CINAHLL®: A GUIDE

This handout gives information on using CINAHLL (EBSCO®)
# Contents

Introduction to CINAHL.................................................................................................................. 1
Accessing CINAHL ....................................................................................................................... 1
Basic Search or Advanced Search? .............................................................................................. 2
Searching CINAHL ........................................................................................................................ 2
  Search for your first keyword. .......................................................................................................... 2
  “Search as Keyword” option. .......................................................................................................... 3
Search for your second keyword...................................................................................................... 3
Search for your third keyword ......................................................................................................... 4
What are Explode / Major Concept / Scope and Subheadings? ..................................................... 4
  Explode .......................................................................................................................................... 4
  Major Concept ............................................................................................................................... 4
  Scope ............................................................................................................................................. 5
  Subheadings .................................................................................................................................. 5
Combining Searches .......................................................................................................................... 5
Refining a Search ............................................................................................................................... 7
How to get to the Full-Text of the Articles .................................................................................. 7
Viewing and Selecting References ................................................................................................. 8
Setting Up and Using a Personal Account .................................................................................... 8
Help ................................................................................................................................................. 9
Introduction to CINAHL

CINAHL is the Cumulative Index of Nursing & Allied Health Literature.

- CINAHL indexes most English language journals in Nursing, Midwifery, Radiography and Rehabilitation.
- Coverage is back to 1937.
- We have the full-text to many of the journals indexed by CINAHL. You can order articles from journals we do not subscribe to by using the Interlibrary Loans Service https://www.bradford.ac.uk/library/find-out-about/inter-library-loans/

Other databases you might use include Medline, PsycINFO and AMED.

Accessing CINAHL

1. Go to the Library homepage https://www.bradford.ac.uk/library/.
2. Enter the word CINAHL in the Summon search box.
3. Click on the ‘Go’ button to do a search.

At the top of the search results page, click on the “title of the database” to link through.
At this point you will need to log in with your University of Bradford username and password if you are off-campus.

**Basic Search or Advanced Search?**

CINAHL has two modes of searching: Basic or Advanced Search.

**Basic Search** uses one search box. You can put in one term or a combination of terms in the same way as you might search the web. However, your results will be very hit-or-miss depending on your having keyed in the same words the authors of the articles have used.

We recommend using **Advanced Search** which is also the default setting.

CINAHL contains a lot of information so you need to define your search clearly. **The best way to do this is to ask yourself a question** e.g. Is Yoga effective in helping with pain? Then break down the question into main keywords e.g. Yoga / pain.

**Searching CINAHL**

CINAHL uses descriptor terms or **Subject Headings**. Each article on CINAHL has been given Subject Headings to define what the article is about. Searching using Subject Headings should increase the number of relevant references you find. When you enter a keyword into the search box CINAHL will try to automatically ‘map’ your keyword to one, or several subject headings related to your request.

**Search for your first keyword**

Enter your first keyword or key phrase (e.g. Yoga) in the search box and click on the Search button.

1. **CINAHL will try to ‘map’ the term you have used to a subject heading.**

![Image of search interface](image)

   Enter the search term and click Search

2. **CINAHL will automatically “map” against the list of in-built Subject Headings.**

3. **Select the relevant Subject Heading by ticking the box next to the term to select it.**

4. **If more than one is relevant select all the relevant headings by ticking the box next to each one to select. When ready click Search Database.**
“Search as Keyword” option

Sometimes the keyword you have entered does not ‘map’ to a relevant subject heading.

In cases like this tick ‘Search as Keyword’, which is the last option on the list. This will search for your term in the article title and abstract. This will give you some articles to start to look at.

Later you may find out what the relevant Subject Heading is that you should use and then be able to repeat your search using the proper Subject Heading.

Search for your second keyword

Now enter your second term (pain) into the search box and click on the ‘Search’ button.

1. As happened with your first term, CINAHL will “map” what you have keyed in to its subject headings and suggest several options.
2. Select the heading (pain) which is relevant by ticking the box next to it.
3. Select any other relevant headings (for example the heading Pain Management may also be useful).
4. Click **Search Database** to run the search.

**Search for your third keyword**

If your research question has a third concept you will need to do another search relating to your third concept.

**What are Explode / Major Concept / Scope and Subheadings?**

When you select a heading from the list, you may see options to Explode or select the heading as a Major Concept.

**Explode**

Select the **Explode** option if you want to search to include all the headings below a main heading. For example; if you clicked on the heading itself, that is clicked on the heading **Pain** you will see the other subject headings beneath it, these would include Back Pain, Breakthrough Pain, Facial Pain, Groin Pain, Headache, Knee Pain, Muscle Pain, Neck Pain plus many others. If you wanted to search for all these keywords also you could select the heading Pain and then click the Explode box to explode the heading and include all the other types of pain within your search results.

If you are doing a systematic review of the literature you will need to investigate the Explode option for all headings where given.

**Major Concept**

This will retrieve details of articles where the main focus of the article relates to a particular subject heading, for example articles where ‘pain’ has been allocated as a Major Concept. This is useful when you are searching on a topic with a very large number of published papers. **However, use with care, as it will eliminate papers that don't have this heading as a Major Concept.** An article may still have relevance even if it doesn’t have the heading as a major concept. **Do not use this if doing a systematic review.**
Scope

This is a descriptive note about the meaning and application of the Subject Heading. This can be useful if you need clarification. Click on the scope icon to open the descriptor.

Subheadings

These relate to specific aspects of a heading. Use with care as you may eliminate useful articles if the subheading hasn’t been allocated. Use the Scope Note for a description of the subheading and its application.

Combining Searches

You will now have two, three or more separate searches.

There are two ways to “combine” the searches so that you have a final set of results.

To combine searches you can use ‘Search with AND’ or ‘Search with OR’.

They have very different functions.

- ‘Search with AND’ is used to bring two or more searches together into a final set of articles which have ALL the Subject Headings present. For example; in this case you would need to combine the search for (Yoga) with the search for (Pain OR Pain Management) using Search with AND in order to find articles which contain both of the key concepts.

- ‘Search with OR’ is used to retrieve articles containing ANY of the subject headings or keywords. For example; if the focus of the research was specifically on back pain (rather than pain in general) then there may be two or more searches for this concept using different keywords to describe back pain. For example; there will be a search for “back pain”, another for sciatica and maybe another for lumbago.

  These three separate searches would then need to be combined using Search with OR to obtain one set of results relating to the “concept” of “back pain”.

This “back pain” search could then be combined with the search relating to “yoga” using Search with AND to get a final set of articles.
CINAHL: a guide

CINAHL will keep a list of all previous searches under **Search History/Alerts**. To combine tick the box next to each search you wish to select, then click on either “**Search with AND**” or “**Search with OR**”.

**NOTE:** any number of searches can be combined. Simply tick the box next to the search to select it, then decide if they need to be combined with “**AND**” or “**OR**”.

In this case there are 5 searches so far:

- S1 search for Yoga, subject heading selected.
- S2 search for Low Back Pain OR Back Pain, subject headings selected.
- S3 search for Sciatica, subject heading selected.
- S4 search for lumbago, “Search as Keyword” selected as there wasn’t a subject heading for this word.
- S5 is the **Combined search** of S2 OR S3 OR S4. A combination of either Low Back Pain OR Back Pain OR Sciatica OR lumbago. Combined using **Search with OR**.

The final search would be to Combine S1 (Yoga) **AND** S5 (Combined search for back pain) using “**Search with AND**”.

Scroll down the page to see your results. See the refining option on the left of the page. Notice the link to ‘**Show More**’ to the left of the page under the date slider and click on it to open further refining options.
Refining a Search

You will need to refine your search. CINAHL can limit your results by date and language; to research articles; inpatients or outpatients; and by age and gender of patient, plus many other options.

Look at the refining options offered and select for example the last 10 years, English Language only plus any others which relate to your research criteria.

How to get to the Full-Text of the Articles

1. Read the Abstract first to make sure the article contains what you hope it contains. If it looks relevant to your research, then you can check if Full-text (the full paper) is available.

2. Sometimes, as in the first article below, all you need to do is click on PDF Full text to access the full-text.

3. Where full-text is not offered, click on the SFX icon situated either beneath or next to the details of a paper you are interested in. This will help you find out whether the article is available through the University of Bradford.
4. SFX may provide you with a direct link to the ‘Full-text version’.

5. If not, click on the ‘Check holdings in University of Bradford Catalogue’ link as the journal may be available in print.

6. If the journal you want is not available, SFX will say “Sorry, this article is not available for immediate download”. You could then search Google Scholar in case an “Open Access” copy is available on the internet. If not, the final option would be to order the article via Inter-Library Loans. More information on this service is available at https://www.bradford.ac.uk/library/find-out-about/inter-library-loans/

Viewing and Selecting References

1. Click on the title to see more information about each reference. Read the Abstract.

2. Select relevant references as you go along by clicking on the blue folder icon on the right of each article to put it into a folder. NOTE: the folder will clear when you leave the database unless you have signed in (see below).

3. When you have selected enough, look for a ‘Folder’ link at the top of the main screen and click on it. The references you have selected will have been stored here.

4. From your Folder you can print, save, email or export your results to Endnote.

Setting Up and Using a Personal Account.

1. Look for the ‘Sign-in’ link at the top right of the Main Search Page.

2. At the bottom of the screen it says “Don’t have an account? Create one now” click on the link and complete the form (you will be asked to create a username and password). You will need to include letters/numbers and symbols in your password. You will be creating these directly with EBSCOhost. REMEMBER what you have used!

3. As well as permanently saving articles you can also save searches so you can re-use them later. Look for the ‘Save Searches/Alerts’ option. Click on it, give your search
a name, and click on the ‘Save’ button. If you opt for an ‘Alert’ and say how often you want auto-alerts (daily, weekly, fortnightly or monthly) and choose to ‘Save’, the system will run your search for you automatically, and notify you by email of new references found.

4. Next time you want to retrieve the references stored in your folder or re-run the search, sign into your EBSCOhost account and click on ‘Folder’ at the top.

Help

If you have a question about the library, have a problem with passwords, need help finding some information or would like to be shown how to use a particular resource then staff will be happy to help you.

Book an appointment with a member of Library staff via the Library homepage: https://bradford.libcal.com/appointments