Youtube URL: https://youtu.be/uY_hti6O4LE

Using CINAHL for Nursing Research

This tutorial will show you how to search for articles on the CINHAL Plus with Full database. CINHAL (the

Cumulative index to nursing and Allied Health Literature) is one of the most frequently used

undergraduate nursing databases.

To get to CINHAL Full Text from our library home page click the database tab above the search box.

Then click databases by subjects. This link will lead you to an alphabetical list of research guides.

Clicking on nursing brings you to our selection of nursing resources.

At the top are proprietary databases, followed by websites containing information on many areas of

nursing.

CINHAL Full Text (second from the top) provides full text for over 700 nursing and allied health journals

and includes evidence based care sheets and quick lessons on many conditions.

When you click on CINHAL you will see a page that gives you many options for limiting and refining your

search.

In this brief tutorial I will show you two important options. Clicking Full Text will eliminate records that

are only abstracts or short summaries and Clicking Peer Reviewed will provide you with articles

approved by experts.

For our search we are going to choose Diabetes Mellitus. This search brings us almost 20,000 articles

It is a good idea to narrow our search to specific things. We will add Diet Therapy. This brings us a little

over 900 articles.

By choosing a specific patient population we can limit our search further. We are going to use Children.

This brings us down to 48 articles, a much more manageable search set.

To limit our search a little further we will be going down to the publication bar and swing it over to 2005 so that we have articles from the last 10 years.

If we go up to the relevance option (upper right corner) then click on date newest, we'll get the most recent articles on the top of our list.

To see what an article might be about, we can go over to the magnifying glass in the corner and you will get an abstract (summary) of the article. If at that point you decide you want the full article, we can click on PDF full text and the full text of the article will appear.

On the right hand corner you will see several applications which will help you. Print or e-mail an article, or choose a particular citation format. APA format is usually used by nursing students.

Clicking result list will bring us back to our list of results. Going to the top of the page and clicking on New Search will bring is back to the original search page and we can begin a new search at that point.

We hope you enjoyed our tutorial on CINHAL. You are encouraged to practice using this database

If you need additional assistance locating information about databases or any other library services, please contact one of our reference librarians via phone, in person, or via email and we will be happy to assist you.