CINAHL is an acronym:

- Cumulative
- Index to
- Nursing and
- Allied
- Health
- Literature

CINAHL is a useful tool for searching the nursing literature

To access CINAHL, first go to the Health Science Center Library homepage: http://library.health.ufl.edu

If you are off campus, make sure you are logged into the VPN or proxy service. Mouse over the FIND tab and click on Databases. Then click on CINAHL.
The default search mode is **Advanced Search**.

To complete a simple search, type keywords into the search box. CINAHL works best when you search for one keyword at a time or when you put them in separate lines.

Use the pull down list in **Select a Field** to identify where your term should appear or what it should contain.
A basic search for diabetes mellitus returns **44,781** results. This is too many results to look through, but you can **apply limits** to narrow your search.

You can use **Search Options** to customize your search. Click **Show More** to view all limit options.

Wait to apply limits—you typically want to start with a big set of results, then add limits to narrow and focus your search.

You can select **Detailed** from the **Result Format** menu to display all available abstracts. You can also select the number of results per page.
CINAHL Headings

You can usually construct a more precise search using CINAHL Headings. First, click the CINAHL Headings tab at the top of the screen.

1. Type a keyword in the search box.
2. CINAHL will display the relevant subject headings.

You can click the box next to a subject heading to select it, and then click Search Database.

OR

You can click on the subject heading link to see more general or specific related terms.

You can click the Scope links next to subject headings to see their definitions.
Helpful Hints:

Sometimes it is better to use keywords, and sometimes it is better to use CINAHL Headings.

The most recent articles will not have been assigned CINAHL Headings, so you will need to search for them with keywords. **BUT**, CINAHL Headings usually give you more precise search results. **ALSO**, if you are looking for information on a specific device or procedure, keywords may work better.

When you are searching, **START BIG and END SMALL**.

If you apply too many limits early on, you may not see everything that’s available. Apply limits as a way to target and narrow your search. You don’t have to use them all at once.
Combining Searches

You can use Boolean operators (AND, OR, NOT) to combine your searches.

AND narrows a search. OR broadens a search. NOT ensures something is left out.

When keyword searching, you can use the drop-down menus to combine terms with AND, OR, or NOT.
When using CINAHL Headings or combining them with keywords, check the boxes next to what you want and use the **Search with AND** and **Search with OR** buttons.

Hint: Make sure to clear out the Search box. Leaving old terms in it can interfere with your search.

### Saving Items to the Folder

You can save citations for relevant articles to the folder by clicking the **Add to folder** link.

You can get to the folder by clicking on the folder icon or the **Folder View** link.

From the folder you can print, email, or save article citations as well as export them to programs like EndNote or RefWorks.
Note: When you email citations, they will come from ephost@epnet.com so don’t delete the message by mistake!

If you want to keep the citations in the folder and retrieve them later, you will need to set up a My EBSCOhost account.

Finding Full-Text Articles

Click the Find it @ UF button to see if the article is available in full text. Sometimes a direct link to the article will also appear.