Contact Information

- Tom Schmiedel
- Room 103 Haas Library
- 203-837-9141
- schmiedeltf@wcsu.edu
1. Off campus access
2. Information Landscape
3. Databases: WestSearch, CINAHL, Medline/PubMed
4. Search process (search strategy)
   • Boolean Searching: Use of AND, OR to narrow or broaden search
   • Searching CINAHL
5. APA Style
6. Health statistics
7. Time for searching
Off campus access
Off campus access

• Access all library resources (1) through the library website or (2) through a link provided to you by a faculty/staff member or by Blackboard. Links provided to you should have been created such that they are routed through the library system.

• When you click on a library linked database/resource, you will be prompted to sign in.
  • Graphics on next slides illustrates this.
  • Use your banner/Windows username and password.
    • username001@wscu.edu (do not add connect) as you would in an email.
    • You will only have to log in one time, as long as you leave the browser open.
Off campus access

• This is the page for Nursing & Health Databases, which is accessed from the main library page under Databases by Subject.

• Once you click a database link, when off campus, you will be prompted to log into the system.
Off Campus Access

• When you are off campus and click on a link, you will get a window like this.

• Use your WCSU username@wscu.edu and password
Support

https://support.wcsu.edu/
Questions?
Information Landscape
Everything written about the effect of \textit{nutrition} on \textit{health} for the \textit{elderly}

1. Popular Writing (New York Times, Newsweek, Scientific American, novels, etc.)

2. Scholarly Writing “Peer Reviewed” (Nurse Educator, American Journal of Nursing, Journal of Neuroscience Nursing, etc.)

Primary Secondary
Scholarly vs. Popular Journals

**Scholarly**

**BMC Geriatrics**


**Abstract**

**Background**

The increasing proportion of people growing old, demands expanded knowledge of how people can experience successful aging. Having a good life while growing old is dependent on several factors such as nutrition, physical health, the ability to perform activities of daily living, lifestyle and psychological health. Furthermore,

**Popular**

**Time Magazine**

https://time.com/5636684/apple-bacteria-microorganisms/

**Article Title:**

Your Apple Has 100 Million Microorganisms Living On It. Should You Care?

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## Scholarly vs Popular Writing

**Characteristics**

[http://www.library.georgetown.edu/tutorials/scholarly-vs-popular](http://www.library.georgetown.edu/tutorials/scholarly-vs-popular)

<table>
<thead>
<tr>
<th>Scholarly</th>
<th>Popular</th>
</tr>
</thead>
<tbody>
<tr>
<td>Articles written by experts: often professors</td>
<td>Articles written by non-specialists</td>
</tr>
<tr>
<td>Articles often go through a peer review process: independent experts evaluate the article before it’s published</td>
<td>Articles are reviewed by an editor, but not by a panel of experts</td>
</tr>
<tr>
<td>Articles have footnotes and bibliographies</td>
<td>Articles may or may not mention sources in the text</td>
</tr>
<tr>
<td>Minimal advertising, graphics, or illustrations unless relevant to the article (for example, art journals)</td>
<td>Extensive advertising, lavish photos, colorful cover to market the magazine</td>
</tr>
</tbody>
</table>
Peer Review: https://youtu.be/rOCQZ7QnoN0

• Three minute video, University of North Carolina
Scholarly vs Popular Writing
How to Know for Sure ...

• Use database filters/checkboxes
• Sometimes journals specify in an “About” link, on the home page of the journal, that they are peer reviewed.
Database filters/checkboxes (CINAHL Advanced Search) Peer Reviewed
Ulrich’s Periodical Directory
http://ulrichsweb.serialssolutions.com
Ulrich’s Periodical Directory
Questions?
The Flow of Scientific Information
Science Lab Report (example)

1. Problem – What are you trying to figure out? Write this in the form of a question.

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

2. Hypothesis – What do you think you are going to find out?

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

3. Materials – List the materials you will use in the experiment.

______________________________________________________________________________________________
______________________________________________________________________________________________

4. Procedures – Make a detailed list of the steps in your experiment.

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

5. Results – What did you observe when you performed the experiment?

______________________________________________________________________________________________
______________________________________________________________________________________________

6. Conclusion – From what you observed, how would you answer your original question?

______________________________________________________________________________________________
______________________________________________________________________________________________
The Flow of Scientific Information

Primary and Secondary Resources


**Primary sources** are original materials that provide firsthand records of events, experiments, creative works, or statistics. They form the basis for subsequent interpretations, analyses, and explanations. Some examples of primary sources are quantitative, qualitative and empirical research studies.

**Secondary sources** are materials that provide interpretations, explanations, and descriptions of primary sources. Some examples of secondary sources are editorial and review articles, media, and other reports that review events, experiments, and creative works.
Evaluating a community-based stroke nursing education and rehabilitation programme for patients with mild stroke.

Authors: Wang, Lee; Chen, Chu-Mei; Liao, Wen-Chun; Hsiao, Chun-Yin

Affiliation: Department of Public Health, Chung-Shan Medical University
Department of Neurology, Chung Shan Medical University Hospital
School of Nursing, Chung Shan Medical University
Public Health Bureau


Publication Type: journal article - research, tables/charts

Language: English

Major Subjects: Stroke – Nursing
Stroke Patients – Education
Stroke – Rehabilitation
Health Knowledge – Evaluation
Community Health Nursing – Evaluation

Minor Subjects: Human; Taiwan; Adult; Middle Age; Aged; Aged, 80 and Over; Male; Female; Psychological Tests; Interviews; Descriptive Statistics; Data Analysis; Statistical; Data Analysis Software; T-Tests; Chi Square Test; Repeated Measures; Analysis of Variance; Post Hoc Analysis; Spearman’s Rank Correlation Coefficient; P-Value; Self-Efficacy – Evaluation

Abstract: This study evaluated whether mild stroke patients who received a community-based stroke nursing intervention had better stroke knowledge, behaviour and self-efficacy than those who were exposed to traditional education programmes. The intervention group consisted of sixty five stroke patients randomly selected from seven communities who received three 2-hour stroke interventions per week for 8 weeks. The normal care group consisted of sixty two stroke patients randomly selected from a medical centre who received a general stroke education programme. The stroke patients in two...
This study evaluated whether mild stroke patients who received a community-based stroke nursing intervention had better stroke knowledge, behavior and self-efficacy than those who were exposed to traditional education programmes. The intervention group consisted of sixty five stroke patients randomly selected from seven communities who received three 2-hour stroke interventions per week for 8 weeks.

Authors: Green, Theresa; Kelloway, Linda; Davies-Schinkel, Corrine; Hill, Michael; Lindsay, M Patrice

Source: Canadian Journal of Neuroscience Nursing (CAN J NEUROSCI NURS), 2011; 33 (3): 13-23. (38 ref)

Publication Type: journal article - research, systematic review, tables/Charts

Language: English

Major Subjects: Accountability, Clinical Effectiveness, Neuroscience Nursing, Nursing Outcomes, Quality of Nursing Care, Stroke — Nursing

Minor Subjects: Acute Care, After Care; CINAHL Database, Cochrane Library; Embase; Humart; Medline; Nursing Interventions; PubMed; Research — Evaluation, Scales; Systematic Review

Abstract: Over the past decade, an exciting area of research has emerged that demonstrates strong links between specific nursing care activities and patient outcomes. This body of research has resulted in the identification of a set of “nursing-sensitive outcomes” (NSOs). These NSOs may be interpreted with more meaning when they are linked to evidence-based best practice guidelines, which provide a structured means of ensuring care is consistent among all health care team members, across geographic locations, and across care settings. Uptake of evidence-based best practices at the point of care has been shown to have a measurable positive impact on processes of care and patient outcomes. The purpose of this paper is to present a systematic, narrative review of the literature regarding the clinical effectiveness of nursing management strategies on stroke patient outcomes sensitive to nursing interventions. Subsequent investigation will explore current applications of nursing-sensitive outcomes to patients with stroke, and identify and validate measurable NSOs within stroke care delivery.

Secondary research

Article Abstract

The purpose of this paper is to present a systematic, narrative review of the literature regarding the clinical effectiveness of nursing management strategies on stroke patient outcomes sensitive to nursing interventions.
Questions?
Nursing Journals
Databases
Cumulative Index to Nursing and Allied Health Literature

http://www.ebscohost.com/academic/cinahl-complete
Databases
(also called article databases, index or index/abstract databases)

• Articles are **indexed** in databases **fields**.
• Similar to ...
  • Index of **topics** in back of a book
  • Index of **authors** in back of a book
  • Subjects and authors could be database **fields**
Databases
(also called article databases, index or index/abstract databases)

- Generally, one searches using words or **terms in fields**. Each field can be indexed.
  - Abstract
  - Title
  - Keyword
  - Subject
  - Author
  - Publication

- “Select a field” in Ebsco generally means will search in all fields. Will illustrate.
Databases
(also called article databases, index or index/abstract databases)

• Have filters to let you specify ...
  • Year(s) published
  • Types of resources/studies (journal article, clinical trial, meta-analysis, etc.)
  • Geographic data
  • Age
  • Gender
  • Nursing journals
  • And more ...
Databases
(also called article databases, index or index/abstract databases)

• CINAHL, PubMed, Medline, ProQuest Dissertations & Theses, Education Resources Information Center (ERIC), Education Research Complete, Sage Education Collection

Getting the actual article

• Some databases
  • (a) provide the actual article within the database
  • (b) link out to the article somewhere outside of the database
  • (c) do not provide the article (in which case one needs to use interlibrary loan ILL)

• Don’t forget to get the citations
CINAHL Advanced Search
Boolean Search

• How can you promote health related to nutrition in the elderly?
Search Terms

- nutrition: 283K results
- elderly: 167K results
- health promotion: 149K results
Alternate Terms – Boolean OR

Nutrition

283K results

Nutrition OR diet

373K results
Boolean AND

nutrition AND elderly

= only area common to both

22K results
Boolean **AND** with **OR**

- Nutrition OR diet
- Elderly OR geriatric

nutrition **AND** elderly

= **only area common to both**

38K results
**Boolean AND**

nutrition AND elderly AND health promotion

= **only area common to all**

3,340 results
Boolean Searching

283K results (search in multiple fields)

26K results (search in title)
Boolean **AND**

nutrition AND elderly

= **only area common to both**

22K results (search in multiple fields)

**280 results (search in title only)**
Boolean **AND**

(nutrition OR diet) AND (elderly OR geriatric)

= only area common to both

38K results (search in multiple fields)

479 results (search in title only)
Boolean AND

(Nutrition OR diet) AND (elderly or geriatric) AND (health promotion OR health education)

= only area common to all

23K results
CINAHL
Databases By Subject
Databases By Subject

The databases below cover general subjects and are great places to start, no matter what...
Nursing Databases

Databases: Nursing, Medicine, and Allied Health

- CINAHL Complete
  This is the definitive research tool for nursing and allied health professionals. With CINAHL Complete, users get fast and easy access to top nursing and allied health journals, evidence-based care sheets, and quick lessons. Indexing for more than 5,000 journals. Full text for more than 1,000 journals.

- MEDLINE 1966-present
  Premier source for bibliographic and abstract coverage of biomedical literature. Includes information from Index Medicus, Index to Dental Literature, and International Nursing, as well as other sources of coverage in the areas of allied health, biological and physical sciences, humanities, and information science as they relate to medicine and health care, communication disorders, population biology, and reproductive biology.

- Ovid Nursing Journals
  The Ovid Nursing Collection provides access to a collection of high-quality nursing journals.

- PubMed

Reference Databases for Nursing and Health

- Nursing Reference Center
  Nursing Reference Center (NRC) provides a user-friendly interface for nurses, nurse administrators, nursing students, and faculty. It is the best available and most recent clinical evidence and links to nursing-specific graphical interfaces.

- DSM Library (Psychiatry Online)
  The standard diagnostic tool used by mental health professionals. Research, accurate diagnosis, and thus appropriate treatment. The disorder with its corresponding diagnostic code is accompanied by descriptive details including associated features, prevalence, gender-specific features, and differential diagnosis.

- Health and Psychosocial Instruments Database (HiAPI)
  Produced by the Behavior Measurement Database Service.
CINAHL Homepage
Initial Search
Default Settings - No Limiters
Advanced Search – Default Settings
Boolean (nutrition OR diet)
Default Settings
NOT Default Settings
NOT Default
Settings

NOT in FT
Published Date
English
Peer Reviewed
Same Search
Except
Now Changed to Title Field
With additional search terms
The effect of nutrition on older people's mental health.

Authors: Harbottle, Lynn
Affiliation: Freelance consultant in nutrition and dietetics
Publication Type: Article
Language: English

Major Subjects: Public Health Nutrition, Mental Health -- In Old Age, Gerontologic Nursing -- Education, Nutrition, Health Promotion -- Methods

Abstract: In the context of a rapidly ageing population, with an increasing prevalence of mood disorders and a greater incidence of physical illness in older adults, it is imperative that their healthcare needs are effectively addressed. Nutritional vulnerability increases in later life for various reasons, related to the physiological impact of ageing as well as social and economic challenges. Specific nutrients and overall diet quality may impact on mood. Depression and anxiety in turn impact on interest in and ability to eat and may further distort intake and exacerbate symptoms. Whether working with older adults living at home or in the care setting, nurses need to be aware of and able to identify, refer and support those who need help. This article aims to raise awareness and provides some practical guidance for nurses working with older adults experiencing mood disorders.
Subject Mental Health in Old Age
Effects of a physical activity and nutrition program in retirement villages: a cluster randomised controlled trial.

Authors: Janice, Jonnie, Holt, Anne-Marie; Lee, Andy; Kerr, Deborah; Robinson, Suzanne; U Tang; Anderson, A. S.; Hills, Andrew; Howard, Peter.


Publication Type: Article

Language: English

Major Subjects: Health Promotion — Methods — in Old Age, Physical Activity — in Old Age, Diet — in Old Age

Minor Subjects: Human, Randomized Controlled Trials, Random Assignment, Intervention Trials, Housing for the Elderly, Middle Age, Aged, Aged, 60 and Over, Western Australia, Prospective Studies, Single-Blind Studies, Questionnaires, Nutritional Assessment, Body Weights and Heights, Blood Pressure Determination, Physical-Activity Design, Chi Square Tests, T Tests, Regression, Descriptive Statistics, Statistical Significance, P Value, Weight Loss, Resistance Training, Fruit, Food Intake

Abstract: Background: This cluster randomised controlled trial aimed to determine if a 6-month home-based intervention could improve the physical activity and dietary behaviours of adults aged 60 to 80 years living in retirement villages located in Perth, Western Australia. Methods: Participants (n = 303) from 38 retirement villages were recruited into the trial and allocated to the intervention (n = 157), control (n = 156) and 21 sites (n = 155) group and were invited. Participants were allocated to the intervention or control group at random. Participants were randomly assigned to the intervention or control group at random and were allocated to the intervention or control group at random. Participants were randomly assigned to the intervention or control group at random and were allocated to the intervention or control group at random.
Physicians’ Discussions About Body Weight, Healthy Diet, and Physical Activity With Overweight or Obese Elderly Patients.

Authors: Ann, SangNam; Smith, Matthew Lee; Ory, Marcia G.

Affiliation: University of Memphis, Memphis, TN, USA; Texas A&M Health Science Center, College Station, TX, USA; Texas A&M Health Science Center, College Station, TX, USA; Texas A&M Health Science Center, College Station, TX, USA

Source: Journal of Aging & Health (J AGING HEALTH), Oct 2012; 24(7): 1179-1202 (24p)

Publication Type: Journal Article - research, tables/charts

Language: English

Major Subjects: Physicians
Obesity — Therapy — In Old Age
Health Education — In Old Age
Health Promotion — In Old Age
Weight Control — In Old Age
Physical Activity — In Old Age
Body Weight — In Old Age
Diet — In Old Age
Gerontologic Care

Minor Subjects: Aged; Aged, 65 and Over; Descriptive Statistics; Human; Body Mass Index; Surveys; Logistic Regression; Severity of Illness; Health Resource Utilization; Health Status; Communication; Professional-Patient Relations; Survey Research; Texas; Ethnic Groups; Educational Status; Male; Female; Comorbidity; Questionnaires; Eating Behavior; Life Style; Sedentary; Data Analysis Software; Odds Ratio; Confidence Intervals; Self Report; Outpatients; Patients' Compliance

Journal Subset: Biomedical; Peer Reviewed; USA

Special Interest: Gerontologic Care

Instrumentation: Patient Health Questionnaire (PHQ)
Journal Finder (Link Resolver)

Title Search Results
I found 1 title that matches your search.
You searched for:
Journal of Aging & Health
Issn: 0898-2643 Date: 20121001 Vol: 24 Issue: 7
“Physiciansâ€™ Discussions About Body Weight, Healthy Diet, and Physical Activity With Overweight or Obese Elderly Patients.” p.1179

Journal of Aging and Health
ISSN: 0898-2643 1552-6887

Alternate Titles: Aging health | J Aging Health | Journal of Aging Health an Interdisciplinary research forum | JAHEEG

Sources
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Place an Interlibrary Loan Request
Other Libraries
This is the only title that your search found.
• You can see the sources and the coverage dates (full text begin and end dates).
• About coverage dates ...
  – Sometimes the data displayed is incorrect.
  – The pages displayed are created as a result of several computer systems communicating.
  – Sometimes they do not get along as well as we would like, and a result is incorrect data.
  – If you see a link to buy the article, NO.
  – If you have trouble you can always contact me.
Other things you might see ...

Check dates for coverage. In this case, ILL is only choice.
Interlibrary Loan
Interlibrary Loan

Form is auto-filled from database
Quantitative and Qualitative Studies
Quantitative

1. NUTRITIONAL PROFILE OF ELDERLY AND ITS ASSOCIATION WITH COGNITIVE AND SOCIODEMOGRAPHIC FACTORS.


Objective: To verify associations of nutritional status with socio-demographic factors and cognitive status of a population of non-institutionalized elderly. Method: documentary, analytical and t...
Pretest OR Pre-test
Tools - Cite
Questions?
CINAHL Headings
CINAHL Headings – Explode Results
CINAHL Headings – Major Topic
CINAHL Headings – Major Topic
CINAHL Help

Scroll to bottom of help file
Questions?
APA Citation Style

http://libguides.wcsu.edu/styles
Publication Manual of APA in WestSearch (Library Catalog)
Purdue OWL

https://owl.english.purdue.edu/owl/section/2/10/
In Text Citations

Reference citations in text are covered on pages 169-170 of the Publication Manual. What follows are some general guidelines for referring to the works of others in your essay.

Note: On pages 65-66, the Publication Manual suggests that authors of research papers should use the past tense or present perfect tense for signal phrases that occur in the literature review and procedure descriptions (for example, Jones (1998) found or Jones (1998) has found...). Contexts other than traditionally-structured research writing may permit the simple present tense (for example, Jones (1998) finds).
Purdue OWL
Reference List -
Electronic Resources

Reference List: Electronic Sources (Web Publications)

Please note: Some electronic citations necessitate the use of brackets. APA style dictates that brackets should directly surround their content without spaces (e.g., [bracketed content]) should look like this. When possible, include the year, month, and date in references. If the month and date are not available, use the year of publication. Please note, too, that the OWL still includes information about print sources and databases for those still working with these sources.

Cite your source automatically in APA

Website • Search by URL, title, or keyword

Using citation machines responsibly

Webpage or Piece of Online Content

Individual webpages and documents hosted online are cited similarly to print content. Note, however, that the URL is typically included at the end of the entry. The URL may, at the author’s discretion, be left as an active link. Include additional information (like translators, editors, first edition publication date, and so on) as you would for print sources.


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Center for Disease Control (CDC)
https://www.cdc.gov/
CDC – Stroke

https://www.cdc.gov/stroke/
National Center for Health Statistics

https://www.cdc.gov/nchs/hus/index.htm
US Census Data

http://www.census.gov/
Nursing Research Library Guide

http://libguides.wcsu.edu/nurinfo

• Short, 6 question survey