

Guide to the CINAHL Database

What is CINAHL?

The CINAHL database is the *Cumulative Index to Nursing & Allied Health Literature*. It provides indexing and abstracts for over 1,700 current nursing and allied health journals and other publications dating back to 1982, and contains over 920,000 records. Offering complete coverage of English-language nursing journals and publications from the National League for Nursing and the American Nurses' Association, *CINAHL* covers nursing, biomedicine, health sciences librarianship, alternative complementary medicine, consumer health and 17 allied health disciplines. Examples of titles offered in *CINAHL* include: *AANA Journal*, *California Hospitals*, *Gastroenterology Nursing*, *Maternal and Child Health Journal*, *Paediatric Nursing*, *Parents*, etc. In addition, this database offers access to health care books, nursing dissertations, selected conference proceedings, standards of practice, educational software, audiovisuals and book chapters.

Why would I use it?

- Search this database to identify literature on your topic
- Use it to find scholarly journal articles
 - Research articles (studies that have been done – will include purpose of study, research methodology, data collected, conclusions drawn)
 - Clinical / Best Practices articles
 - Literature Reviews (describes all of the studies and research done on a particular topic)
- Keep in mind that CINAHL will provide the full-text of only *some* of the articles. Use the SFX tool integrated into CINAHL to track down the full-text of all the articles.

How do I get to it?

As a CSUF student / faculty / staff you are eligible to use all of the library's electronic resources – of which CINAHL is just one. You can access the CINAHL database from campus or from home (or wherever you get online).

1. Start at the Pollak Library homepage: <http://library.fullerton.edu>
2. Mouse-over RESEARCH and click on FIND ARTICLES
3. You will be prompted to log into your portal
 - Username = campus-wide ID password = pin number
4. This brings you to a subject breakdown of all of our databases – select NURSING
5. Now you should see a list of several databases that would be helpful in finding nursing-related literature. Click on CINAHL
6. Once you are *authenticated*, follow the prompt to actually enter the database and see the opening search screen

How can I use it effectively?

As with most literature databases, you can search for items on your topic in several ways:

• SUBJECT SEARCH

A subject heading is the assigned term within a database for a particular topic. For example, in CINAHL the term “*breast neoplasm*” is used for the topic of “*breast cancer*”.

Each article in the database will have a set of subject terms that are assigned to describe the content of the article (i.e. a person actually reads through the article and determines that ‘*this article is primarily about x, y, & z*’). If you identify the appropriate subject heading for your topic, you are much more likely to pull up items that truly relate to your subject than if you run a keyword search.

You can find out if there is an entire category/subject heading for your topic by browsing the **CINAHL HEADINGS** section. There are more than 10,600 main subject headings as well as thousands of cross-references that assist in finding the most appropriate subject heading. CINAHL accepts the U.S. National Library of Medicine's Medical Subject Headings (MeSH) as the standard vocabulary for disease, drug, anatomical, and physiological concepts.

Search CINAHL HEADINGS to look up a specific topic

Indicates that this is the preferred term

• KEYWORD SEARCH

A keyword search is basically a “dumb text search” – you plug in specific terms and the database will pull back all the items that include that term somewhere in the record. For example, you might search “breast cancer” and “HRT”. A keyword search will bring you back all the items that include these two terms – whether or not the article is really about breast cancer and HRT.

However a keyword search can be effective if you have several terms meaning the same thing – you can anticipate what terms the author might have used. This is where you can use BOOLEAN SEARCHING – use AND, OR, NOT to string terms together. For example, this search below tells the database to pull together all the items that have at least one phrase from the first row and at least one phrase from the second row:

First concept within my topic – willing to take either term

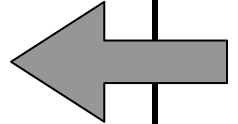
Second part of my topic – willing to take either synonym

Recommend to leave as DEFAULT FIELDS which will search title, author, subject headings. But you can change this through the drop-down menu

How can I limit my search?


On the Advanced Search screen just below your search terms you will see a number of options:

- **Date Range**
 - You can plug in a range here for example, 2000 to 2005 for those items published within the last 5 years
- **Peer Reviewed**
 - This is where you can limit your search to only scholarly or peer-reviewed publications...select PEER REVIEWED
- **Gender / Age Group / Special Interest**
 - If any of these seem applicable, make your selection. If you don't get any results, come back and "un-select" them to broaden your search.



How do I get the full article?

As you search CINAHL, read the abstract / summary of any item that looks interesting to you. (Sometimes an abstract is not provided so you have to judge based upon the title and applied subject headings). If the item seems relevant and you want to obtain the full-text:

1. Look for the link to SFX  (sometimes identified as *Check for Full Text*). Click on this link to launch the SFX tool in a new window
2. A new window will open and let you know your options for obtaining the full-text of the item.
3. It may tell you that we have an electronic subscription to the journal and provide you with a direct link to it
4. It may tell you that the journal is available in the full-text in another database. If so, it will tell you the name of the database and provide a link to it. You may need to then run a search for the article title in that database to ultimately get to the full-text.
5. It may tell you that we do not have any subscription to the journal (Not Available). If not, you can request it through Interlibrary Loan (ILLiad) – just click on "More Options" to use ILLiad.

Format: Citation
Title: MRT and breast cancer: results of the Million Women Study
Edition: Revised GH
Source: *Journal of Advanced Nursing* (J ADV NURS), 2004 Jun; 45(1): 107
Publication Type: journal article - brief item
Language: English
Major Subjects: [Direct/Indirect: Endocrine Effects, Physiological Effects](#)
Minor Subjects: [Direct/Indirect: Endocrine Effects](#)
Journal Subject: Core Nursing, Nursing, Pediatrics
Special Interest: Advanced Nursing Practice
ISSN: 0309-2402
MEDLINE Info: NLM Senior ID: J10600000
Publisher Info: URL: <http://www.cinahl.com>
Entry Date: 20040226
Accession Number: 2004040279
Persistent link to this record: <http://research.egnet.com/direct.asp?ref=10.1017/S0950268804000000>
Database: CINAHL
View Links: [Check for Full Text & More](#)

At the bottom of each record you should find a link to *Check for Full Text (SFX)* – click on this link

SFX Services for this record
Title: Evaluation of a lactation intervention program to encourage breastfeeding: a longitudinal study.
Source: *International journal of nursing studies* [0020-7489] yr:2004 vol:41 iss:4 pg:425
Availability
Full Text
Full text available via **Elsevier SD Pergamon**
Year: 2004 Volume: 41 Issue: 4 Start Page: 425 GO
More options

In this example, the full-text should be accessible in the database *Elsevier* – hit "GO" to access the article

SFX Services for this record
Title: Effect of a training program for maternity ward professionals
Source: *Birth* [0730-7659] yr:2004 vol:31 iss:4 pg:302
Availability
Not available at the Pollak Library
Click on "More options" below or **Ask A Librarian** GO
More options
ILL
We can get this for you via **ILLiad/Interlibrary loan**
First-Time Users Click Here to register for ILLiad/ILL GO

In this example, we don't subscribe to the journal so click here to request via ILL