

**CINAHL (the Cumulative Index of Nursing and Allied Health Literature)** is the index to use when searching for articles in nursing and allied health fields (e.g. physical therapy, radiation therapy, respiratory therapy). It includes consumer health journals, as well as health care books and nursing dissertations. It is a good index to use when beginning a search for information on any health topic.

### Using CINAHL:

1. From the library's home page ([www.umflint.edu/library](http://www.umflint.edu/library)), under **Articles and Databases** select **Nursing** from the "Please Select a Subject" pop-up menu and click "Go."
2. Click on **CINAHL Plus with Full Text**.
  - Note: A UM-Flint student accessing the database from off campus will have to enter his/her username and campus password.
3. Enter search terms into the **Find:** boxes. A search term may be more than one word, such as "nursing care plans."
4. Keyword searching is the default. To search specific fields (article title, author, and subject headings), use the "Select a field" pop-up menu to the right.
5. Use Boolean operators AND, OR and NOT to combine terms using the pop-up menus to the left of the **Find** boxes. (For more information on Boolean operators, see handout "Getting Started with Database Searching" available from the Please select a Handout pop-up menu on the Thompson Library homepage ([www.umflint.edu/library](http://www.umflint.edu/library)).
6. Apply limits using the "Limit your results" table below the Find boxes. Useful limits include: full text articles, publication year, peer-reviewed articles, and research articles.
  - **Research articles:** to limit the articles you find to research articles, click the box next to "**Research article**" under "Limit your results."
7. Click on the "Search" button to begin the search. The resulting list displays articles in reverse chronological order (i.e. the most recently published articles are at the top). Results may be resorted by relevance, publication title, or author's name using the **Sort** pop-up menu on the right at the top of the search results.
  - Click on the title of the article for the complete citation and abstract.
8. **Using subject headings:** If searching with your keywords does not retrieve useful articles, try clicking the "**Suggest Subject Terms**" box (above the Find boxes) after typing your search terms. The result will be a list of **subject headings** (a standardized word or group of words that describes a topic, used to bring all the articles on a particular subject together). When you see a subject heading that is appropriate for your topic, click Add (make sure to use the appropriate Boolean operator for your purposes).
9. Many full-text articles are available in CINAHL. Click the link "PDF Full Text" or "HTML Full Text" to display full text articles. Articles may be printed or emailed using links at the top of results display. If full text is not available, click Link to Full Text or Find Full Text to check for availability in other full text article databases.