What is CINAHL?

CINAHL (Cumulative Index to Nursing and Allied Health Literature) is the premier source for nursing journal literature. It indexes over 3,000 journals in the nursing and allied health fields; 610 of these are available full-text. CINAHL provides indexing from 1982 through the present for over 2.3 million articles. When full-text is unavailable, a librarian can assist with locating the complete article in this library or other libraries.

How do I start CINAHL?

From the library webpage [http://www.everettcc.edu/library/] click open the link that says “all databases by title”. Scroll down until you find the link labeled: CINAHL w/full-text and click it open.

How do I search CINAHL?

When first accessing CINAHL, you’ll see the Advanced Search page [Figure 1]. You can perform a Simple Search by entering a single term in the search box and clicking on the search button.
Advanced search options often produce relevant results quickly. Advanced options include the use of Boolean search operators and field indexes. [Figure 2]. The most useful Boolean operator is AND; Boolean AND searching requires that both concepts be present in results; a Boolean AND search narrows your results while simultaneously increasing the relevance of your results.

![Figure 2](image1.png)

![Figure 3](image2.png)
There are many ways to refine your search results either after or before you search including limiting to full text, peer reviewed or by publication date as indicated [Figure 3] post search. Limiting a search to the Journal Subset titled “Core Nursing,” [Figure 4] prior to searching. Core Nursing journals are small set of the most used and most important nursing journals.

CINAHL provides an extensive list of subject headings. To access subject headings, click once on CINAHL Headings on the advanced search screen [Figure 1]. After typing in a topic and clicking once on the browse button, you should see a list of subject headings. Clicking once on your topic will present a hierarchal listing of subject headings [Tree Views] and a list of subheadings [e.g. therapy].