DISCOVERY TOOLS: Databases

1. Select the [Health Reference Center Academic] database. Select an exercise topic and search for it using the [Subject Guide Search] on the orange toolbar. Limit your results to articles: from [Full-text] [Academic journals]. Select one and write:

   Author: __________________________________________________________
   Article Title: ______________________________________________________
   Publication Name / Source: ___________________________________________
   Volume #:_____ Issue #:_____ Date: __________ First page #:______ Word Count:______
   Email the full-text article to yourself with an APA citation & initial here: _____ *

2. Using the same search, limit your results to articles from: [Full-Text] [Magazines]. Select one and write:

   Author: __________________________________________________________________________________
   Article Title: _____________________________________________________________________________
   Publication Name / Source: ________________________________________________________________
   Volume #:_____ Issue #:_____ Date: __________ First page #:______ Word Count:______
   Email the full-text article to yourself with an APA citation & initial here: _____ *

3. Select [CINAHL Complete] from the [Databases]. Familiarize yourself with the database screen. Take note of these areas & options:

   A. [CINAHL Headings] – a controlled vocabulary thesaurus used to build quality searches
   B. [Sign in] and [Folder] Create a personal logon in CINAHL and mark articles so they appear the next time you log in. Adding articles to a folder allows you to email articles - with APA citations - all at one time rather than individually.
   C. [Advanced Search] functionality is the best way to search CINAHL. And, despite the name, it is actually easier than [Basic Search] mode.
   D. [New Search]
   E. Return to the [GRCC library] website
4. It’s time to search! Click the [CINAHL Headings] (Thesaurus) link. Now, what’s your topic? Type in the most important idea of your subject or topic. For example, perhaps you’re interested in pool exercises, so type aquatic exercise and click [Search].

5. You may be directed to use a more medical or scientific term, a synonym. Select the term that best describes the major idea of your research and explore the [Scope Note] if there is one. If there is a +sign click it to see your topic in a topical tree.

6. Check the box to the left of the phrase / subject term and watch the screen expand. Note how the grey [Search database] button on the top of the right column turns green. If appropriate, focus your search by selecting subheadings from the blue column – for instance, click [Physiology]. You do not have to use a subheading, but it can help you focus your results.

7. Click the green [Search database] button on the top of the right column to actually start your search.

8. Refine results by clicking [Advanced Search]. Scroll down and select:
   a. [English Language];
   b. [Research Article];
   c. Select [Journal Subset]; click on [Allied Health] journals, then click [Search]. If this is too restrictive, leave this option set to [ALL].

9. Continue to [Refine your Results] on the left tile of the results screen by clicking [Full-Text].

10. Do you need to limit the articles to have been published within a certain period? If so, do it using the sliding date bar. Click [Update]. If GRCC does not have full-text of a periodical in this database, then check [RaiderSearch Catalog] for the title of the periodical (not the article title) to see if it is available in a different database or in our print periodicals collection. If unavailable at GRCC, fill out a free [RaiderLoan] request.

11. Select full-text articles to read. Email each article with an APA citation to yourself. Send a copy to your GRCC email AND ALSO to another email.

Nan Schichtel
Health Professions Librarian
Bschtich@grcc.edu
616-234-3082 (M-F)
616-234-3868 (Reference Desk)
Evaluating Health Websites:
Does your web resource measure up?

Check Health on the Net (HON) http://www.hon.ch/ to determine if the sponsor of the health website you are using is concerned with presenting its information factually and clearly. While this site does not guarantee accuracy, the HON code icon indicates that the website meets continual standards for deploying online medical and health information in appropriate and ethical ways.

Consider downloading the HON toolbar which “lights up” when you are on a HON website!

- **Purpose:** Why was the page created? To: Inform, entertain, advertise, influence, advocate, and provide up-to-the-moment news? Health professionals must identify the best information to make accurate health decisions. Be particularly wary of websites that are trying to sell you their medical product. *Medical marketers will post research supporting their product, but won’t post research that doesn’t support it.*

- **Authority/author** Who is responsible for the page? Is the author an expert in this field? What else has he/she written or produced? Does the author provide an e-mail address? How accurate is the provided information? *Can you find any information that substantiates the person’s level of expertise?*

- **Sponsor/Owner:** On what type of Internet provider or domain does the page reside? Government agency (.gov, .mil, .us); Educational (.edu); Business/Company (.com, .biz); Association: Professional or Non Profit (.org). *Does it matter?*

- **What is it?** Web-only page; magazine news or journal article; government source, blog, etc. *Be particularly careful with information in listservs, blogs, and wikis – especially if you cannot verify it in standard respected information sources.*

- **Audience:** To what type of reader is the Web page directed? *Is this written for medical professionals, or, for consumer health information seekers?*

- **Coverage:** Does the page cover the topic comprehensively, partially or is it an overview? Are the graphics clear in intent, relevant and professional looking?

- **Design and Content:** Is the page organized and focused? Is it well designed? Is the text well written? Are the links relevant, appropriate and up-to-date? How’s the spelling?

- **Bias:** Is a bias evident / stated or implied in the author’s or sponsor’s work? *Medical product companies will be biased toward their own brands.*

- **Date of Production/Revision:** When was the Web page produced? When was it last revised? Are all the links still viable? Evidence-based medicine articles can’t be older than 5 years.

- **Security** Are security and/or encryption systems employed when necessary?