

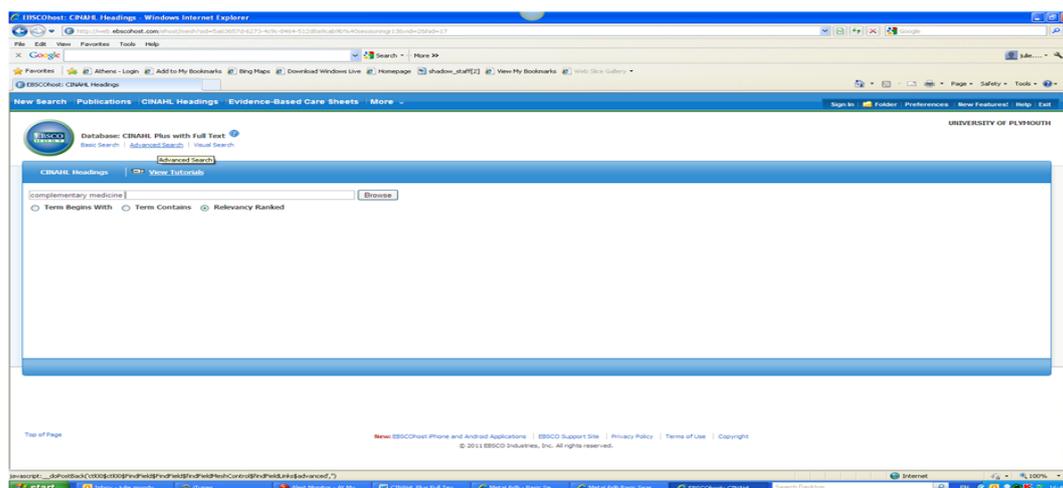
## CINAHL Plus Full Text

### Searching CINAHL

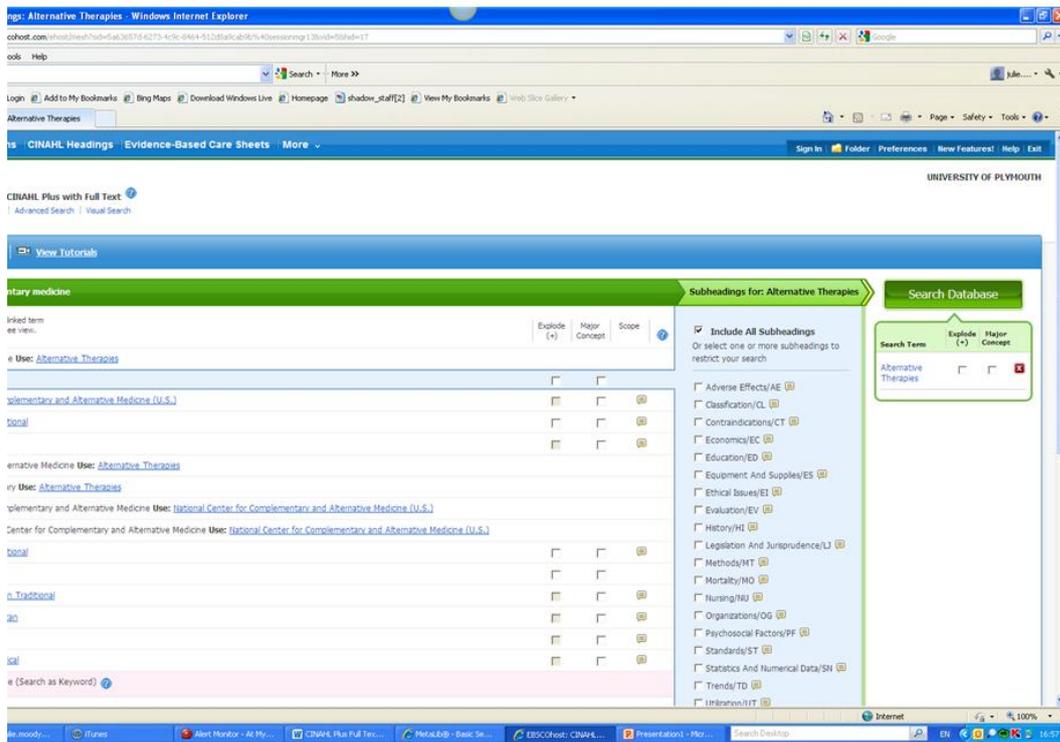
The preferred way to search is by using the controlled vocabulary called **CINAHL headings**. This way you are more likely to retrieve articles on your particular subject. It allows you to combine your searches and also save your search history.

Click on the **CINAHL headings** button and type your search term in to the  box. Click on the **Browse** button.

**CINAHL headings** maps your entry to a selection of possible subject headings. For example, complementary medicine maps to alternative therapies.



You get a list of subject headings. Check a box on the left next to a term to view the subheadings for that term.



### Explode to make your search broader

The + sign after a heading indicates that narrower headings are available to search shown indented under the broad term.

Select the **Explode** box to retrieve records on the subject heading and also the more specific terms e.g. Aromatherapy. Using Explode will **increase** the number of records you retrieve.

Explode your heading if you can. If you get too many results, you can amend your search later.

### Major concept or Focus to make your search narrower

Selecting **Major Concept** restricts your search to those records where the subject heading is the main focus of the article.

Using **Major Concept** will **reduce** the number of records you retrieve but they should be more relevant. Use this if you've already searched and have a larger number of results.

### Subheadings

You may select subheadings to make your search more specific. Any or all subheadings can be selected. Adding subheadings will reduce the number of records you retrieve.

Once you've made your selections click on **Search database** to search.

Repeat these steps for each of your search terms. Click on **CINAHL headings** to start a search for another term. Your search results will go in your Search History.

## Combining Searches

Once you have searched for each term, the next step is to combine them using **AND** and **OR**.

Click on the **Search History** tab. Your search statements are then listed with a search number.

Click on the **Clear** button to clear the find box. Select each of the search terms you wish to combine. The default is to combine the terms using **AND** which means all the terms have to be in the result. This makes your search result smaller.

To retrieve either term, e.g. if you were searching for synonymous terms select **OR** instead of **AND**. This will make your search result larger. □

Click on **Search** to run the search and display the results.

The screenshot displays the EBSCOhost search interface. At the top, there is a search bar with the text "Searching: CINAHL Plus with Full Text" and a search button. Below the search bar, there are three search terms listed: "S1 and S2", "(NH 'Alternative Therapies')", and "(NH 'Pain')". The search results are displayed in a table with columns for Search ID#, Search Terms, Search Options, and Actions. The first result is "1. Massage Therapy Usage and Reported Health in Older Adults Experiencing Persistent Pain." The result includes the journal title, authors, publication information, abstract, and subjects.

Search ID#	Search Terms	Search Options	Actions
53	S1 and S2	Search modes - Boolean/Phrase	<a href="#">View Results (796)</a> <a href="#">View Details</a>
52	(NH 'Alternative Therapies')	Search modes - Boolean/Phrase	<a href="#">View Results (22344)</a> <a href="#">View Details</a>
51	(NH 'Pain')	Search modes - Boolean/Phrase	<a href="#">View Results (38570)</a> <a href="#">View Details</a>

796 Results for...  
1. **Massage Therapy Usage and Reported Health in Older Adults Experiencing Persistent Pain.**  
(Includes abstract); Munk, Niki; Kruger, Tina; Zanjan, Faka; Journal of Alternative & Complementary Medicine, 2011 Jul; 17 (7): 609-16 [Journal article - research, tables/charts] ISSN: 1075-5535 PMID: 21668268 CINAHL AH: 2011183947  
Abstract: Background: Persistent pain is a frequent complaint among older adults and can greatly decrease quality of life while also contributing to other negative outcomes such as poor health, increased pharmaceutical medication usage, increased rates of depression, and cognitive decline. Objective: The current study ( N = 69 ) examines the potential impact of massage therapy (MT) in older adults (60+ years) with persistent pain, by comparing self-reported health outcome scores among those who have and have not utilized massage therapy in the past year. Design: The current study was derived from a larger study that collected data as part of a one-time, self-report, mail-in survey. Participants: Lexington, Kentucky area adults, 60 and older who reported persistent pain were eligible to participate in the study. Outcome measures: The RAND 36-Item Health Survey was used to determine participant health-related quality of life. Results: The current study demonstrated that for older adults experiencing persistent pain, massage is associated with self-report of less limitation due to physical or emotional issues, better emotional health, more energy/less fatigue, better social functioning, and better overall health. Age, education, cumulative mobility, number of areas in which participants reported experiencing persistent pain, and number of complementary and alternative medicine options in addition to MT utilized in the past year did not affect the association between receipt of massage and better self-reports in those domains. Conclusions: While many causes of pain for older adults elude cure, further study is warranted that examines MT as an intervention to improve coping in older adults with persistent pain.  
Subjects: Massage; Pain; Health Status; Aged: 65+ years; Middle Aged: 45-64 years; Male; Female  
Database: CINAHL Plus with Full Text

## Limiting Your Results

If your search result is still large you can reduce the number of hits by applying additional limits. Look at **Refine your results** on the left and click on **Show More** to get a number of potential limiters.

**Publication Year.** Enter the year in the first box (yyyy) and leave the second box blank to search from the year entered to the present

Avoid using the **Full Text** limit as you may miss important articles that are available as hard copy in the library or as interlibrary loans. Where the full text is available

