

## Find 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 asked for 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 great:
  - **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)Scroll to the bottom and click OK.
3. Build a good search phrase. If you are unfamiliar with your topic, use a great resource like [MedlinePlus](http://medlineplus.gov) (<http://medlineplus.gov>) to find synonymous terms and better understand your topic.
  - **Use *and* between words you want to appear:**  
Alzheimer’s *and* wandering pneumonia *and* MRSA
  - **Use *or* between words when terms have similar meanings:**  
colon cancer *or* colorectal cancer MRSA *or* methicillin-resistant Staphylococcus aureus
  - **Use \* asterisk for words having multiple relevant endings:** nurs\*  
This search finds articles including nurse, nursing, nurses, and nurses’.
  - **Use () parentheses to consider terms together:**  
pneumonia *and* (MRSA *or* methicillin-resistant Staphylococcus aureus)
  - Want more? “[What the Heck is Boolean Searching?](http://www.youtube.com/watch?v=QfvDPpnV0Pg)”  
(<http://www.youtube.com/watch?v=QfvDPpnV0Pg>)
4. Click the search button. You will receive a listing of articles containing your search words.
5. 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.”
  - 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.
  - To get results from a certain period, fill in a year range beneath “Filter by Publication Date.”
6. Look left of "Limit your results," click "Sort by," choose "Relevance," and click “Update Results.”
7. Select articles focusing on primary/original research the authors themselves conducted. Click “Add to folder” to save citations. Click the top Folder icon to email or download selections before exiting.
8. 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.
  - If you receive a “Sorry” message, or we do not have what you need online (since you are ‘distant’), use [Interlibrary Loan](http://www.wcu.edu/1628.asp) (<http://www.wcu.edu/1628.asp>).

If you have trouble, call the Reference Desk at 1-866-928-5424 or email Ann Hallyburton at [ahallyb@email.wcu.edu](mailto:ahallyb@email.wcu.edu). Also, visit the health research guide at <http://www.wcu.edu/3550.asp>.

## Find evidence-based practice 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 a gold standard of evidence-based information. To access full-text [Cochrane Library](#):**

1. Go to the [Hunter Library homepage](#) (<http://library.wcu.edu>) and click the [All Resources A-Z link](#) (<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 in Cullowhee, 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 one word or a short phrase.
6. Hit Search. When results appear, look to the right until you see the words "Restrict To:" and click Reviews. This step focuses your search on systematic reviews. (Also, you will not see 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 to get 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, or print. Though reviews can be lengthy, you'll mainly focus on Results and Authors' Conclusions sections and mine References. Plus, these reviews let you read about MANY studies at once.

**If you did not find enough in Cochrane to meet your needs, go to the [National Guideline Clearinghouse \(NGC\)](#).** This tool compiles treatment guidelines from federal, state, professional, and international organizations. This site 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. Go through results 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 information, 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>).

## The evidence-based pyramid

This representation of the EB pyramid comes from the University of Washington's Healthlinks. Other EB pyramids may put information types in a slightly different order, but this is the order I like mostest. You'll notice the top of the EB pyramid is the Cochrane systematic review.

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. The size of the portion increases the further down the pyramid you go, showing there are more of each, but at a lower level of evidential influence. All information types are important, but some types carry more weight as evidence than others.

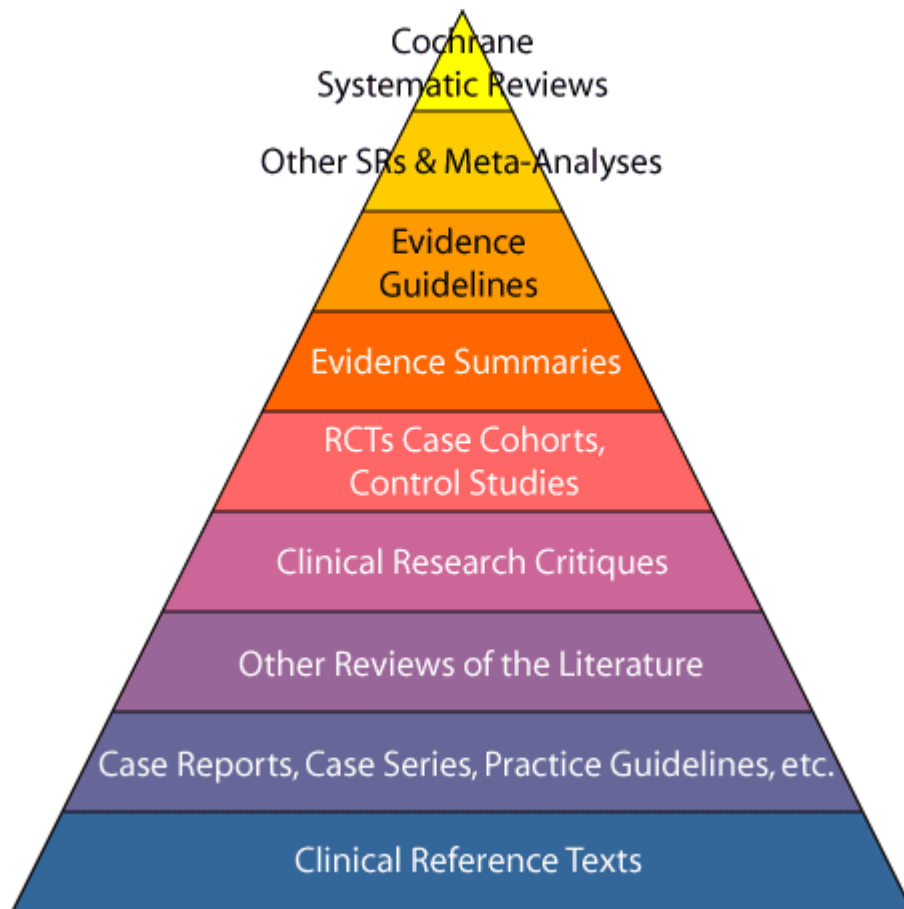


Image from: <http://healthlinks.washington.edu/ebp/ebptools.html>

## General tips

### Find information on historical nurses and/or nurse theorists – in addition to databases

- [ANA Hall of Fame](http://www.nursingworld.org/FunctionalMenuCategories/AboutANA/WhereWeComeFrom_1/HallofFame/InducteesListedAlphabetically.aspx)  
([http://www.nursingworld.org/FunctionalMenuCategories/AboutANA/WhereWeComeFrom\\_1/HallofFame/InducteesListedAlphabetically.aspx](http://www.nursingworld.org/FunctionalMenuCategories/AboutANA/WhereWeComeFrom_1/HallofFame/InducteesListedAlphabetically.aspx))
  - This resource includes brief biographical information that places individual within the larger context of nursing and highlights the person's importance to the field.
- [American Journal of Nursing](http://atoz.ebsco.com/link.asp?id=1542&sid=140353017&rid=721242&urlSource=AtoZ&lang=en) (1900-2000, and you must sign in with your name and 92- number)  
(<http://atoz.ebsco.com/link.asp?id=1542&sid=140353017&rid=721242&urlSource=AtoZ&lang=en>)
  - This historical archive of the journal is full text online and covers 100 years. You can find not only articles about the individual, but often articles written by them! Unless your nurse has a common last name, I recommend you search with the person's last name only.
- [Google](http://www.google.com) (<http://www.google.com>)
  - Yes, plain old Google . . . especially in the case of living nurse theorists. Currently active nurse theorists sometime offer TONS of information on their theories (and the ongoing evolution of those theories) on their OWN web pages – straight from the horse's mouth. Make sure the web page states it was created by, or under the authority of, the nurse theorist her/himself. Check with your instructor if you want to use web pages created by others as those sites, created in the greatest of earnestness, may have incorrect information.

### Find medical images

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 [I](http://library.wcu.edu/reddot_asp/databases/atozdb.asp#I) ([http://library.wcu.edu/reddot\\_asp/databases/atozdb.asp#I](http://library.wcu.edu/reddot_asp/databases/atozdb.asp#I)).
3. Click the [Images.MD link](http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.images.md) (<http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.images.md>).
4. Enter your name and ID/92- number when prompted.
5. In the “quick search” box, enter the name of a condition you are researching and hit “Go.”
6. If you receive undesired image formats, go down the page until you see “filter your search.”
7. Look at the right column of options and find the “image type” option. Click the “photograph/halftone” option. If you see other options you like, hold down your CTRL (Control) key while clicking other options so that you can search for photographs and illustrations at the same time.
8. Click the circle with the weird double arrow in it and look through your results.
9. Left click desired images. To save the image, right click on the image and save it to your machine. Copy and paste the “Taken from:” section at the bottom so you can properly cite the image.