Searching the CINAHL Database
The CINAHL Database

*Cumulated Index to Nursing and Allied Health Literature (CINAHL)* is North America’s primary database for nurses and other allied health professionals. It is available at most college and university libraries and also at many hospital libraries.

Learning how to use this database will help you find articles on nursing topics during your time as a student as well as throughout your professional career.
Search Example

• The following search example is based on the question “Is the use of music an effective behavioral intervention for patients with dementia?”
• This is not your assignment, but the step-by-step illustrations will help you in searching for articles for your own topics in CINAHL.
Before you begin searching it helps to break your question into concepts or ideas. Use the words from your assignment when possible.

The sample search question breaks down into the concepts:

- Dementia
- Music
- Behavioral Interventions

Depending on your search results, you may need to revise your strategy slightly.
First Step

Go to the Centennial College Libraries website at:

library.centennialcollege.ca
Click on the E-Resources link. There are two E-Resources links on the Library home page (one lower down on the page). Either will work!
E-RESOURCES

Search Keywords

Search Results:

Filtering By:

MEDIA TYPES

- Audio
- Books

ABI/INFORM Collection
The ABI/INFORM Collection is comprised of ABI/INFORM Global, ABI/INFORM Trade & Industry, and ABI/INFORM Dateline. The collection features thousands of full-text journals, dissertations, working papers, key business and economics periodicals such as “The Economist” and “Sloan Management Review”, country and industry-focused reports, and...
CICA Standards and Guidance Collection
TYPE: Reference Books
SOURCE: Knoa

CINAHL Plus with Full Text
Cumulative Index to Nursing and Allied Health Literature from 1982 to present. Journals indexed cover nursing, allied health, biomedicine, alternative/complementary medicine, and consumer health. Included is the full text for more than 770 indexed journals.
TYPE: Scholarly Journals
SOURCE: EBSCOhost

Cochrane Database of Systematic Reviews - EBM Reviews
The Cochrane Database of Systematic Reviews, part of the collection of Evidence-Based Medicine Reviews databases, provides regularly updated full text systematic reviews of methodological studies of healthcare interventions.
TYPE: Specialty Databases
SOURCE: Ovid

...and scroll down.
Click on the CINAHL database link.

The CINAHL database is the best source to find nursing journal articles.
Records from this database will link to full text articles in the Library's other databases including ProQuest, Sage Nursing and Health Sciences Subject Collection and many more.
CINAHL should be the only database you will need to access all of the Library's full text nursing articles.
If you are outside the College network (at home) you will need to sign in to your myCentennial account.

Login using your existing myCentennial ID (your 9 digit ID) and password or use your date of birth (MMDDYY) for password if you have never logged in.

Forgot Password?
Start by typing in your concepts as keywords, one concept at a time. Use the words from your assignment if possible. Click on the Search button to get started.
Searching by the keyword dementia leads to 33,404 hits! Keyword searching looks for results anywhere in the record, including the full text when available, even if the keyword appears only once.

Use the subjects headings suggested by the database under "Subject: Major Heading" to obtain more accurate results.
The CINAHL database will suggest subject headings (what the article is about) that best match your keywords. In this search, "dementia" is a subject heading, but other possible subjects include "alzheimer's disease" and "cognition disorders."

You can click on the **Show More** link to get the complete list of subject headings suggested, although the subject headings with the most results (and likely the most relevant) will be at the top of the list.
If necessary, retype the subject heading term in place of your keyword.

Change your search from a keyword search by using the drop down menu to select a subject search.

When you choose a Major Subject Heading search you are searching for articles where the subject term is the main focus of the article. Try to use at least one major subject heading in your search.

Once you have revised your search, click on the “Search” button.
You now have less results with your subject search than with your keyword search. Depending on how many results you have, you will probably still need to limit or refine your search with another concept and/or with other limiters such as the date of the article.
Search Results: 1 - 20 of 18,776

1. PSYCHOLOGICAL MEDICINE. Dementia among Elderly Melanau: A Community Survey of an Indigenous People in East Malaysia.
   (includes abstract) Bawih Inu Pu'un; Othman, Zahiruddin; Drahman, Ismail; International Medi 468-71. (journal article - research, tables/charts) ISSN: 1341-2051
   Subjects: Dementia Epidemiology; Dementia Risk Factors; Indigenous Peoples Statistics and Aged: 45-64 years; Aged: 65+ years; Aged: 80 and over; Male; Female
   PDF Full Text (2.6MB)

2. People living with dementia: components of communication.
   Subjects: Dementia; Communication Methods; Nursing Assistants
   Show all 5 images
   PDF Full Text (3.6MB)
You may choose other limits depending on your assignment and your topic. For example, if you are looking for research articles, check off the "Research Article" box.

Other limits may include, for example, "Age Groups" or "Publication Type."

Standard limits include articles in English, a date limit (usually to articles published within the last five years) and articles from nursing journals. Click on the search button (above) after you have set the limits you want.
### Search Results: 1 - 20 of 1,798

1. **Anticipatory prescribing at the end of life.**
   - Subjects: Anticipatory Guidance; Nursing Home Care
   - Academic Journal: Journal of Community Nursing, 2014
   - PDF Full Text (2.5MB)

2. **Medicines optimization in the dementias.**
   - Subjects: Dementia Drug Therapy
   - Academic Journal: Journal of Community Nursing, 2014
   - PDF Full Text (391.3KB)

3. **Advance care planning for people living with dementia.**
   - (Includes abstract) Brooke, Joanne; Kirk, Mary; British Journal of Community Nursing, 2014 Oct 19 (10). Journal article - research, systematic review.
   - Subjects: Community Health Nursing; Advance Directives; Dementia
   - Academic Journal: British Journal of Community Nursing, 2014
   - Cited References: (35)
   - PDF Full Text (4.4MB)

4. **Supporting staff to care for people with dementia who experience distress reactions.**
   - (Includes abstract) Elliot, Victoria; Williams, Angelena; Meyer, Julienne; Nursing Older People, 2014 Sep 26 (7). Journal article - research.
   - Subjects: Dementia Psychosocial Factors; Stress, Psychological; Nurse-Patient Relations; Psychiatric Nursing; Dementia Nursing; Nursing Role; Aged: 65+
   - Academic Journal: Nursing Older People, 2014
   - Cited References: (25)
   - PDF Full Text (247KB)

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You now have a choice of either looking at the results after you refined your search or limiting them further with another idea depending on how many results you have.

This search, as well as having still having too many results, also needs to have the music concept added since it important to the topic being searched.
Adding another concept to your search with the Boolean operator "and" limits your search again. "And" tells the database to look for records that contain both concepts.

Search Results: 1 - 20 of 46

1. Soothing sounds: reducing agitation with music therapy.
   Clare, Moira; Nursing & Residential Care, 2014 Apr; 16 (4): 217-21. (Journal article - case study, pictorial, tables/charts) ISSN: 1465-9301
   Subjects: Music Therapy In Old Age; Dementia; Long Term Care; Aged: 65+ years
   Cited References: (18)
Boolean Operators/Connectors

There are 3 basic connectors:

AND (most important)

OR (useful)

NOT (use sparingly, if at all)
Dementia AND Music:

AND narrows your search – both ideas have to be present in the results
Dementia OR Alzheimer’s Disease:
OR broads your search - either idea can be present in the results
Recommended way of searching with the OR connector. Make sure all terms are subject headings before using the drop down menu to search your terms as subject headings.
Dementia NOT Delirium:
NOT narrows your search by removing results – you may lose some good information so be careful!
Recommended way of searching with the NOT connector. Make sure both terms are subject headings before using the drop down menu to search by subject. Use the NOT connector sparingly!
Again, you can make your keyword concept a subject heading concept by checking the subject headings suggested by CINHAL under the "Subject: Major Heading" part of the search screen and revising your search.

If you do not like any of the headings shown, remember to click on the Show More link to get the complete list. The subjects with the larger number of hits are closer to the top of the list and are also usually more relevant.
More about subject headings:

Choosing a major subject heading means that the concept has to be the main focus of the article.

Choosing just a subject heading search means the concept can appear in either the major (main focus of the article) or minor (discussed in the article, but not the main focus) subject areas of the record.

Exact subject headings have to be correct with the proper word order and any punctuation included.

Word in (major) subject heading searches are more flexible and do not have to be exact.

If you choose a "Word in (Major) Subject Heading" search for your music concept, you will be searching both "music" and "music therapy" but if you choose an "Exact (Major) Subject Heading" search you will only be searching for "music."

Your choices are completely up to you and may depend on your topic and/or the number of results you have.
More refinement, including adding a third concept, may be necessary if there are still too many results.

Since adding the second concept of music and music therapy has brought the results down to 41 hits, the third concept of behavioral intervention will not be added at this point.

Once you have an acceptable number of hits you can start looking at your results.
Components of a CINAHL Record:

**Title of the Article:**

**Authors:** Ray Kendra Di, Fitzsimmons, Suzanne

**Affiliation:** Music Therapy Project Manager, Metropolitan Jewish Health System (MJHS), Brooklyn, New York Research Associate, University of North Carolina, Greensboro, Greensboro, North Carolina


**Publication Type:** Journal article

**Language:** English

**Major Subjects:**
- Music Therapy
- Bathing and Baths
- Dementia
- Nursing Home Patients

**Minor Subjects:**
- Nursing Homes, New York
- Nursing Assistants
- Program Implementation

**Abstract:** It is estimated that 90% of nursing home residents need assistance with bathing. The purpose of this article is to describe a music-assisted care technique that can be used by caregivers when bathing nursing home residents with dementia. Research suggests that music has many therapeutic benefits for people with dementia. Using music to soothe anxiety can be an effective intervention to assist with lessening of agitation during activities of daily living, especially bathing. This article will provide nursing and direct care staff tools to successfully conduct the music-assisted bathing protocol. Consideration for choosing appropriate music for bathing, the creation of individualized personalized playlists, and acknowledgement of desired outcomes are presented. Incorporating music-assisted bathing may address neuropsychiatric symptoms of dementia by lessening agitation and improving mood, which in turn can increase job satisfaction. [Journal of Gerontological Nursing, 40(2), 9-13.]

**Journal Subset:** Core Nursing, Nursing, Peer Reviewed, USA

**Special Interest:** Geriatric Care

**ISSN:** 0098-9134

**MEDLINE Info:** PMID: 24550123 NLM UID: 7510258

**Entry Date:** 20140221

**Revision Date:** 20140411

**DOI:** http://dx.doi.org/10.3928/00989134-20131220-09

**Accession Number:** 2012456528

**The abstract is the summary of the article telling you what the article is about.**

**The journal subset area tells you the subject of the journal (nursing) and the place where it is published (USA) and that it is peer reviewed.**
If you like what you find in the abstract and subject headings of the article record and the full text is not available in CINAHL, click on the Search for Article link to see if the article is available full text elsewhere in the Library’s resources.
Full Text

• The full text of articles from a CINAHL record come from a number of resources:
  – Other Library databases including ProQuest Nursing and Allied Health, Science Direct, and YourJournals@Ovid
  – Hard copy journals subscribed to by the Library
    – look for these on the Periodical Shelves
  – Interlibrary loan (from another library) – we need at least two weeks lead time to get the article for you, so notify us as soon as possible if you need this service.
This article is available in another Library database. Click on the “Full Text Online” link to read the article.
Clicking for the "Full Text Online" link on the Library holdings screen opens up the full text of the article in a new tab. If a PDF version of the article is available, click on the PDF link.

A PDF link gives you the original image of the article, including images, tables and charts.
If you like the article, keep it by printing, emailing, or saving it to your documents or USB key. Some of the Library’s database do not have a full text email feature but you should be able to save it in other ways.

Once you have captured full text article if it looks promising, click on your CINAHL search tab to go back and look at the other results of your search.
Before you click on the Result List to get back to your search results, you may want to get the APA citation for the article you have saved by using the Email, Cite or Export Tools.
Choose APA Citation Format from the drop-down menu when emailing to yourself.

If the CINAHL record also contains the full text of an article you want, you can send it along with your APA citation as an email attachment.
Here is the APA citation using the Cite tool. Because it is computer generated, you may have to "tweak" it. Look especially at personal names, capitalization and dates to make sure they are correct according to APA rules.

For example, in this reference the title of the article is all in capital letters when only the first letter of the first word in the title should be capitalized. You will have to revise this part of the citation to follow correct APA citation formatting.

MUSIC-ASSISTED BATHING.
Should you do more than one search?

Depending on what you found in your search, you may also want to try another search or two to find more articles or explore other, related ideas to your first search.
The Effects of Researcher-Composed Music at Mealtime on Agitation in Nursing Home Residents With Dementia.

Authors: Ho, Shu-Yuan; Lai, Hui-Ling; Jeng, Shaw-Yeu; Tung, Chih-wei; Sung, Huei-Chuan; Chen, Pin-Wen


Publication Type: Journal article - research
Language: English

Major Subjects: Agitation -- Rehabilitation
Music Therapy
Dementia -- Psychosocial Factors
Nursing Home Patients -- Psychosocial Factors

Minor Subjects: Human; Pretest-Posttest Design; Descriptive Statistics

Abstract: This study examined the effects of music at mealtime on agitation in 22 nursing home residents with dementia. We used a pretest-posttest research design. We played researcher-composed music to residents at each of two mealtimes daily over a consecutive 4-week period. We observed and recorded agitation 24 hours daily for the 4-week period and the following 2-week period. Results revealed a significant decline in mean agitation scores. A cumulative dose effect and a short-term linger effect were observed. Findings suggest that soothing music may be beneficial in managing agitation in nursing home residents with dementia.

Journal Subset: Core Nursing; Double Blind Peer Reviewed; Editorial Board Reviewed; Export Peer Reviewed; Nursing; Peer Reviewed; USA

Special Interest: Psychiatry/Psychology

ISSN: 0883-9417

MEDLINE Info: NLMUID: 8708525
Entry Date: 20120120

Revision Date: 20120507
DOI: http://dx.doi.org/10.1016/j.apnu.2011.08.006

Accession Number: 2011032006
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You may want to try other searches to explore ideas found in your original search.

Here is an example of a new search using another subject heading found in the record of the previous screen.

Please note that there will be overlap with your first search, with some of the articles showing up in both searches.
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</tr>
</tbody>
</table>

At any time you can look at your Search History to review, revisit or print your search(es). Your search history is a record of all of the steps you took.
Help Available@

Morningside Campus Library:  
(416) 289-5000 ext. 8000 and in person

https://library.centennialcollege.ca/help-services/research-help/ask-the-library/  
(links to AskON Online Chat Research service and AsktheLibrary email)

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