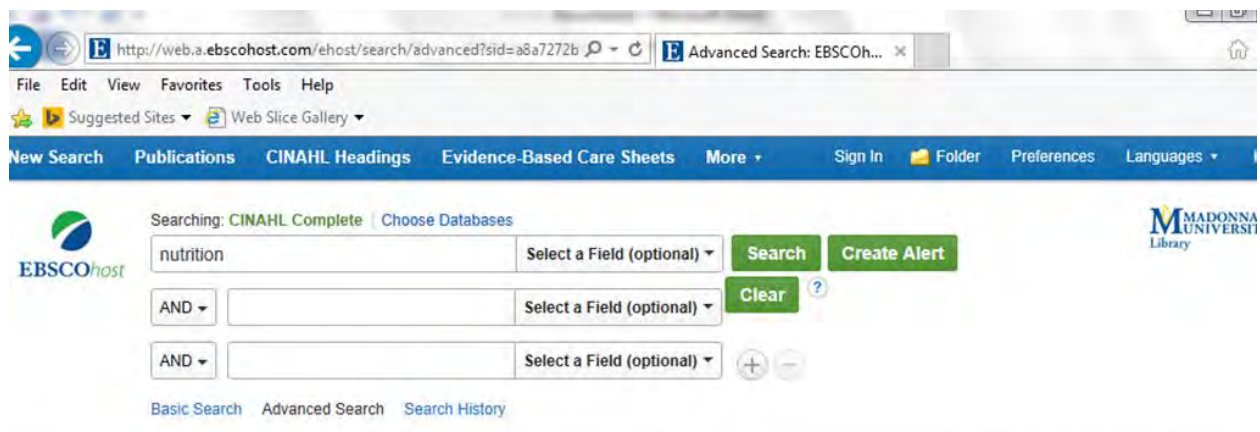


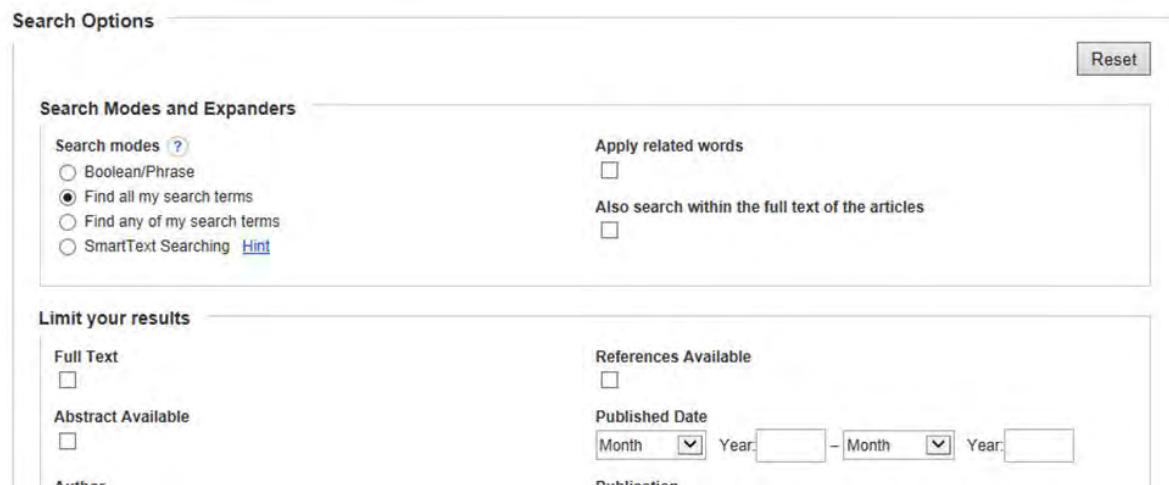
Sample Search for NUR 4430

Below is a sample search in CINAHL Complete. This tutorial will help you to learn the basics of searching in the EBSCOhost system. For the purposes of this example, the search is focused on childhood health, in particular as it is related to nutrition and physical activity.

Start your search with a keyword search to see what initial results are returned. In this example, a keyword search was done for “nutrition.” To do a keyword search in EBSCOhost, simply type a word into your first keyword box and leave the box to the right set at **Select a Field (optional)**. No limits are set on the search initially, so that you can see what comes up in your results.



The screenshot shows a web browser window with the URL <http://web.a.ebscohost.com/ehost/search/advanced?sid=a8a7272b>. The page title is "Advanced Search: EBSCOhost...". The search interface includes a navigation bar with options like "New Search", "Publications", "CINAHL Headings", "Evidence-Based Care Sheets", "More", "Sign In", "Folder", "Preferences", and "Languages". The search area features the EBSCOhost logo, the text "Searching: CINAHL Complete | Choose Databases", and a search box containing the word "nutrition". To the right of the search box is a dropdown menu labeled "Select a Field (optional)", a green "Search" button, and a green "Create Alert" button. Below the search box are two more rows, each with an "AND" dropdown, a search box, and a "Select a Field (optional)" dropdown. A green "Clear" button is also present. At the bottom of the search area are links for "Basic Search", "Advanced Search", and "Search History".



The "Search Options" panel is shown, featuring a "Reset" button in the top right corner. It is divided into two main sections: "Search Modes and Expanders" and "Limit your results".

Search Modes and Expanders:

- Search modes ?**
 - Boolean/Phrase
 - Find all my search terms
 - Find any of my search terms
 - SmartText Searching [Hint](#)
- Apply related words**
 -
- Also search within the full text of the articles**
 -

Limit your results:

- Full Text**
 -
- Abstract Available**
 -
- References Available**
 -
- Published Date**
 - Month: Year: - Month: Year:
- Author**
 -
- Publication**
 -

Click **Search** to begin. Once your results come up review them carefully. Note that keyword searches will retrieve large amounts of results and so it is helpful to locate subject headings to focus the search.

You can scroll through the first 10 or 20 articles to see what you have retrieved. Check the detailed records for the abstracts and the subject headings. Note the subject headings on articles of interest. This will help define key terms for you that are used in the database. When you use the subject headings, you will find more relevant articles. If you look at the subjects listed under the citations in your results list, you will see that in this search, **nutrition** is a subject heading, as well as **food assistance**.

The screenshot shows a web browser window displaying the EBSCOhost search interface. The search term 'nutrition' is entered in the search box. The results page shows 'Search Results: 1 - 10 of 74,647'. The first result is titled 'Support for Policies to Improve the Nutritional Impact of the Supplemental Nutrition Assistance Program in California.' The authors listed are Leung, Cindy W., Ryan-Ibarra, Suzanne, Linares, Amanda, Induni, Marta, Sugerman, Sharon, Long, Michael W., Rimm, Eric B., Willett, Walter C., and the journal is the American Journal of Public Health, 2015 Aug; 105 (8): 1576-80. The subjects listed are Food Assistance; Nutrition Policy Psychosocial Factors; Adult: 19-44 years; Middle Aged: 45-64 years; Aged: 65+ years; Male; Female. The second result is 'Oral and enteral nutrition in dementia: an overview.'

Use the subject headings to find more relevant articles and for alternate terms to search for your topic of interest.

Another way to locate subject headings is to use the **Subject: Major Heading** limit to the left of your results. Under **Refine Results** you will see a series of limits. If you click on the heading **Subject: Major Heading**, you will be given some subject headings that you can use that are related to your search. Note that for this search, **nutrition**, **diet** and **nutrition education** are all listed as subject headings as well as **health promotion**.

The screenshot shows a web browser window displaying search results on EBSCOhost. The browser's address bar shows the URL: <http://web.a.ebscohost.com/ehost/resultsadvanced?sid=a8a7272b->. The page title is "Result List: nutrition: EBSC...".

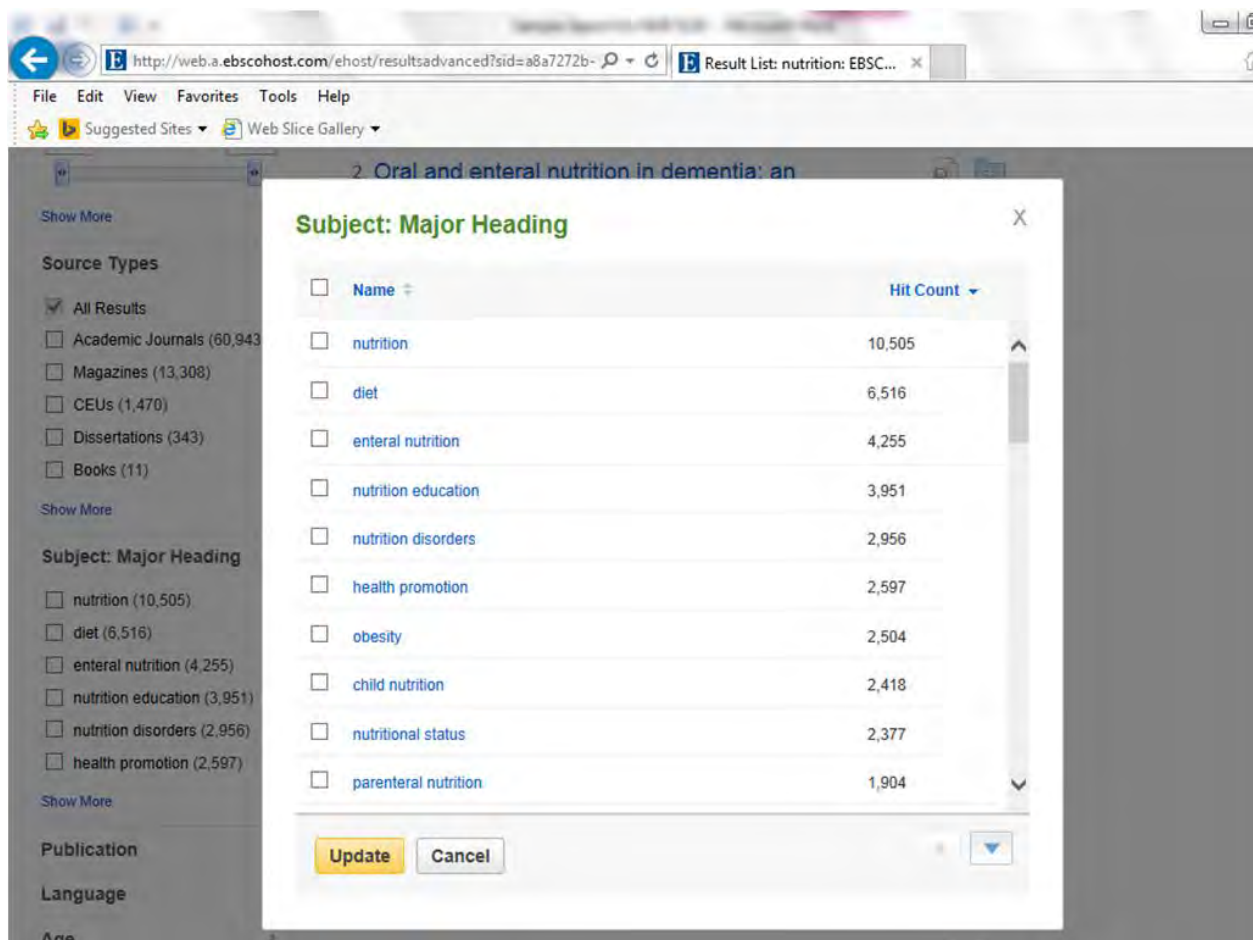
On the left side, there is a "Refine Results" panel with the following sections:

- Show More**
- Source Types**
 - All Results
 - Academic Journals (60,943)
 - Magazines (13,308)
 - CEUs (1,470)
 - Dissertations (343)
 - Books (11)
- Show More**
- Subject: Major Heading**
 - nutrition (10,505)
 - diet (6,516)
 - enteral nutrition (4,255)
 - nutrition education (3,951)
 - nutrition disorders (2,956)
 - health promotion (2,597)
- Show More**
- Publication**
- Language**

The main content area displays three search results:

- 2. Oral and enteral nutrition in dementia: an overview.**
 - (includes abstract) Brooke, Joanne; Ojo, Omorogieva; British Journal of Nursing, 2015 Jun 25; 24 (12): 624-8. (journal article - tables/charts) ISSN: 0966-0461
 - Academic Journal
 - Subjects:** Dementia Epidemiology; Enteral Nutrition; Malnutrition; Oral Health
 - [PDF Full Text](#) (773.4KB)
- 3. Portrait des étudiants universitaires en nutrition du Québec : motivations, aspirations et satisfaction concernant leurs études [French].**
 - (includes abstract) Biron, Annie; Marquis, Marie; Canadian Journal of Dietetic Practice & Research, 2015; 76 (2): 70-5. (journal article - research, tables/charts) ISSN: 1486-3847
 - Academic Journal
 - Subjects:** Nutrition Education Quebec; Student Attitudes Quebec; Motivation Quebec; Career Planning and Development Quebec
 - Cited References:** (22)
 - [PDF Full Text](#) (310KB)
 - [PlumX Metrics](#)
- 4. Understanding the link between wound care and nutrition... [including commentary by Edel McGinley].**
 - Rabess, Catherine; Journal of Community Nursing, 2015 Aug-Sep; 29 (4): 60-5. (journal article - commentary, pictorial, tables/charts) ISSN: 0263-4465
 - Academic Journal
 - Subjects:** Wound Care; Nutrition
 - [PDF Full Text](#) (3.5MB)

If you click the **Show More** link below the **Subject: Major Heading** list, you will see more subject headings. Note that you now have **obesity** and **child nutrition** listed as subject headings.



The screenshot shows a web browser window with a search results page. A modal window titled "Subject: Major Heading" is open, displaying a list of subject headings and their hit counts. The list is as follows:

<input type="checkbox"/> Name	Hit Count
<input type="checkbox"/> nutrition	10,505
<input type="checkbox"/> diet	6,516
<input type="checkbox"/> enteral nutrition	4,255
<input type="checkbox"/> nutrition education	3,951
<input type="checkbox"/> nutrition disorders	2,956
<input type="checkbox"/> health promotion	2,597
<input type="checkbox"/> obesity	2,504
<input type="checkbox"/> child nutrition	2,418
<input type="checkbox"/> nutritional status	2,377
<input type="checkbox"/> parenteral nutrition	1,904

At the bottom of the modal window, there are "Update" and "Cancel" buttons. The background search results page shows a "Subject: Major Heading" section with a "Show More" link.

If you select terms from the **Subject: Major Heading** limit window, it will limit the search that you are currently in. If you wish to perform a new search using the subject term(s) that you found, simply click cancel on the subject heading window to return to the search screen. Then go back to the top of the page and input your subject terms and select **MH Exact Subject Heading** from the **Select a field (optional)** box.

Use your results to modify your search. In the below search, “nutrition” is searched as a subject. You can look through the results and see what other terms you can use to modify the search. Since “nutrition” is a very broad term, you may want to narrow the search a little. A search for “child nutrition” as a subject will do this.

The screenshot shows a web browser window displaying the EBSCOhost search interface. The address bar shows the URL: <http://web.a.ebscohost.com/ehost/resultsadvanced?sid=a8a7272b->. The search results page is titled "Search Results: 1 - 10 of 19,817". The search term "nutrition" is entered in the search box. The results are sorted by Relevance. The first result is "Smart Strategies for Healthy Eating Out." by J., Gerald; R., Dorothy, published in Tufts University Health & Nutrition Letter, 2015 Sep; 33 (7): 1-4. The second result is "Food Literacy: Definition and Framework for Action." by Cullen, Tracy; Hatch, Janelle; Martin, Wanda; Higgins, Joan Wharf; Sheppard, Rosanna, published in Canadian Journal of Dietetic Practice & Research, 2015; 76 (3): 140-5. The left sidebar shows the "Refine Results" section with "Current Search" set to "MH nutrition" and "Limit To" options for Full Text, References Available, and Abstract Available. A publication date range is set from 1937 to 2015.

Adding keywords or additional subject headings to a search will further focus the search and help to locate more relevant articles.

In the below search, the subject heading “nutrition” has been changed to the more precise subject heading “child nutrition” and the keyword “obesity” has been added to the search. Again, look through the results to see what has been returned and look for alternate or additional subjects to add to the search to focus further.

The screenshot shows a web browser window displaying the EBSCOhost search interface. The address bar shows the URL: <http://web.a.ebscohost.com/ehost/resultsadvanced?sid=a8a7272b->. The search results page is titled "Search Results: 1 - 10 of 1,193".

Search Interface:

- Search term: child nutrition
- Subject heading: MH Exact Subject He...
- Additional term: obesity
- Buttons: Search, Create Alert, Clear

Refine Results Panel:

- Current Search: Find all my search terms: MH child nutrition AND obesity
- Limit To:
 - Full Text
 - References Available
 - Abstract Available
- Publication Date: 1985 to 2015

Search Results:

- Integrative Treatment of Pediatric Obesity: Psychological and Spiritual Considerations.**
 Boisvert, Jennifer A.; Harrell, W. Andrew; *Integrative Medicine: A Clinician's Journal*, 2015 Feb; 14 (1): 40-7. (journal article - review) ISSN: 1546-993X
 Subjects: Pediatric Obesity Therapy; Integrative Medicine In Infancy and Childhood; Cognitive Therapy In Infancy and Childhood; Pet Therapy In Infancy and Childhood; Child: 6-12 years
 Cited References: (157)
 PDF Full Text (334.2KB)
- Global metabolomic profiling targeting childhood obesity in the Hispanic population.**
 (includes abstract) Butte, Nancy F.; Yan Liu; Zakeri, Issa F.; Mohnev, Robert

Continue to add subject terms or keywords against your main search to locate relevant articles. In this search, the keyword searches of “obesity” and “physical activity” have been added to the subject search of “child nutrition.” Play with the various synonyms that you find for your topic and, if of interest, add a specific population to the search to focus.

The screenshot shows a web browser window with the EBSCOhost search interface. The search bar contains the terms "child nutrition", "obesity", and "physical activity" connected by "AND" operators. The search results page displays "Search Results: 1 - 10 of 362". The first result is titled "1. Household Factors, Family Behavior Patterns, and Adherence to Dietary and Physical Activity Guidelines Among Children at Risk for Obesity". The authors listed are Kunin-Batson, Alicia S.; Seburg, Elisabeth M.; Crain, A. Lauren; Jaka, Meghan M.; Langer, Shelby L.; Levy, Rona L.; Sherwood, Nancy E.; and the journal is Journal of Nutrition Education & Behavior, 2015 May-Jun; 47 (3): 206-15. The page also includes a "Refine Results" sidebar with options to limit results by "Full Text", "References Available", and "Abstract Available", and a "Limit To" section with a "Publication Date" slider set from 1997 to 2015.

Once you have focused into your best searches, you can limit your results to peer-reviewed or to a date limit. On the results screen, to limit to peer-reviewed items, click on the **Show More** link under the **Limit To** area and a limits window will open. Click in the box under **Peer Reviewed** and click the **Search** button at the top of the window. This will limit your current results. You can also add date limits here or use the publication date slider under the **Limit To** area.

To see how to add items to a folder and how to print, email and save items from a folder, continue to the next tutorial entitled: “Adding Items to a Folder in EBSCOhost.”