heading for this topic is **Beds and Mattresses**.

Click the **Beds and Mattresses** link if you want to see what subject headings come under this heading in the tree:
Scroll down to the entry for *Beds and Mattresses*. The page lists a range of subject headings beneath *Beds and Mattresses*, including *Air-Suspension Beds*, *Cribs* and *Pillows and Cushions*. A search using the *Beds and Mattresses* subject heading will capture all these headings if we check the **Explode** box to the right of the heading.

Click on the checkbox next to **Beds and Mattresses** to select this term to search.

Click in the **Explode** checkbox to search for all forms of bed or mattress or pillow.

Click on **Search Database** to carry out the search.

How many results do you find? ☐ .................................
4 Combining search sets

4.1 Search History

CINAHL Plus via EBSCO stores all of your previous searches within Search History. This means that you can use your search history to combine previous searches. You can also use your Search History to view the results of previous searches and to save searches for future use.

4.2 Combining search sets in Search History

Click on **Clear** to clear the last search.

We are now going to combine the two aspects of our pressure sores and mattresses search using “and” in Search History.

Immediately below the search boxes you should see the following:

Click in the checkboxes next to your searches for *Pressure Ulcer* and *Beds and Mattresses*.

Click on **Search with AND**. The search will be added to your search history.

How many results do you find now? .................................................................

Click on **View Results** or scroll down to see your results list.

What is the title of the first entry in your results list?

.................................................................
5 Managing your results

5.1 Introduction

It is important that as well as being able to search you are able to work with the results that you have found. This section of the workbook tells you more about how to find the articles to read the full text, and how to store the results that you have found.

For this part of the workbook, use any of the previous searches that you have run (via Search History), or try a new search of your own.

5.2 Linking to full text

The Find It @ York function is available within CINAHL Plus for journal articles, allowing you to check if the Library has access to a full-text copy.

For a record of your choice, click on Find It @ York. If there is an electronic version, a link to its provider will be listed in the View It panel. You can also click on Get It to check against the Library’s print holdings.

Is this item available as an electronic journal article to members of the University?

Is there a link to electronic full text? .................................................................

Remember that databases such as CINAHL Plus index many hundreds of journals, some of which will not be available within the University of York. You can use the Interlending and Document Supply service to obtain books and articles not held by the Library.

5.3 Printing, saving, emailing and exporting individual records

When you are viewing the full record for a result, you will have a number of options available to save the information within the record.

The Tools menu within the record contains the Print, Email, Save and Export options.

The menu also has an Add to folder option for you to move a result to a folder (see section 5.4, below).
Experiment by emailing one of the records to yourself.

5.4 Using folders

Rather than printing, emailing, saving or exporting individual results, it is often more convenient to copy items into a folder. A collection of results in a folder can then be printed, emailed, saved or exported as required.

Individual results can be moved into a folder whilst viewing the full citation (see illustration in section 5.3, above). You can also use the Add to folder option within a results list:

If you want to add a whole page of results, you can use the Share dropdown menu and select the Results option:

Experiment by adding some results into a folder.

To view the contents of your folder, click the Folder link on the menu bar at the top of the page:

Once in Folder View, you can print, email, save or export all or selected results. Try this out by emailing some of the results in your folder to yourself.

The Export tool allows you to save your folder items into a citation manager such as EndNote. Clicking Export will offer a choice of program formats so that you can pick the right one.

Note: The current limit for saving or exporting at one time is 5,000 records.
5.5 Saving searches and keeping up to date

If you wish, you can store your folder to look at your results in the future. To do this you need to click on Sign In (also on the top menu bar). The first time you do this, you will need to set up a personal username and password by clicking on Create a new Account.

Once signed in, you are able to make multiple folders. You can also save your searches to review them at a later date. You can do this from your search history:

![Search History/Alerts](image)

You can retrieve your saved searches via the Saved Searches link in your Folder.

If you don’t want to set up an account, you can still save a link to your search. Go to the Share dropdown menu at the top right of your results and make a note of the Permalink web address:

![Search Results](image)

The same menu allows you to set up email updates or to subscribe to an RSS feed in order to learn about new articles as they are added to the database.

JAC/SLMJ Updated November 2013