Getting Started In CINAHL

The *Cumulative Index to Nursing and Allied Health Literature* (CINAHL) is the premier database for the subject of nursing. It provides access to hundreds of nursing journals and thousands of articles. Access CINAHL from the Nursing Subject Guide at [http://libguides.lib.umanitoba.ca/collegeofnursing](http://libguides.lib.umanitoba.ca/collegeofnursing) or from Databases A-Z on the UML website [http://umanitoba.ca/libraries](http://umanitoba.ca/libraries)

Develop a Search Strategy

Identify the single concepts (terms) in your topic.

E.g. You are interested in finding articles on teens and breast feeding.

**Concept 1:** Teens

**Concept 2:** Breast feeding

Identify alternate or synonymous terms for your main concepts (this can include plural forms and variant spellings)

E.g. Teens - teenagers, adolescents, young adults

Breast feeding - breastfeeding, breast fed, infant feeding

Use truncation. This is a tool used to find variant endings of a root word. In CINAHL, and most other databases, this tool is an asterisk *.

E.g. adolescen* will find adolescent, adolescents, or adolescence

Consider how your search terms are related and use the appropriate **Boolean operators** (connectors) to connect the terms. Boolean operators are: **OR**, **AND**.

E.g. **OR** (to combine synonyms) - breastfeeding OR breast feeding OR breast fed

AND (to combine different concepts) - teens AND breast feeding

In the **Advanced Search** area of CINAHL put each separate concept in its own search box. Terms that are synonymous can be combined with **OR** in one search box. Or, search each concept separately and then combine them using the **Search History** in CINAHL.
This search produced over 1,000 results. To narrow these results limit the list to academic journals and reduce the date range. Then update the results.

Review the titles and abstracts of the retrieved articles shown in the Search Results area. Click on the button to access full-text of the article through the Libraries’ subscriptions or look for in the article record.
Saving or Emailing References

As you are reviewing your results click the folder icon located to the right of the article record for the articles that you’d like to keep.

When you have been through the list of results go to the Folder which shows you the items you have selected. The Folder can be accessed to the right of the search results or at the top of the screen.

In the Folder Contents page be sure to again mark the items you want to keep. Then choose which action you want to take next.

Export
Export will allow you to send your citations to a reference management system. Choose Direct Export to RefWorks if you have a RefWorks account, available from the Libraries’ Databases A-Z list. CINAHL export options for other reference managers such as Zotero and EndNote are also available.

Print citations
Save citations
Email citations

For More Help

See the CINAHL database Help feature located at the top right corner of the database screen.

Contact the Nursing Librarian for more help with CINAHL or any other library related questions or issues.

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