This online tutorial will explain 5 search strategies that will be helpful to you. We are going to use the CINAHL database, the Cumulative Index to Nursing and Allied Health Literature. These are the 5 search strategies. The first one is How to use the subject term function which acts like a thesaurus so you know the exact medical term used by the database. I am going to show you three examples the first one is breast cancer and I am going to click the box Suggest Subject Term and do a search. This will show you that breast cancer is not the term that the database uses but its Breast Neoplasms so I would select Breast Neoplasms and then go over and search the database. My second example is leukemia and I’m going to ask what the suggested terms are, Suggest Subject Terms, do my search, and it’s going to ask me if I want Chronic or Acute so I’ll pick Chronic and then I’ll search the database and it will give me the exact medical subject term. For this example I am going to use diabetes and Suggest Subject Term and my choses Insulin-Dependent or Non-Insulin-Dependent. I’m going to pick Non-Insulin-Dependent and then I’m going to use some subheadings. I’m going to use Diet Therapy, I’m going to use Drug Therapy, I’m going to use Etiology, and Nursing, and Physiopathology once I select the subheadings I’m going to search the database, I’ll use it as a Major Concept and search the database. That’s the first search strategy the search terms. The second one is the Date we’re going to restrict it to the last 5 years, so we’re going to pull the bar across until we get to the last 5 years and we’ll update our results, so we now have the correct subject term we have the correct dates. The third one is to make this a USA publication, so over on the left you’re going to select Show More Options Set, scroll down to Journal Subset, scroll down to the bottom of the Journal Subset which is alphabetical until you find USA, and then Scroll Down and revise your search again. So we now have our Subject Term, we have our Date, we have our Journal Subset. The fourth is Core Nursing Journal so again we are going to go to Show More Options Set, we’re going to go to the same Journal Subset and we’re going to go down until we find Core Nursing Journals select it, scroll down, hit your search, and we’re down to 55 results. The last one I’m going to show you is based on Journal articles that are more than one page long, some of them are a half a page or a paragraph so we’re going to go down again to our Show More Options Set, over on the right were going to scroll down till we find the number of pages, and we’re going to change that to Greater Than 1, and then again we’ll scroll down and do our search and we are left with 31 results. Now the last limiter is Full Text. You might want to ask for full text and you might not. The reason you might not is because you will miss the American Journal of Nursing and this will also give you journals we don’t subscribe to that you could get through inner library loan. For this example I’m going to hit Full Text and do an update and I’m left with 9 results that I believe will be good journal articles for your research paper.