What is CINAHL?
CINAHL, the Cumulative Index to Nursing and Allied Health Literature, is the authoritative resource for nursing and allied health professionals, students, educators and researchers. As its name implies, it is largely an index of articles. Although some full-text articles are available, you may need to go elsewhere to find some of the articles.

Where do I find CINAHL?
CINAHL is one of our EBSCO databases. It is available on the Library’s website under Search & Find >> Articles. Scroll down and select CINAHL.

How do I use CINAHL?
1. Enter your topic (a single word or a phrase) in the first search box. If you do not make a selection from the Select a Field drop down menu, you will be searching all fields (author, title, subject, etc.). If you retrieve too many results, try refining or focusing your search by using any or all of the following techniques.

2. Limit your search by selecting one of the fields from the drop down menu. For example, select one of the Subject Heading fields to search only in the subject headings assigned to the article.

3. To limit your search to nursing journals, try using the “truncation” technique. Enter nurs* in the next search box and select SO Publication Name. This will limit your search to journals with some form of the word nurs in the title (nurse, nursing, etc.)

4. Make other selections as needed:
   - For example, enter a date range if appropriate.
   - If you need peer reviewed articles, put a check in the Peer Reviewed box. This will limit your search to peer reviewed articles.
   - If you need research-based articles, put a check in the Research Article box. This will limit your search to articles based on research. Not all peer-reviewed articles are based on research. Be sure to check the article against the criteria set by your instructor to be sure all the required elements are present.

5. Finally click on Search. The results list will be organized with the most recent articles first.

6. Look through your Search Results to determine which articles you will need.
   - Your article may be available from CINAHL.
   - Or, your article may be available in one of the other Library databases.
   - If your article is not available in CINAHL or any of the other Library databases, ask your librarian about interlibrary-loan.

See the screen shot on the next page to view a sample search in CINAHL.
This screen shot shows how to set up a search in CINAHL, one of the EBSCO databases. In this example:

- We are searching for articles about “asthma,” so we have entered that keyword in the first search box and limited that search term to just the Subject field.
- We have utilized the Boolean operator “AND” to connect multiple search lines.
- We would like the articles to be from nursing journals. So, on the second line, we have truncated the word nurs* and limited that search term to just the Source, or in other words, the name of the publication.
- We have added the truncated keyword “school*” to narrow our topic.
- We have limited the search to just articles from the last five years.
- We have requested articles from Peer Reviewed journals.

If you are having trouble finding the complete text of your article, ask your Librarian for help. Some articles may have to be requested through Interlibrary Loan.