Introduction to CINAHL at Lister Hill

What is CINAHL?

CINAHL is the Cumulative Index for Nursing and Allied Health Literature. The database indexes more than 4,900 journals, with 3.6 million records total. It contains full text for 760 journals, research instruments, CEUs and other useful content for nursing faculty, students, and practicing nurses.

Access CINAHL

1. Go to the Lister Hill Library website at http://www.uab.edu/lister

2. Click on Databases

Basic Search

Running a search in CINAHL can be as simple as doing a search in Google, but knowing a few tricks will help you get the best possible results.

1. Think of key concepts for your search
2. Run a basic keyword search by entering the concepts, and/or synonyms for the concepts, into the search field
3. Some quick ways to expand or narrow a search if needed:
A. To **expand** a search (i.e. get more results), use Search Options below the search box and select **find any of my search terms**. You could also select **apply related words** or **search within the full text of the articles**. Use caution when selecting find any of my search terms though, you may get too many results using this method.

B. To **narrow** a search, do any or all of the following:

a. The default **find all my search terms** will automatically narrow your search by searching multiple terms with AND in between them. This is the most commonly used tool when searching and you don’t have to change anything to use it.

b. Select a limit from the lower half of the page

c. Notice in the “limit your results” section you can set limits such as publication dates, journal subset, English language, peer reviewed, etc.
1. Click the CINAHL Headings link at the top of the page and search for a term, for example, “heart attack.”

2. “Heart attack” is not a CINAHL subject heading but you can search for the term and use the list to select the appropriate heading (in this case “myocardial infarction”)

3. Check the appropriate heading

4. After you’ve checked the term, click “search database” to run a search using the selected heading

Finding Evidence Based Research

1. Limit publication types to systematic reviews, nursing interventions, or clinical trials depending on what level of evidence is needed.
2. From within the search limiters, consider using the Evidence-Based Practice limiter.

**Finding Research Instruments**

1. To find research instruments:
   
   A. Use the research instruments limit (or a variation thereof) in the publication type box in search options.

   B. Go to CINAHL Subject Headings, type in Research Instruments.
      
      a. Run a search for the CINAHL Heading “Research Instruments” and use the heading in a search.
      
      Or
      
      b. Click on the Research Instruments CINAHL Heading to see the tree view list to see different types of research instruments you can search for.
Managing Search Results

1. To build a collection of citations in a folder in CINAHL, click on the Add to Folder button just below each citation.

2. When you want to view the contents of your folder click Folder at the top of the page.

3. From here you can print, e-mail, save, or export your citations. These tools are also available from within a single citation.
Finding Full Text

1. If PDF Full Text or HTML Full Text is at the bottom of the citation, click one of those buttons to obtain the article.

![HTML Full Text](image1)  ![PDF Full Text](image2)

2. If the PDF or HTML Full Text link is not there, click on the UAB Article Linker button to determine if the article is available through Lister Hill Library

![UAB Article Linker](image3)

(for more information on UAB Article Linker see the Finding Full Text Guide: [http://libguides.lhl.uab.edu/fulltext](http://libguides.lhl.uab.edu/fulltext))

A. If the article is available online, click on the Get Article link to access it (if the article link is unavailable but it is indicated that we have online access to the journal, click the Journal link)

B. If the article is not available online, it might be available in print at the library; to see if the library has the article in print format click on the ISSN or title link.

C. If the library does not have the article in electronic or print format, you can use our interlibrary loan to obtain it (sometimes there will be a $3 fee for this service); to use interlibrary loan click on request and sign in.

Two time saving tips:

1. Select the following icon from within an open citation for a “copy and paste ready” citation formatted in common citation styles, including APA and AMA:

![Cite tool](image4)

Please contact us at Lister Hill Library anytime we can be of assistance to you with CINAHL or with any other library related concern or need. We can be reached by phone at (205) 934-2230 and by email or chat from our ASK A LIBRARIAN webpage at [http://www.uab.edu/lister/ask](http://www.uab.edu/lister/ask).