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
Written Record - Categories

Everything written about the effect of nutrition on health for the elderly

Primary Secondary

1

2

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

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

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Popular

**Time Magazine**

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

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

<table>
<thead>
<tr>
<th>Title</th>
<th>Publisher</th>
<th>ISSN</th>
<th>Country</th>
<th>Status</th>
<th>Serial Type</th>
<th>Format</th>
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<tbody>
<tr>
<td>Nurse Researcher</td>
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<td>2047-8992</td>
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<td>Active</td>
<td>Journal</td>
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<td>Active</td>
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<td>Research Nurse</td>
<td>Lippincott Williams &amp; Wilkins</td>
<td>0029-6562</td>
<td>United States</td>
<td>Active</td>
<td>Journal</td>
<td>Print</td>
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<tr>
<td>Nursing Research Report</td>
<td>American Nurses Foundation, Inc.</td>
<td>0044-7781</td>
<td>United States</td>
<td>Ceased</td>
<td>Print</td>
<td></td>
</tr>
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<td>United States</td>
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<td>Journal</td>
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<td>Nursing Research</td>
<td>Departments of Health and Social Security</td>
<td>0141-3999</td>
<td>United States</td>
<td>Active</td>
<td>Journal</td>
<td>Online</td>
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<tr>
<td>Nursing Research Abstracts</td>
<td>Association of Rehabilitation Nurses</td>
<td>1070-5767</td>
<td>United Kingdom</td>
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<tr>
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<td>United States</td>
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<td>Print</td>
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<tr>
<td>Research for Nursing Practice</td>
<td></td>
<td>1526-9999</td>
<td>United States</td>
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<tr>
<td>Asian Nursing Research</td>
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<td>1796-1312</td>
<td>United Kingdom</td>
<td>Active</td>
<td>Journal</td>
<td>Print</td>
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<tr>
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<td>Elsevier Ltd</td>
<td>2093-7469</td>
<td>United Kingdom</td>
<td>Active</td>
<td>Journal</td>
<td>Online</td>
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<td>Child Health Nursing Research</td>
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<td>2287-9110</td>
<td>Korea, Republic</td>
<td>Active</td>
<td>Journal</td>
<td>Print</td>
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<tr>
<td>Child Health Nursing Research</td>
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<td>2287-9129</td>
<td>Korea, Republic</td>
<td>Active</td>
<td>Journal</td>
<td>Online</td>
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<tr>
<td>Nursing Research and Practice</td>
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<td>2090-1429</td>
<td>United States</td>
<td>Active</td>
<td>Journal</td>
<td>Print</td>
</tr>
</tbody>
</table>
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, Chiu-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 program. The intervention group consisted of 65 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 66 stroke patients randomly selected from a medical center who received a general stroke education programme. The stroke patients in two

Article Abstract

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.
Secondary Article

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
Databases

• Collections of articles, reports, books, and other types of items
• Provide a means of searching for information you need
• Databases are designed and organized in a manner to help you search
• Might include actual “text” or might just be an index without text
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

<table>
<thead>
<tr>
<th>Popular Databases</th>
<th>Databases by Subject</th>
<th>Browse A to Z List</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Databases</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The databases below cover general subjects and are great places to start, no matter what.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Find Databases by Subject**

To find databases for specific subjects, check out the pages below or filter the A-Z list by subject:

- Business
- Communication & Media Arts
- Education & Educational Psychology
- English, Languages, & Literature
- History & Non-Western Cultures
- J.L.A: Justice & Law Administration
- Math & Computer Science
- News
- Nursing, Medicine, & Allied Health
- Philosophy & Humanistic Studies
- Psychology
- Reference & Statistics
- Sciences
- Social Sciences
- Visual & Performing Arts
Nursing Databases

Databases for Nursing and 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 1,100 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 tool aimed at nurses, nurse administrators, nursing students, nurse faculty, and students of nursing. 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 to make accurate diagnoses and appropriate treatment plans for mental disorders. This database includes descriptive details including associated features, prevalence, gender-specific features, and differential diagnosis.

- Health and Psychosocial Instruments Database (HiAP)
  - Produced by Behavior Measurement Database Services
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

Source: British Journal of Community Nursing (BJ COMUNITY NURSING), 2019 Supplement7, 24(Suppl7), S12-S16, (5p)

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: Jane, Jodie; Holt, Anne-Marie; Lee, Andy; Kerr, Deborah; Robinson, Suzanne; Tang, Andrew; S., Hills, Andrew; Howard, Peter

Affiliation: Collaboration for Evidence, Research and Impact in Public Health, School of Public Health, Curtin University, GPO Box U1967, Perth, WA 6845, Australia; School of Public Health, Curtin University, GPO Box U1967, Perth, WA 6845, Australia; Chinese Evidence-based Medicine Center, West China Hospital, Sichuan University, No. 37 Guehuai Alley, Chengdu, Sichuan Province 610041, China; Centre for Public Health Nutrition Research, Division of Cancer Research, Ninewells Medical School, Dundee University, Level 7, Milton St, Dundee DD1 9LY, UK; University of Tasmania, 41 Charles St, Launceston TAS, Launceston, TAS 7250, Australia.


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 80 and Over; Western Australia; Prospective Studies; Single-Blind Studies; Questionnaires; Nutritional Assessment; Body Weights and Heights; Blood Pressure Determination; Pretest-Posttest Design; Chi Square Test; 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 behaviors of adults aged 60 to 69 years living in retirement villages located in Perth, Western Australia. Methods: Participants (n = 353) from 38 retirement villages were recruited into the trial and allocated to the intervention (n = 159), control (n = 159) or control (n = 155) group and were blinded. Previously validated instruments-Fat and Fiber Barometer and International Physical Activity Questionnaire, along with anthropometric, nutrition, weight, blood pressure, and dietary measures were performed at baseline and 6-month.
Article Record with Journal Finder
Journal Finder (Link Resolver)
• 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
Quantitative and Qualitative Studies

Image description:
- A screenshot of a database search interface with the query: "nutrition OR diet AND elderly or aged or older or elder or geriatric AND health education or health promotion".
- The search results are shown, with one article highlighted:
  "Telemonitoring to improve nutritional status in community-dwelling elderly: design and methods for process and effect evaluation of a non-randomized controlled trial."
  Background: A good nutritional status is key for maintaining health and quality of life in older adults. In the Netherlands, 11 to 30% of the community-dwelling elderly are undernourished. Under
Quantitative
Pretest OR Pre-test
Other Limiters in Advanced Search
Tools - Cite
Questions?
CINAHL Headings

[Image of CINAHL database interface with search for "nutrition"]
CINAHL Headings – Explode Results
CINAHL Headings – Explode Results
CINAHL Headings – Major Topic
CINAHL Headings – Major Topic
Questions?
APA Citation Style

http://libguides.wcsu.edu/styles
Purdue OWL

https://owl.english.purdue.edu/owl/section/2/10/

APA Style Introduction

These OWL resources will help you learn how to use the American Psychological Association (APA) citation and format style. This section contains resources on in-text citation and the References page, as well as APA sample papers, slide presentations, and the APA classroom poster.

APA Overview and Workshop

This workshop provides an overview of APA (American Psychological Association) style and where to find help with different APA resources. It provides an annotated list of links to all of our APA materials and an APA overview. It is an excellent place to start to learn about APA format.

APA Formatting and Style Guide
In-Text Citations: The Basics

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).
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

Cite

Using citation machines responsibly

Powered by Citation Machine®

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.


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

https://www.cdc.gov/stroke/
US Census Data

http://www.census.gov/
Nursing Research Library Guide
http://libguides.wcsu.edu/nurinfo

• Short, 6 question survey
Contact Information

- Tom Schmiedel
- Room 103 Haas Library
- 203-837-9141
- schmiedeltf@wcsu.edu