Resources: Library website (http://www.okanagan.bc.ca/library) & Nursing (BSN) LibGuide (http://libguides.okanagan.bc.ca/c.php?g=134277)

### Search Strategy Tab:
**Identify and develop a topic**
- Pick an interesting **subject area** (Aboriginal health, obesity, vaccinations, etc.)
- Develop a topic that has **focus**, including 2-3 core concepts (Diabetes in Aboriginal populations, childhood obesity, vaccinating children, etc.)
- Search strategy worksheet*
- State your topic as a question – *Is nutrition education effective in treating and preventing diabetes in Aboriginal communities? What strategies can be used to effectively combat childhood obesity? Do the benefits of vaccinating children outweigh the risks?*

### Identify key concepts and keywords
- Take concepts from your topic statement and make **search terms (keywords)**
- Consider broader, narrower, and related keywords for each concept (children, youth, infant, pediatric, juvenile, etc.)
- Consider using academic language rather than popular terms; spell out acronyms
- Use **thesaurus** to find subject keywords that match your topic. Look for **Subject Headings** in databases like CINAHL:
  - **Childhood Obesity** → Pediatric Obesity → Pediatric Obesity Prevention and Control
  - **Intervention** → Nursing interventions, Early Childhood Intervention
  - **Weight control, Body Weight**
  - **Patient Education, Health Education, Health Promotion**
  - **Child nutrition disorders**
*Manipulate keywords with (AND, OR, NOT), truncation, & phrase logic

### Difficulty focusing your topic?
- Get ideas from your textbook, and/or review articles
- Discuss your topic with your instructor
- Use the Library’s **OCtopus** search engine to get an overview of the books and articles available on your topic. Identify concepts and subject keywords from these sources.

### Before Searching:
List types of information needed: Evidence-based practice, academic research articles, statistics, health organization/regulatory authority/professional association standards, patients discussion, literature reviews, etc.

璜 **Tip!** Review the results as you go and change your approach depending on what you learn. You may use additional search results you had not originally thought about.

### Start Your Research Tab:
**Access Information:** For wireless or off-campus access to OCtopus. Click the link in the ‘Hello Guest’ ribbon at the top of the screen. Enter current OC student number and your last/family name to see full results and access articles.

**OCtopus:** Results may include OC books, e-books, media, e-reference titles, reports, academic and scholarly journal articles, popular magazine and newspaper articles, and more. For nursing and health
research specifically, OCtopus (EBSCOhost Discovery Service) searches simultaneously across databases such as CINAHL, Medline, Academic Search Complete, Biomedical Reference Collection, and more.

<table>
<thead>
<tr>
<th>Step-by-Step</th>
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<tr>
<td><strong>Type in search terms:</strong> obesity childhood intervention</td>
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</table>

**Refine results** using the top left menu

- **Date-slider** retrieves most current result (ie. 2011-2016).
- **Resource Types** [click show more for complete list], select and limit to any OC Library books, e-books, videos, academic journals, etc.).
- Limit results to journal articles by ticking the box, **Peer Reviewed & Scholarly**.
- Limit results to specific databases by using the **Databases limiter** [click Show More to see the full list], located at the bottom of the left menu (e.g. CINAHL and MEDLINE only).
- Expand your search by using the right menu, **Expand your search**. Click a specific additional database, such as CBCA or Canadian Newsstand, to see results displayed in a new window.
  - **Hint**! You will need to re-add limits for date range, peer-reviewed, etc. when the new window opens.
- **Need better results?**
  - Find a relevant result and note the Subjects listed and include these terms in your search instead. Use “**phrase searching**” [using quotes] to multiple terms as a phrase (e.g. pediatric obesity vs. “pediatric obesity”).
  - Under the top search box, click **Advanced Search**. Type extra terms into the other boxes: child* AND (obesity OR “body weight”) AND interven* AND canad* (in SU subject)
    - * will search for anything beginning with the root word (e.g. intervene finds intervene, intervention, interventions)
- **Need more results?**
  - Uncheck **Available from OC** limiter
  - Click, **‘Where can I get this?’** Links when there is no full-text access link. The system will search other OC library databases, the library catalogue, and other academic libraries to try and locate a full-text source.
    - Use the online **Interlibrary loan form** to request any items that cannot be found in full-text (FREE service for students and staff)

**Tips!** Use **Add to Folder** option to gather and organize results and then use the print/email/save results set to share your gathered research.

*Check the citation format box for APA and see a complete reference list along with access to the full-text articles. Use this information as the foundation for your references page.*

**Evaluate your sources as you go, be aware of the differences between scholarly and popular sources. See LibGuide tab, evaluating your sources.**

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<table>
<thead>
<tr>
<th>Find Books &amp; Videos</th>
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<tr>
<td>Library web page → Books &amp; Media tab OR</td>
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<tr>
<td>Start Your Research → FIND Books &amp; Media OR</td>
</tr>
<tr>
<td>Library web page → Find → Books &amp; Media</td>
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</table>
Locate OC Library academic (university, scholarly and specialist health publishers), circulating books, reference books, e-books and e-papers (Canadian Documents Collection: Government ministry, specialist research institutes, health organizations), as well as DVDs and streaming media, and short term loans (Reserves) held at the circulation counter.

### Basic Search

**Limit to 1 – 4 keywords, no sentences**

**Examples:** Aboriginal Health Canada Education; Aboriginal Health Diabet?
- Use “?” symbol to find results that start with the root word (ex. Nurs? Diabet?)
- Filter by online for e-books, e-documents, and streaming videos
- Use Subject links in records to find more relevant items
- Request titles held at other OC campus libraries
- Search the UBC Library Catalogue and request items from UBCO library

### Find Articles

Library web page → Articles & Databases tab → Nursing (BSN) OR

Library web page → Start Your Research → Find Articles (Databases by Subject & Title) → Nursing (BSN)

**Access Tip!** For off-campus access to library resources, when prompted enter your current OC student ID number and your last name (surname).

- **CINAHL** *Cumulative Index to Nursing and Allied Health* (EBSCO): International database covering the major English language journals related to nursing and health disciplines.
- **Medline** (EBSCO): Premier medical database covering all areas of medicine including nursing. Useful for biomedical research, diseases, human physiology, health policies, health promotion, nutrition, occupational health, occupational therapy, and epidemiological studies.

### Search Box

- Search each concept on a separate line. Concepts can be words or phrases.
- Connect related terms in one box using OR (Aboriginal OR native OR indigenous)
- Add additional search concepts by entering into the box below (treatment OR prevention OR education)
- Combine concepts with AND
- Use * to find variations in search terms (diabet* finds diabetic, diabetes, etc.)
- Use double quotation marks around phrases (“patient education”)
- Use the search field drop-down menus to help narrow your results. Choose SU Subject to limit results so your specific subject is a main focus of results.

### Refine your Search

- Examine the Subjects listed under relevant results. Substitute or add these terms to your search.
- Use the date-slider to limit results to recent years only.
- Check the Peer Reviewed box under Refine Results to limit results to academic journals, as opposed to articles from popular magazines and newspapers.
- Under Resource Type, select Academic Journals
### Result Tips!

- Use Add to Folder option to gather selected results and then print/email/save result sets.
- Tick the Citation Format box for APA and you will get a reference list along with the full-text articles, which can be the foundation for your References page. *Always review the citations generated by databases, they usually contain minor errors.*
- Click ‘Where can I get this article?’ links when there is no full-text access icon. The system searches other OC library databases, the library catalogue, as well as other libraries to locate the full-text source for you.
  - If full text cannot be found, use the OC Library Interlibrary Loan form (online) to request an item not found, or follow the links on a given page.

<table>
<thead>
<tr>
<th>CINAHL Specific Search Tips</th>
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<tbody>
<tr>
<td><strong>At the top of the page, click CINAHL Headings</strong></td>
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<tr>
<td>- Type in your term and possible subject headings will be listed.</td>
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<tr>
<td>- Check major concept next to the term you are looking for (diabetes mellitus, non-insulin dependent), then click any other terms from the subheadings list (etiology education)</td>
</tr>
</tbody>
</table>
  - When selecting Major Concepts for a term, results will only be where the subject heading is a major focus of the article. Selecting sub-headings will cause results to be more precise and include articles with just that kind of content. |
| - Click Search Database to run your search |

Try the Advanced Search screen to focus your search:
- Check limiters listed under the Search Options feature – peer-reviewed, research article, evidence-based practice, etc.
- Watch for Special limiters – publication type (research article, case study, clinical trial, journal article, systematic review, etc.), human, sex, age groups, etc.
  - Tip! Select more than one limit in a category by holding down the CTRL key.

### Evaluate Your Search Strategy: More Tips & Tricks

**Too many results? Too few results? Results irrelevant?**
- Go back to the Search Strategy tab for assistance

When you find the perfect article
- Look for related items written by the same author, or for items referencing your author’s work.
- Review the resources listed in the bibliography, footnotes, or reference list and find those items from the Library. Use Google Scholar to see if the article is available through the library or freely online (try OCtopus first).

For example, type into OCtopus the author(s) names &/or title words from the article in quotes OR

**Library web page ➔ Start Your Research ➔ Find E-Journals by Title**
- User the title search to find the journal and access the full-text through the linked library database.
• Find the search box on the journal’s site or database, and search for the author or words from the article’s title. OR browse the archives of volumes and issues, using the volume/issue/year information from your citation.