

## CINAHL Review Tips

Remember these basic steps to improve the quality of your CINAHL searches.

### To Use CINAHL Headings:

- Click on the tab **CINAHL Headings**
- Enter your own keyword (“Bedsore”) into the **Browse** box
- **Identify** and **select** the official CINAHL subject term (“Pressure Ulcer”)
- Select **Major Concept** if you want your topic to be the major thrust of the articles
- Click on **Search the Database**

### To Refine and Add Limits to Your Search:

- Click on the **Search Options** link to the right of your results.
- Select the appropriate limiters, such as:
  - **Full Text** and **SU Journal Holdings**
  - **Publication Year** or **Published Date**
  - **Journal Subset** (“Nursing” or “Core Nursing”)
  - **Publication Type** (“Research,” “Nursing Interventions,” etc.)
- Click on **Search** to apply the limiters