

Cracking CINAHL: A Guide to Research Success

Accessing CINAHL

library.bc.edu → Search for CINAHL

libguides.bc.edu/NURS2231

Note: use the VPN if off-campus

Developing a Search Strategy

Step 1: Identify Keywords

Break your research topic into key concepts and identify keywords for those concepts.

Concept	Keywords
<i>diabetes</i>	<ul style="list-style-type: none"> - <i>diabetes mellitus</i> - <i>type 2 diabetes</i>
<i>treatment</i>	<ul style="list-style-type: none"> - <i>insulin therapy</i> - <i>medications (Metformin, Sulfonylureas, etc.)</i> - <i>lifestyle changes (exercise, diet, weight loss)</i>
<i>complications</i>	<ul style="list-style-type: none"> - <i>diabetic neuropathy/peripheral neuropathy</i>

Step 2: Use Boolean Operators

- **AND** (narrows search): "Diabetes AND foot ulcers"
- **OR** (broadens search): "Pediatric OR children"
- **NOT** (excludes terms): "Medication errors NOT physician"

Step 3: Apply Limiters

- Research Articles only
- Peer-reviewed nursing journals
- Date: Published within the last 5 years

→ consider other aspects of your articles that are essential – is there a limiter for that?

Example Searches

1st Keyword	AND/OR/NOT	2nd Keyword	AND/OR/NOT	3rd Keyword
<i>diabetes mellitus</i> <i>type 2 diabetes</i>	<i>AND</i> <i>AND</i>	<i>Metformin</i> <i>exercise</i>	<i>OR</i> <i>AND</i>	<i>Sulfonylureas</i> <i>diabetic neuropathy</i>

Evaluating Sources

Use the following checklist to ensure your selected article meets assignment requirements:

- Is the primary investigator a nurse?
 - Is the article from a peer-reviewed journal?
 - Is it current (published within the last 5 years)?
 - What research method was used? (Quantitative, qualitative, meta-analysis, etc.)
 - Does the study provide clinical significance?
-

Citing Your Sources in APA Format

BC Libraries APA Guide: <https://libguides.bc.edu/apa>

Basic APA Citation for a Journal Article: Author(s). (Year). Title of article. *Journal Name*, Volume(Issue), Page range. <https://doi.org/xxxx>

Example: Smith, J. A., & Brown, K. L. (2022). Best practices in diabetes management. *Nursing Journal*, 45(3), 120-135. <https://doi.org/10.xxxx>

Need Help?

- Utilize the Ask Us services through the BC Libraries, including 24/7 chat and the Research Help Desk on the 3rd floor of O'Neill Library.
 - Contact nursing-reference-bcl-ggroup@bc.edu for research assistance.
 - Use the **course guide** for additional help.
-

Happy Searching!