

STEP 8: View abstracts and select articles

View the articles by clicking on the number of results. To see the full reference including an abstract click on the article title. Select articles of interest from the results by ticking the box next to the title.



STEP 9: View articles online

Where a **Full Text** link is available, use the blue provider link to open a copy of the full article online. Save or print it. If the link does not take you straight to the article, look for an Athens log-in prompt and log-in again. The system will also tell you if an article is available in Basildon Healthcare Library.



If full text is not available, use the Make a Request function on our catalogue ELMS, copy and paste the article information into the request form and library will try to get a copy for you from elsewhere.

STEP 10: Print or email the articles

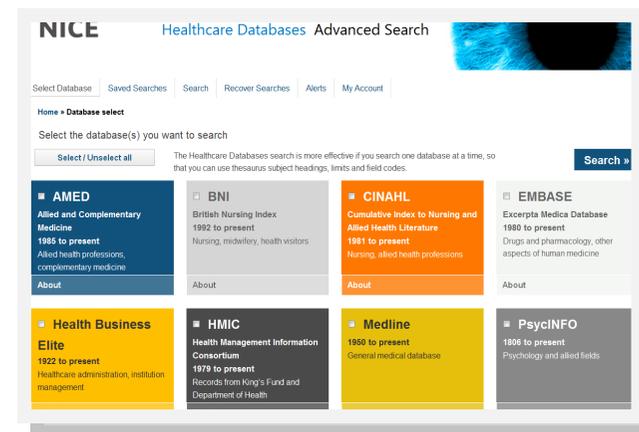
When you have selected your results you can *email* them or *Export* them. Choose a Format short, medium (includes abstract) or Full. To Print or Save results first Export in PDF or Word then save/print as normal.

Use the **clipboard** to keep all the articles you want in one place during the current session.

The Library provides more detailed training sessions on how to search healthcare databases and develop an effective searching strategy. Please ask at the library desk for more information, or look on our website.

basildon Healthcare Library

10 Steps to searching NHS Healthcare Databases



NICE Evidence Search www.evidence.nhs.uk

W: www.btuheks.nhs.uk

T: 01268 524900 ext 3594 E: library@btuh.nhs.uk

STEP 1: Think about your question!

What are the important subject areas and words that will need to be in your search? Are there alternative terms for your topics? How many subjects does your search cover? What patient group, intervention, comparison, or outcome are you interested in? Are you interested in a specific date range? Do you only require English articles? What publication types are acceptable?

EXAMPLE; Find recent research on "Does EXERCISE help TEENAGERS with DEPRESSION?"

Exercise/Teenagers/depression are the key words with which to begin your search.

STEP 2: Choose a database

Log onto the following web address www.evidence.nhs.uk

Click on **Journals and Databases** in the blue tab at the top of the screen. **options**. Choose **Healthcare Databases Advanced Search** and log in with your NHS Athens username and password. (see leaflet—what is Athens)

Each database has different coverage, use the one in which you are most likely to find your answer, i.e. A nurse or midwife might find CINAHL the most useful place to start. We recommend that you search separately in at least two different databases.

For this example we will use PsychInfo.

STEP 3: Enter your search terms

Type in your first subject, **Title and abstract** is the default setting, select different criteria if required. Press **SEARCH**. This will return documents with the exact words in the title and abstract. This is **KEYWORD** searching.

Enter search words or line numbers in the box below. You may use AND, OR, NOT, * to search for word stems, "inverted commas" to search for phrases and round brackets () to nest words. ?

exercise IN

Title and Abstract Journal Name *
 Any field Abstract
 Publication Type Author *
 Title ISSN [More fields](#)

Map to Thesaurus ? * For Author and Journal name enter search terms in "Publication number" ?

Search

If you want to search for a distinct phrase put it in **quotation marks** e.g. "healthcare worker".

STEP 4: Using the database Thesaurus

Enter the same term again and tick the **Map to Thesaurus** box (JUST BELOW), **SEARCH** again. Select the **SUBJECT HEADING** that matches your term. Use **[scope]** for more information on terms. Not every word you type in will have a corresponding subject heading. Each database has a slightly different thesaurus.

Browse thesaurus subject headings for search term: exercise

Select one or more of the subject headings below, combine them using AND or OR, then click Search.

Cancel AND OR **Search**

You are currently browsing PsychINFO
Thesaurus > Exercise

Subject heading	Select	Explode	Major	Subheading
Exercise [Scope]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise [Scope]	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Select an appropriate heading from the list. If you click on the **Explode** box it broadens the search and selects more specific related subject headings. Click on **subheadings** to narrow the search.

- By adding a * at the end of the word ensures the database also finds plurals and variations in word ending. E.g. diabet* will return 'diabetes' and 'diabetic'
- Use **OR** to combine synonyms, alternative spellings or related terms. E.g. teenagers OR "young people" OR adolescents .
- To search for an author, select author in the drop down box and use the format "Smith R" Smith* "Smith R*" or Smith-R.

STEP 5: Combine word and thesaurus results

Combine the results of step 3 and 4 using the **OR** command by using the buttons provided Repeat Steps 2 - 4 with the other subjects in your search.

Line	Database	Search Term	View Results
1	PsychINFO	exercise ti,ab	29612 Apply Limits
2	PsychINFO	EXERCISE/	13262 Apply Limits
3	PsychINFO	1 OR 2	32875 Apply Limits

Combine selected AND OR To combine two line numbers using NOT, enter the line numbers in the search box below, for example 1 NOT 2

Use **OR** where you want **EITHER** term or concept to be included in your results. Use **AND** where you require **BOTH** terms or concepts to be included in your results.

Line	Database	Search Term	View Results
1	PsychINFO	exercise ti,ab	29612 Apply Limit
2	PsychINFO	exp EXERCISE/	15147 Apply Limit
3	PsychINFO	1 OR 2	33951 Apply Limit
4	PsychINFO	depression ti,ab	156268 Apply Limit
5	PsychINFO	"DEPRESSION (EMOTION)?"	20782 Apply Limit
6	PsychINFO	MAJOR DEPRESSION/ OR "DEPRESSION (EMOTION)?"	99844 Apply Limit
7	PsychINFO	4 OR 5 OR 6	173791 Apply Limit
8	PsychINFO	3 AND 7	2295 Apply Limit

Combine selected AND OR To combine two line numbers using NOT, enter the line numbers in the search box

STEP 6: Combine different topic searches

Using the **AND** command link to combine your different subject searches

STEP 7: Limit your search

Apply limits section to narrow your search. Click on "Apply Limits" of the relevant search line (*here it's line 8*). Click on the option you require. Hold down the **Ctrl** key to select multiple options from a menu. Then click **SEARCH**. *In this search we are limiting our search to years 2007-20013 and adolescence 13-17*

[Clear all limits](#) ?

Date Article Type Clinical Query Human or Animal **Age Groups*** Language* Population Groups Other

Age Groups

Select one or more of the subject headings below, combine them using AND or OR, then click Search.

- 180 School Age (age 6 to 12 yrs)
- 200 Adolescence (age 13 to 17 yrs)
- 300 Adulthood (age 18 yrs and older)
- 320 Young Adulthood (age 18 to 29 yrs)

There are 11 results based on your current criteria
 (((exercise.ti,ab) OR (exp EXERCISE/)) AND ((depression.ti,ab) OR ("DEPRESSION (EMOTION)?" OR (MAJOR DEPRESSION/ OR "DEPRESSION (EMOTION)?")))
 [Limit to: Publication Year 2007-2013]