Advanced CINAHL
CINAHL® Plus with Full Text

Need to access top nursing journals?

CINAHL Plus with Full Text includes thousands of journals providing information on a variety of topics, including nursing, biomedicine, health sciences librarianship, alternative/complementary medicine, consumer health and allied health disciplines.
CINAHL Plus with Full Text
Cumulative Index to Nursing and Allied Health Literature

➢ More than 750 full-text journals
➢ Full-text coverage dating back to 1937
➢ Indexing for more than 5,400 journals
➢ More than 6 million records
➢ Searchable cited references for more than 1,400 journals
CINAHL Comparison Chart

Differences between versions of CINAHL® on EBSCOhost®

<table>
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Access CINAHL from orange tab

http://library.rrc.ca
Question: Does helmet use reduce head injuries in children in Canada?
Keywords and Boolean Operators
Boolean Basics

• What’s the deal with the AND, OR and NOT?
• Always use CAPITAL letters!

AND
Use when you want to look for two terms together
Ex. Students AND nursing  (won’t find engineering students)

OR
Use when there are multiple terms
Ex. Intensive Care OR ICU OR Critical Care OR Acute Care

NOT
Use this when we want to eliminate articles
Ex. Not pediatric OR neonatal OR NICU
Add Limiters

To Narrow Results:

- **Full text** – eliminate articles where the text is not available
- **Peer Reviewed** – limits to scholarly journals
- Use Date Slider – last five years
Browse CINAHL Subject Headings (MeSH)

Not sure which keywords to use?
Browse official MeSH headings here
What is MeSH?

**MeSH** (Medical Subject Headings) is the National Library of Medicine's controlled vocabulary thesaurus, used for indexing articles for the MEDLINE®/PubMed® database. Each article citation is associated with a set of MeSH terms that describe the content of the citation. If you can search using MeSH entry terms instead of keyword searching you can focus your search and find more relevant citations.
Building Searches Using MeSH

MeSH is a controlled vocabulary assigned to articles appearing in PubMed, Medline and CINAHL
Building Searches Using MeSH
Example of a Built MeSH Search

Asterisk or wild card
Bicycle helmet use in Canada: The need for legislation to reduce the risk of head injury.

Authors: Hagel, Brent E.; Yach, C. N. L.
Affiliation: Canadian Paediatric Society
Source: Pediatrics & Child Health
Publication Type: Article - tables/chars
Language: English
Major Subjects: Cycling
Head Protective Devices – Utilization
Head Protective Devices – Legislation and Jurisprudence – Canada
Head Injuries – Prevention and Control
Minor Subjects: World Wide Web, Canada, Professional Practice, Evidence-Based, Pediatrics – Organizations – Canada, Practice Guidelines, Physician-Patient Relations

Abstract: Bicycling is a popular activity and a healthy, environmentally friendly form of transportation. However, it is also a leading cause of sport and recreational injury in children and adolescents. Head injuries are among the most severe injuries sustained while bicycling, justifying the implementation of bicycle helmet legislation by many provinces. There is evidence that bicycle helmet legislation increases helmet use and reduces head injury risk. Evidence for unintended consequences of helmet legislation, such as reduced bicycling and greater risk-taking, is weak and conflicting. Both research evidence to date and recognition of the substantial impact of traumatic brain injuries support the recommendation for all-ages bicycle helmet legislation.

Le vélo est une activité populaire et un mode de transport sain et écologique. Cependant, c’est également une cause importante de blessures sportives et récréatives chez les enfants et les adolescents. Les traumatismes crâniens font partie des pires blessures subies en vélo, ce qui justifie la législation sur le port du casque de vélo adoptée dans bien des provinces. Selon des données probantes, les lois sur le port du casque en acrroissent l’utilisation et réduisent le risque de traumatisme crânien. Quant aux données probantes sur les conséquences inévitable des lois sur le port du casque, telles qu’une diminution de la pratique du vélo et une plus grande prise de risque, elles sont faibles et contradictoires. Tant les données issues de la recherche jusqu’à présent que la constatation des conséquences importantes des lésions cérébrales traumatiques appuient la recommandation d’adopter une loi sur le port du casque de vélo à tout âge.
Results or Hits

4. Bicycle helmet use in Canada: The need for legislation to reduce the risk of head injury.


Follow the links to access the full text.
Create an Account in CINAHL

Sign in here with a Google account or create your own account to permanently save articles to your folder.
Evidence-Based Care Sheets

- Over 150 Evidence-Based Care Sheets
- Summaries about diseases or conditions
- Latest evidence, statistics, research
- Includes References
Browse for Evidence-Based Care Sheets

- Diabetes exercise
  - Diabetes Mellitus, Type 1: Risk Factors And Prevention
  - Diabetes Mellitus, Type 2: Cardiovascular Risk
  - Diabetes Mellitus, Type 2: Effect Of Exercise
Sample Care Sheet

### EVIDENCE-BASED CARE SHEET

#### Diabetes Mellitus, Type 2: Effect of Exercise

**What We Know**
- Evidence-based guidelines for the comprehensive management of diabetes mellitus, type 2 (DM2) focus primarily on lifestyle changes, management of cardiovascular disease risk

**What We Can Do**
- Learn about the effect of exercise for patients with DM2 so you can accurately assess your patients’ personal characteristics and health education needs; share this information with your colleagues
- Encourage your patients to ask their DM2 clinician for a pre-exercise evaluation so they can
  - safely participate in regular, individualized aerobic and resistance training

### References

Locating Qualitative Research

Qualitative Research is a MeSH Heading and can be exploded to include other terms which can be added as Major Concepts.
Qualitative Research
Experiment with related CINAHL MeSH headings
Locating Quantitative Research

**Quantitative studies** is a MeSH heading in CINAHL. Look for:

- Statistics
- Charts and Graphs
- Design, Methods, Results, Discussion, or Conclusion section
Randomized Controlled Trial

Randomized controlled trial: (RCT) A study in which people are allocated at random (by chance alone) to receive one of several clinical interventions. One of these interventions is the standard of comparison or control. The control may be a standard practice, a placebo ("sugar pill"), or no intervention at all.

- Gold Standard Level on treatments and therapies
- No bias
- Search by MESH heading or use Limiters under Publication Type select Randomized Controlled Trials
Go beyond the session...

For more information about Advanced CINAHL, check out the guide...

http://rrclibrary.libguides.com/CINAHL
Further questions?

► Joan Boersma
  jboersma@rrc.ca

► Ask Us (Chat @ library.rrc.ca)

Go to the website for more Lunch & Learn sessions, including…
- OneSearch
- Research Skills
- UpToDate
- Peer Reviewed Journals
- Nursing Reference Center
- Crediting Ideas
- RefWorks
- And more…

WHAT WE’RE DOING IS WORKING.
How did we do?

Thank you for attending!

If you haven’t done so already, please fill out our quick survey using the following link:


We appreciate your feedback. Have a good day!

Please send your questions, comments and feedback about the Lunch & Learn program to: rwoodby@rrc.ca.