

CINAHL Plus with Full Text

CINAHL (Cumulative Index to Nursing and Allied Health Literature) finds references to journal articles on nursing and allied health subjects

Getting started

Go to the Portal at <http://portal.cf.ac.uk> and enter your Cardiff University (CU) Login (username and password).
Hover over **Library** in the menu at the top and click on **Databases**.
Click on the letter **C** and then **CINAHL**.
Or from the **Portal** hover over **Library** in the menu at the top and click on **Subject Resources** then choose your subject from the menu and click on **Databases**.

CINAHL Subject Headings Search

To get the best results out of CINAHL you should search each subject separately, then combine your searches together.

Journal articles are indexed using **subject headings**. Using subject headings should produce more comprehensive results than using keywords that looks for a word in the title or abstract of an article. You do not need to worry about entering all synonyms for a nursing topic, and plurals and alternative spellings will be taken into account by the database. If you do not know the appropriate subject heading, the database will help you by mapping your search term to a list that you can choose from.

Type the first subject into the search box, e.g. lifestyle. Click on **Search**.

You will be given a list of subject headings which most closely match your query. Tick the box beside the most relevant heading, in this case **Life Style**

Exploding terms and Major Concept

The database permits you to refine your search further. By clicking inside the **Major Concept** box you will retrieve only those references where your subject is covered in a major way.

Alternatively, leaving this box blank will retrieve all papers about the subject regardless of emphasis.

Clicking in the **Explode** box will potentially expand your search if there are related subject headings. In this example, by clicking on **Life Style** you can see the related subject headings listed. To retrieve these references also, click in the explode box next to **Life Style**.

If you are eventually going to combine several subject headings beware of refining your search too much at this stage by restricting to **Major Concept**. It may mean you'll miss some relevant references.

Combining subjects

To combine your subject with another one, another subject in the search box, e.g. **hypertension**. Carry out another search as above. You will then need to combine the subjects.

In the **Search History** table above your results you will see the searches you have just performed. Tick the boxes to the left of the searches you wish to combine, then click on the **Search with AND** button or the **Search with OR** button.

AND – combining your searches with AND will produce fewer results e.g. *Life Style AND hypertension* will give a set of results that must contain both terms.

OR – combining your searches with OR will produce more results e.g. *Life Style OR Behaviour* will give a set of results containing either term

NOT - excludes terms so that each search result does not contain any of the terms that follow it e.g. *diabetes NOT type 2* will give a set of results containing diabetes without type 2.

Keyword Searching

You can search CINAHL using your own keywords rather than the subject terms. To search with your own keywords untick the **Suggest Subject Terms** box located above the search box.

Enter your keywords in one or more search boxes. Combine search boxes by selecting **AND, OR, NOT**.

Search Tips

Truncation – use the truncation symbol * to retrieve terms with a common root e.g. *child** retrieves *child, children, childhood*

Wildcard - use the wildcard symbol ? to retrieve variant spellings e.g. *wom?n* retrieves *woman* and *women*.

“Exact phrase” – use quotation marks to search for an exact phrase e.g. *“heart attack”*.

Refining Results

There are some options to refine your results on the left of the results on your screen.

Year – use the scroll the bar to change to the years you want then click on **update**.

Age – click on **Age** select as many age ranges as necessary then click **update**.

Gender – click on **Gender** select **Male** or **Female** then click **update**.

Viewing search results

The search results for the last search performed are displayed underneath the Search History table, to view results for another search click on the **View Results** link for the required search in the table.

Accessing the full text

Many of the articles in CINAHL now have PDF's attached to the record, if not see below.

To check if we have the full text of the article available click on the link **Check Cardiff University catalogue for library holdings**. If we have a subscription you will be taken into the record for the journal on Voyager, from there you can follow the links if the journal is available online or find out which library the journal is held in.

Print, Save, Email or Export your results

To save a record, click on **Add to folder** for each record you want to save.

When you have finished browsing, go to the **Folder** at the top of the page. Tick the box to select all, then click on the appropriate action on the right to print, email, save or export.

The records will only stay in your folder for the current session in CINAHL. You can save records and searches permanently by creating a personal account in CINAHL.

For further information contact the Nursing and Healthcare Studies Library

Tel: 029 20687713.

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