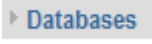
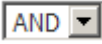




# Searching CINAHL

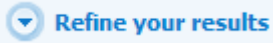
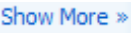

## to find Nursing or Allied Health journal articles

- Log onto the Library Website: <http://www.viha.ca/library/>
- On the left hand navigation bar, click the  button
- In the box of **Nursing** databases, scroll down and click the [CINAHL](#) link.

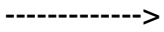
### Search Tips:

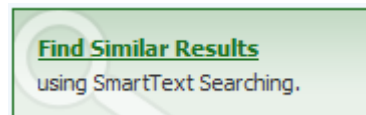
- Type your keywords in the FIND boxes
- Use **AND** to combine terms to NARROW your search (i.e. you want BOTH terms in your results)
- Use **OR** to combine terms to BROADEN your search (i.e. you want EITHER term in your results)
- Use \* to truncate your search terms, for example: walk\* will find walk, walks, walking, walker . . .
- Use the drop-down  before the search boxes to choose **AND** or **OR**
- Use the navigation buttons within the program, for example  , rather than your browser back button  to move around; otherwise, it may empty your folder ☹
- Complete this brief tutorial to optimize your search results:  
[http://support.ebsco.com/training/flash\\_videos/cinahl\\_mesh/cinahl\\_mesh.html](http://support.ebsco.com/training/flash_videos/cinahl_mesh/cinahl_mesh.html)

### If your search retrieves too many results:



- Scroll down under  on the right, and click  You can now limit your results, for example, to fulltext only, by date, age, type of publication and more. These LIMITS stay “on” even when you CLEAR your current search. Click on NEW SEARCH to remove limits and start a fresh search
- Mouse over the spyglass  to view an abstract or summary of what the article is about OR click on the [blue-underlined article title](#) to see the **detailed** record

### To find more articles:



- Some articles, in the **detailed** view, will have a **Find Similar results** icon  Click this icon to see a list of related references
- OR in the **detailed** view, look at the **Subject Headings**. Re-run your search using some of these headings.



## Save search results:

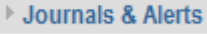
- Add citations of interest to folder by clicking on  Add to folder
- Once all items are selected, click the folder icon  Folder at the top of the page
- You can now print, e-mail or save your folder results
- Do not empty your folder until after you have printed or e-mailed your results

## Set up your own personalized EBSCO workspace:

- Search results will be lost after 1 hour of inactivity. To avoid inadvertently losing your work, you can create an account which will allow you to create and store folders until you delete them.
- Click the  Sign In button in the blue navigation bar at the top right of the screen 
- Click [Create a new Account](#) to create your personalized EBSCO workspace

## Options for getting full text of the articles:

If you see a  Linked Full Text or an  PDF Full Text icon, click on it. If you have a choice between Linked Full Text (i.e., HTML) or PDF, choose PDF for a cleaner copy.

Click the  Journals & Alerts button on the left hand navigation bar of the Library Website: <http://www.viha.ca/library> Then click [Find a fulltext electronic journal](#) to see if the article is available full text electronically.

Search the online catalogue: <http://viha.andornot.com/> to see if the Library carries this title.

Request articles not available electronically or in print from [Library Services](#)

## Search additional relevant databases such as:

- Pub Med
- Mosby's Nursing Consult / Nursing Skills
- UpToDate
- Drug databases

## Contact Library Services for further assistance:

RJH (250) 370-8723 or, internally, extension 18723  
VGH (250) 727-4204 or, internally, extension 14204  
NRGH (250) 755-7691 extension 53058 or, internally, extension 53058