

Introduction to Using the CINAHL Database

1. What is CINAHL?

- **Cumulative Index to Nursing and Allied Health Literature.**
- **References to journal articles** from hundreds of nursing journals from the USA, UK and other countries.
- Links to thousands of **full text journal articles**, but not everything is available in full text online.

It is available to RCN members from the RCN e-library 'Databases to search' web page: www.rcn.org.uk/elibrary

2. Searching: Choosing Keywords

Search using keywords rather than typing in a sentence.

It is worth spending a few moments thinking about the words that are most important and relevant to your search topic. For instance, if you want to find information about 'the effect of **nutrition** on **wound healing**' the highlighted words are your keywords.

- Type your first keyword in the box e.g. **nutrition**
- Click on **Search**
- The number of results found by your search is displayed.
- Repeat this process to search for any further keywords e.g. **wound healing**

The screenshot shows the CINAHL database search interface. At the top, there is a navigation bar with links for 'New Search More', 'Publications', 'CINAHL Headings', 'Evidence-Based Care Sheets', 'Sign In', 'Folder', 'Preferences', 'Languages', and 'New Features! Help'. The Royal College of Nursing logo is visible in the top right corner. The main search area features the EBSCO HOST logo on the left. To the right of the logo is a search box containing the text 'nutrition'. Below the search box are buttons for 'Search' and 'Clear'. Further down, there are links for 'Search Options', 'Basic Search', 'Advanced Search', 'Visual Search', and 'Search History'.

It is also possible to search CINAHL using subject terms. To find out more about this view the EBSCO tutorial 'Using CINAHL/MeSH Headings' which available as a [You Tube video](#) or an [Adobe flash video](#).

We will look at how to combine searches in the next sections.

3. Combining Searches with AND

Searches can be combined using an AND, helping you to find the more specific references. An **AND** search will narrow your search. It will find references containing **both** the terms you have selected.

For example to find references containing both the terms **nutrition** and **wound healing**:

- Select the tick boxes next to the searches you want to combine
 - Select the **Search with AND** button
 - The number of results found by the combined search is displayed.
- Using this command will reduce the number of references found.

The screenshot shows the EBSCO CINAHL Plus search interface. At the top, there are navigation links: 'New Search More', 'Publications', 'CINAHL Headings', and 'Evidence-Based Care Sheets'. On the right, there are links for 'Sign In', 'Folder', 'Preferences', 'Languages', and 'New Features! Help'. The main search area includes the EBSCO logo, a search bar with the text 'Searching: CINAHL Plus with Full Text | Choose Databases', and buttons for 'Search' and 'Clear'. Below the search bar are links for 'Basic Search', 'Advanced Search', 'Visual Search', and 'Search History'. A green banner highlights the 'Search with AND' button, with a callout box pointing to it. Below the banner are links for 'Print Search History', 'Retrieve Searches', 'Retrieve Alerts', and 'Save Searches / Alerts'. A table of search history is displayed with columns for 'Search ID#', 'Search Terms', 'Search Options', and 'Actions'. The table contains three rows: S3 (S1 and S2), S2 (wound healing), and S1 (nutrition). The 'Search with AND' button is highlighted, and a callout box points to the tick boxes in the 'Search ID#' column for S2 and S1.

Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/>	S3 S1 and S2	Limiters - English Language Search modes - Boolean/Phrase	View Results (476) View Details Edit
<input checked="" type="checkbox"/>	S2 wound healing	Limiters - English Language Search modes - Boolean/Phrase	View Results (12225) View Details Edit
<input checked="" type="checkbox"/>	S1 nutrition	Limiters - English Language Search modes - Boolean/Phrase	View Results (54969) View Details Edit

Tick boxes

4. Search Results

Your search history is displayed below the search box.

- Each search is numbered
- The column **Search Terms** shows the search terms you have entered
- The column **Actions** shows the number of results found for each search
- Click on **View Results** to view the results of a search

Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/> S3	S1 and S2	Limiters - English Language Search modes - Boolean/Phrase	View Results (476) View Details Edit
<input type="checkbox"/> S2	wound healing	Limiters - English Language Search modes - Boolean/Phrase	View Results (12225) View Details Edit
<input type="checkbox"/> S1	nutrition	Limiters - English Language Search modes - Boolean/Phrase	View Results (54969) View Details Edit

5. Refine Your Results

You can refine your search results to find articles available online in **full text**.

You can also refine results by publication date.

- View the results of your search
- Use **Refine your results** in the left hand column

The screenshot shows a search results interface. On the left, a sidebar titled 'Refine your results' contains several filter options: 'Full Text' (checked), 'References Available', and 'Abstract Available'. Below these are 'Publication Date' filters set to 1968 and 2012, and a 'Source Types' section with 'All Results' checked. The main content area displays a list of search results, including titles like 'SURGERY DOESN'T HAVE TO BE AN ORDEAL FOR PEOPLE WITH DIABETES: An Interview With Dr. Marc S. Stevens.' and 'Nutrition implications for postsurgical wound healing.' Each result includes a journal icon, author information, and database details.

- To limit to articles available in full text through CINAHL select **Full Text**
- To limit by **publication year** use the Publication Date slider
- Select **Update**. Your most recent search results will be refined using the options selected.

You can refine your results further by selecting **Show More**. Options available include 'Research Article' and the journal subset 'UK & Ireland' which limits to journals published in these countries. Please be aware that limiting to research articles *published* in the UK & Ireland will not necessarily identify research *conducted* in these countries.

6. Viewing Results

A maximum of 10 records are displayed on a page. If there are more than 10 records go to the next page to view the next 10.

Records in CINAHL include the following information: title, author, journal details. Many records also include an abstract (summary). To see this, move your mouse over the 'Abstract Preview' button.

If an article is in full text there will be a link to 'PDF Full Text' or 'HTML Full Text'.

6.  [Effect of nutrition on wound healing in older people: a case study.](#)  **Abstract Preview**

(includes abstract); Timms, Lorna; British Journal of Nursing (BJN), 2011 Jul 21; 20: S4-S10 (journal article - case study, pictorial) ISSN: 0966-0461
Subjects: Wound Healing; Nutrition; Malnutrition; Malnutrition; Aged: 65+ years; Female

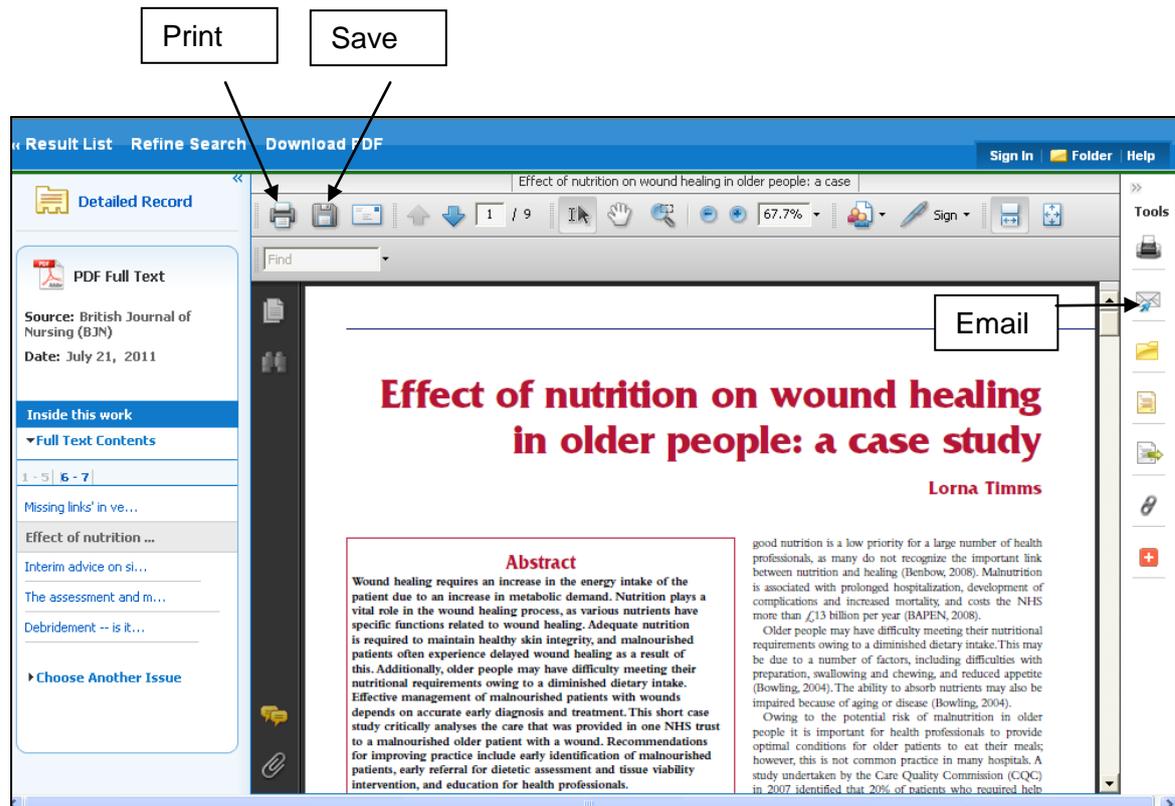
Database: CINAHL Plus with Full Text

 [Add to folder](#) | [Cited References: \(27\)](#)

 [PDF Full Text \(149.7KB\)](#) **Full Text**

7. Viewing Full Text

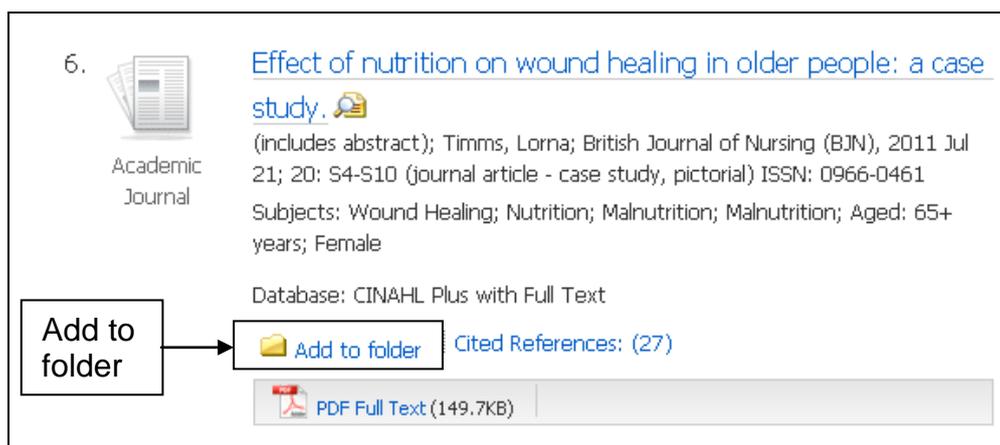
When you open an article you can print, save or email a copy to yourself.



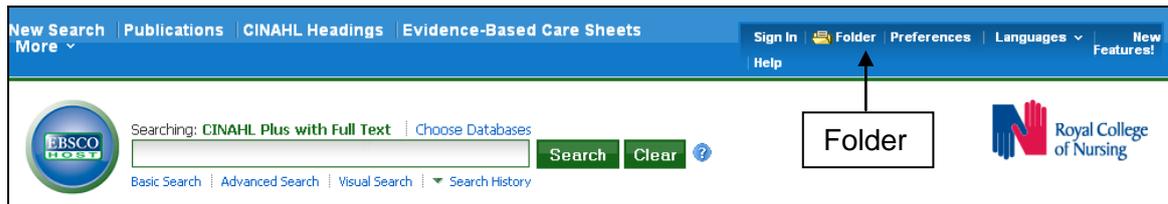
8. Saving Results

You can print, save, email or export results from CINAHL using the Folder. This enables you to keep a list of references. You can also use it to keep a record of your search history.

- Select **Add to Folder** for each reference you wish to keep.

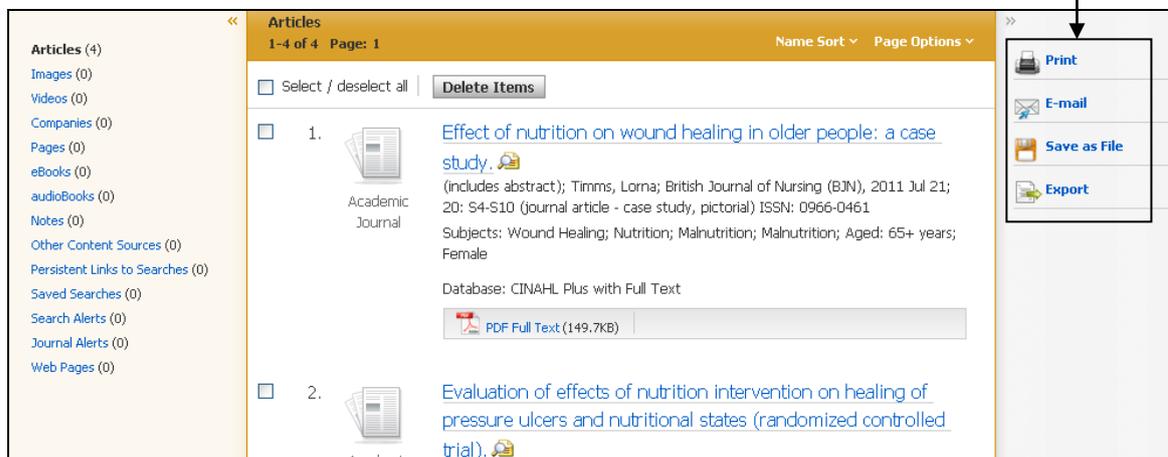


- Go to the **Folder**. There is a link to this at the top of every page.



- From the folder you can **print, email, or save** the references and your search history.
- If you choose to email you can also send full text articles to yourself providing they are available on CINAHL.

Print, Email, Save or Export



- If you are using reference management software select 'Export' to export the references in a compatible format.

9. Help

For further help select the 'Help' button within CINAHL. There is a link at the top of every page. Alternatively please contact us for help or advice:

RCN Library, Archives, and Information Services

Telephone: 0345 337 3368;

Email: rcn.library@rcn.org.uk

Virtual Enquiry Service: www.rcn.org.uk/elibrary