CINAHL or Cumulative Index to Nursing and Allied Health Literature is the primary database for nursing literature. Use the help screen to get started or ask a reference librarian.

**Step One:** Check the terms you will be using in the "CINAHL Headings." It is essential to use the correct terminology when locating articles and you must match your terms to the subject heading used.

*For example: the term "Hispanics" is used for "Latinos or Chicanos”*

**Step Two:** Begin searching by typing your terms in the search screen. You may use Boolean logic. Remember to use the pull down menu to search by subject, keyword, author, journal title, etc.

*For example: Hispanics and euthanasia*

**Step Three:** Look at the citations to determine if the titles of the articles fit with the type of information that you need. Remember: no perfect search formula exists and you may need to try different terms and different styles of searching.

**Step Four:** Fine-tune your search by clicking on the “search options” button on the right hand side. You may also want to select the format and additional subject headings from the left of the results screen, You will definitely want to limit your search to scholarly or peer reviewed publications for a formal research paper. You may also want to limit your search by dates or document or publication type. **NOTE:** do not limit by full text unless you are doing a small paper. This may eliminate journals that are available in print form in the library.

**Step Five:** Locate articles by looking for “Linked full-text,” “PDF Full-text,” or “HTML full-text” under the citation. Click on this link to read or print the actual article. Locate journals by using “check linksource” in the EBSCOhost format. This will take you to the Watson Libraries catalog to determine if the journal is available in print or another database. For articles not available in print or full text, use **Interlibrary Loan** to get the article.