

**The following information and much more is available on the Research Guide for the Health Professions library page at <http://www.wcu.edu/3550.asp>. Remember, the librarian and the library are your friends and they love you very much!**

### **Find out whether the library has the full text of a specific article from a citation**

1. Go to the [library's homepage](http://library.wcu.edu) (<http://library.wcu.edu>).
2. Click the [Library Catalog link](http://wncln.wncln.org/search/X) (<http://wncln.wncln.org/search/X>).
3. If you are trying to find a **specific article** and you know the **title of the journal or source** from which it comes, click the tab for a [Journal Title search](http://wncln.wncln.org/search/j) (<http://wncln.wncln.org/search/j>).
4. Enter the journal's **full title** (if you have only an abbreviation for the title, use the National Library of Medicine's [Journals Database](http://www.ncbi.nlm.nih.gov/sites/entrez?db=journals) <http://www.ncbi.nlm.nih.gov/sites/entrez?db=journals> to find the journal's title).
5. Click the title and find if we have online the issue you need. If the right issue is in print (since you are 'distant') or we do not have what you need, use [Interlibrary Loan](http://www.wcu.edu/1628.asp) (<http://www.wcu.edu/1628.asp>).
6. To find only online journals, look in the [E-journal List](http://atoz.ebsco.com/home.asp?id=1542) (<http://atoz.ebsco.com/home.asp?id=1542>). I recommend you use this only to scan through new research, much as you would flip through a new print magazine.

### **Find healthcare research articles**

1. Go to the [library homepage](http://library.wcu.edu) (<http://library.wcu.edu>). Beneath "Articles/Databases" at the right, click [Academic Search Premier](http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.nclive.org&Target=/cgi-bin/nclsm?rsrc=210) (<http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.nclive.org&Target=/cgi-bin/nclsm?rsrc=210>). If you are not in Cullowhee, you are prompted to enter your name and ID/92- number.
2. Once you are in, look for the EBSCOhost logo followed by a search box. Above the search box is the word "Searching," the database's name, and a "Choose Databases" link. Click "Choose Databases" and a pop up screen appears. Check databases applying to your topic. These databases are good for health searches:
  - **CINAHL with Full Text** – use for any allied health search – this is a great database!
  - **Medline with Full Text** – use for most medical searches (same info as PubMed)
  - **PsycINFO** – use for topics affected by or affecting mental health (almost everything)
3. Scroll to the bottom and click OK.
4. Build a good search phrase.
  - Use **and** between words you want to appear: anesthesia **and** neonate
  - Use **or** between words when terms have similar meanings: anesthesia **or** anaesthesia
  - Use \* asterisk for words having multiple relevant endings: anesth\*  
This search finds articles including anesthesia, anesthetist, anesthetics, etc.
  - Use () parentheses to consider terms together: (anesthes\* **or** anaesth\*) **and** (neonat\* **or** infant\*)
  - For further search logic information, see "[What the Heck is Boolean Searching?](http://www.youtube.com/watch?v=QfvDPPnVOPg)" (<http://www.youtube.com/watch?v=QfvDPPnVOPg>)

5. Click the search button. You will receive a listing of articles containing your search words.
6. Look to the right of the results until you see "Limit your results." To get only scholarly or peer reviewed resources, look beneath "Limit your results" and click "Scholarly (Peer Reviewed) Journals."
7. If you are in a time crunch, click "Full Text." Caution: clicking "Full Text" may eliminate articles you can access full text online but that come outside of EBSCOhost and other relevant articles.
8. If desired, enter a date range beneath "Filter by Publication Date."
9. Results sort by date by default. To sort by relevance, look to the left of the "Limit your results" heading, click "Sort by," choose "Relevance," and click "Update Results."
10. Click "Add to folder" to save citations. Click the top Folder icon to email or download selections before exiting.
11. To find full text, click the PDF, Linked, HTML, or Search for Full Text links.
  - If you get an error, use [journal title search](http://wncln.wncln.org/search/j) (http://wncln.wncln.org/search/j). Enter the journal/source title. Also find online journals through the [E-journal List](http://atoz.ebsco.com/home.asp?id=1542) (http://atoz.ebsco.com/home.asp?id=1542).
  - If you receive a "Sorry" message, or we do not have what you need, use [Interlibrary Loan](http://www.wcu.edu/1628.asp) (http://www.wcu.edu/1628.asp).
12. If you have trouble, call the Reference Desk at 1-866-928-5424 or email Ann Hallyburton at ahallyb@email.wcu.edu. **Also, visit the health research guide at <http://www.wcu.edu/3550.asp>.**

## Find evidence-based research

**First**, start off in [Cochrane Library](#). Online access to [Cochrane Library](#) through Hunter Library provides direct access to full-text, high quality systematic reviews of healthcare research. Systematic reviews look at numerous research studies, offer summaries for them, and then provide recommendations according to the preponderance of the evidence found across multiple research studies. **Cochrane's systematic reviews are considered a gold standard of evidence-based information. To access full-text online [Cochrane Library](#):**

1. Go to the [Hunter Library homepage](http://library.wcu.edu) (http://library.wcu.edu) and click the [All Resources A-Z link](http://www.wcu.edu/4251.asp) (http://www.wcu.edu/4251.asp) at the right of the page.
2. Click [C](http://library.wcu.edu/reddot_asp/databases/atozdb.asp#C) (http://library.wcu.edu/reddot\_asp/databases/atozdb.asp#C).
3. Click the [Cochrane Library link](http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.mrw.interscience.wiley.com&Target=/cochrane/cochrane_search_fs.html) (http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.mrw.interscience.wiley.com&Target=/cochrane/cochrane\_search\_fs.html).
4. If you are not on the Cullowhee campus, you will be prompted to enter your name and ID/92- number.
5. Once you are in [Cochrane Library](#), in the Search For box enter the least number of words possible to describe your topic. Due to the specialized nature of the information, the database contains fewer records than other research databases. It is better to start out with a single word or short phrase than to get too specific.
6. Hit the Search button. When results appear, look to the right of the page until you see the words "Restrict To:" and click Reviews. This step focuses your search on the systematic reviews. (Also, you will not see tempting

titles marked “Protocol” that sound good, but only provide protocols for conducting future systematic reviews.)

7. Look through the results. When you see a title you like, click Record. The introductory text of the review opens. Click links to the left of the review to get to different sections of the review, or click the PDF link to bring up a beautiful PDF document of the ENTIRE review that you can save to your machine, email yourself, or print. Do not let the number of pages concern you much; while some are quite long, many pages contain lists of references. Plus, these reviews let you read about MANY research studies all at once.

**Next, go to [National Guideline Clearinghouse \(NGC\)](#).** This tool compiles clinical guidelines from federal, state, professional, and international organizations. This tool is free to use, so remember it for later in your career.

1. Go to the [National Guideline Clearinghouse \(NGC\)](#) (<http://guideline.gov/>).
2. In the Search box at the left of the [NGC homepage](#), enter the least number of words possible to describe your topic. Like Cochrane Library, the information in NGC is very specialized.
3. When results appear, scroll through them and find appealing titles. Please note guideline date and names and home countries of originating organizations in case this information affects your decision to select the guideline.
4. Click a title to read a Brief Summary. For more, look to the left and click Complete Summary. Click PDF at the left to obtain a document you can save, email, or print; or, use the Full Text link (if available) at the left to get the guideline from the originating organization.
5. For more information, click [Help](#) (<http://guideline.gov/help/help.aspx>).

If you do not find enough information in [Cochrane](#) and [NGC](#) to meet your needs, use [find healthcare research articles](#) (<http://www.wcu.edu/3554.asp>) and use articles based on study types from the [Evidence-based Pyramid](#) (<http://healthlinks.washington.edu/ebp/ebptools.html>), email [Ann Hallyburton](#) ([ahallyb@email.wcu.edu](mailto:ahallyb@email.wcu.edu)) or call the Reference Desk at 1-866-928-5424.

## The evidence-based pyramid

This particular representation of the EB pyramid comes from the University of Washington's Healthlinks. Other EB pyramid representations may place information types in a slightly different order, but this is the order I like the most. You'll notice that the tip-top of the EB pyramid is our good buddy, the Cochrane systematic review ([http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.mrw.interscience.wiley.com&Target=/cochrane/cochrane\\_search\\_fs.html](http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.mrw.interscience.wiley.com&Target=/cochrane/cochrane_search_fs.html)).

Cochrane's systematic reviews are at the top because they are of VERY high quality and contain a great deal of information, and in the tiniest portion because, due to the intricate work involved in creating a systematic review, there are fewer of them than other information types. The size of the portion increases the further down the pyramid you go, showing that there are more of each type, but at a lower level of evidential influence. For instance, would you rather base a treatment decision on just one case report (out of thousands) or one research study (out of hundreds or thousands), or would you rather base your decision on collected evidence from numerous studies and cases? All information types are important, but some types carry more weight as evidence than others.

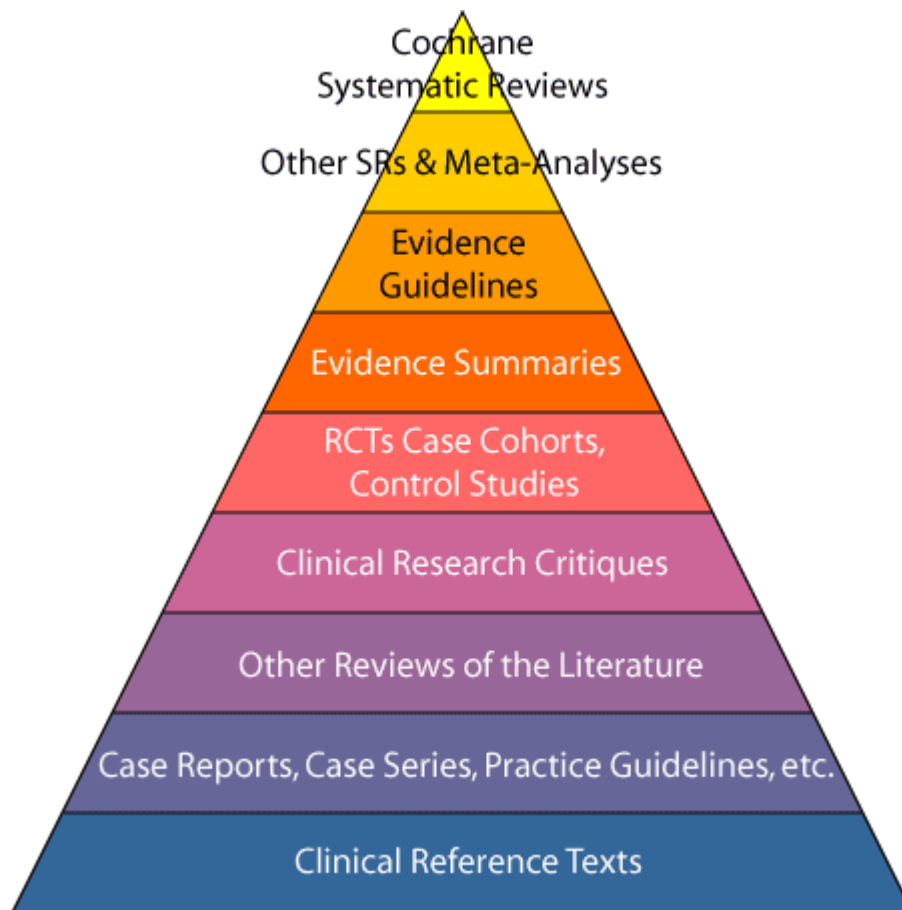


Image from: <http://healthlinks.washington.edu/ebp/ebptools.html>