\textit{CINAHL Plus with Full Text} is College of the Siskiyous’ primary nursing article database. CINAHL offers both keyword and subject searching as well as extras like nursing overviews and CEUs on various topics.

**Getting to CINAHL**
1. Go to the Library’s home page at: \url{www.siskiyous.edu/library}
2. Click on the \textbf{Articles & Databases} link in the left sidebar
3. Scroll down to and click on \textbf{CINAHL}

$\Rightarrow$ If you are off-campus, you will need to log in with your COS email address and password

**Nursing Overviews & Education**
- **Evidence-Based Care Sheets** describe what we know about a disease or condition and what nurses can do (such as relevant knowledge and nursing skills, and how to educate patients).
- **Quick Lessons** contain the following sections: description/etiology, facts & figures, risk factors, signs & symptoms/clinical presentation, assessment, treatment goals, “food for thought,” red flags, and “what do I need to tell the patient/patient’s family?”
- **Continuing Education Units (CEUs)** on a wide range of topics are available for free to help you meet your license’s CEU requirements.

**Keyword Searching in CINAHL**
You can type in a keyword search right from the starting search screen. When \textit{keyword searching}, only include words that are important to describe your topic—leave out any unnecessary words.
- **TIP:** Use quotation marks “ ” to search for phrases: e.g. “chronic fatigue syndrome”

**Keyword searching examples**
TOPIC: pregnancy risks increase with the mother’s age $\Rightarrow$ KEYWORDS: pregnancy risks “maternal age”
TOPIC: the role of \textit{H. pylori} in acid reflux $\Rightarrow$ $\Rightarrow$ $\Rightarrow$ KEYWORDS: pylori “acid reflux”

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**Diagram Notes:**
- Checking the \textbf{Full Text} box means everything in the results will include the complete article.
- You can limit your results to articles from a certain time period.
- Choose \textbf{Databases} lets you search more than one database at a time.
- You have the option of limiting your results to only \textbf{Peer Reviewed} articles.
Subject Searching in CINAHL

Any time an article is added to CINAHL, it is assigned subject terms. “Subject terms” are standardized words and phrases used to describe a topic. CINAHL uses a specialized set of medical subject terms called MeSH.

Since we often have more than one way to describe a topic, subject searching is a powerful way to search. For example, if you type in a search for “Lou Gehrig’s disease,” you will only get back articles that use that terminology and you will miss articles that instead only use the acronym “ALS” or only use the phrase “amyotrophic lateral sclerosis.” *All articles that are about Lou Gehrig’s will be assigned the same MeSH subject term (amyotrophic lateral sclerosis), making the MeSH term a great one to use in your search.*

Subject Searching Step-by-Step

1. Click on CINAHL Headings (top blue bar), type in your search, and click the Browse button
2. Check the box next to your MeSH subject heading e.g. lou gehrig’s = Amyotrophic Lateral Sclerosis
3. Choose specific Subheadings to focus your search (or leave set to Include All)
4. Click Search Database

Refining Your Search Results

Once you are looking at your search results, you may want to refine your results using the options in the left sidebar.

- If you only want to see results that offer the whole article, check Full Text.
- If you only want to see articles published in a specific time period, change the Publication Date range.
- You can also limit your results to certain age groups, gender, etc. (look for these options further down in the left sidebar)