Finding Research / Peer-reviewed Journal Articles on a topic

recreational therapy and
pediatrics
dementia
mental health (mental disorders, development disorders)
... geriatrics
creative arts therapy (drama, art, music)
aquatic therapy (hydrotherapy)
hippotherapy (riding therapy)
laughter therapy
alternative therapy
... pet therapy

Search Tips for Topics!

Identifying & combining search terms

What are the latest research studies conducted, that concern the use of recreational therapy for children with cerebral palsy.

. Break down your topic into concepts or keywords
  - children and cerebral palsy and recreation therapy

. Think of synonyms for each keyword or concept.
. Words used by health/medical professionals versus common usage.
. Terms for related or specific aspects

stroke or cerebrovascular disease
teens or teenagers or adolescents children or pediatric
“horseback riding” or “riding therapy” or hippotherapy or “equine assisted therapy”

Tips! teen* finds teen, teens, teenage, teenager, teenagers
“phrase search” e.g. “cerebral palsy” “aquatic exercises”
Access Tip! For off-campus access, at prompt enter current OC student id number and your last/family name.

- **CINAHL** (Cumulative Index to Nursing and Allied Health) (EBSCO)

**SPORTDiscus with Full Text** (EBSCO)

**MEDLINE with Full Text** (EBSCO)

**EBM (Evidence Based Medicine) Reviews** (Ovid)

Cochrane Database of Systematic Reviews, article reviews, definitive controlled trials

### CINAHL: Start-up Search!

1. At search boxes, type your **term combinations** in the **rows of boxes**
   - dog* OR pet OR animal AND therapy AND recreation*

2. **Limit** your results, using the **left menu**.
   - Shift the **date** bar to 2006 to 2017
   - Tick the box for Peer Reviewed & Scholarly Articles

   Look at relevant articles to note **subjects**, journal **article type** and indicators like age, gender.

On **left menu**, look for **Subject major headings** that describe the listed articles.

3. Click on one or more, then click **Update**.
   - Results should be articles that have your subject as the major content.

### CINAHL: SMART SEARCHING

1. Click **Advanced Search** under search boxes.

2. Enter search terms again. Change/add subject terms found in first search results.
   **Tips!** Type **similar terms** in the same box and separate with **OR**
   - e.g. teenagers OR adolescen* "aquatic exercises" OR hydrotherapy

   Use symbol *
   - development* finds developmental developmentally adolescence adolescent adolescents
Scroll down the screen to **Search Options: Limit your results**

3. tick Peer Reviewed & Scholarly Articles

4. click English Language

5. limit the **Date Published** e.g. 2006 to 2017

**Special limiters** for CINAHL:

6. click **Research Article** or look at the options under **Publication Type**

   **Tip!** You can select more than one! while holding down the Ctrl key, select the type of article content you need e.g. case study, clinical trial, journal article, **research** or systematic review

7. limit to an **Age group** or **gender** that was studied e.g. aged 65 + males

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**Working with Results**

Click **title** link for full **abstract** and more information.

Click the **full-text** (pdf or html) to find the features of the research article you need to review ie. **abstract, methodology of the research study, results, conclusions, references**

**Tips!** If no immediate full-text, click **Where can I get this article?**
If no link to full-text in another database appears, follow the prompts to check Other Libraries holdings and request an Inter-Library Loan

Use **Add to Folder** to keep relevant articles from your search session.
print/email/save them from the Folder. Choose **APA format**.

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**APA style**

- **Lib WebPage > Quick Links > Style & Citation Guides** for examples of sources cited in **APA format**

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**Need help?**

- Ask librarians at the **Research Help desk**
- **Ask a question** under **Library WebPage > Help**
- Michelle Ward, Therapist Assistant Librarian email: mward@okanagan.bc.ca
Search OCtopus for Books, Media, Articles, and More!

Access Tip! For off-campus access to OCtopus (EBSCO Discovery Search engine), at Hello Guest prompt enter current OC student id number and your last/family name.

Type in your terms

“pet therapy” nursing home* “pet therapy”
children cerebral palsy therapy recreational

Ensure this box is checked
Available from OC

[Untick the Available OC box to find more book & article titles that can be pursued by Inter-Library Loan]

At the top left menu, Refine Results

1. For Journal Articles

Tick the box
Peer Reviewed & Scholarly Articles

OR Click down Resource Types
Academic Journals

Tip! Move data-slider for most current results e.g. 2010-2017

2. To limit to results in a particular group of sources, on bottom of left menu column under Databases (click Show More to see the full list of databases with results) click on a specific health database e.g. CINAHL

3. Need better results?

Under top search box, click Advanced Search.

fill up the search box rows with keyword combinations

child* OR teen* “pet therapy” OR dog*
AND “cerebral pals*” AND elderly OR aged OR geriatric OR dementia
AND therapy AND nursing home*
AND recreation*

Results Tips!

Use Add to Folder to gather your selected results from your search session then print/email/save results set.

Tick the citation format box for APA to get a References list along with full-text of your articles.