Research in Nursing
Session Goals

• Understand the difference between CINAHL and PubMed
  • Know when to use each
• Define MeSH, know how to find MeSH terms, apply them to searches
• Create effective searches using Boolean & MeSH terms
• Brainstorm strategies to document searches
• Know and use best APA resources
  • Citation makers & APA rules
• Know when to talk to a librarian
• Others?
Steps of Research

- Identify a researchable question
- Choose a research tool, e.g. database
- Brainstorm search terms
- Develop and execute searches
- Evaluate results
- Repeat 2-5
Before we get started...

• What questions do you have about the catalog?
• Using other library resources?
• What problems?
• APA?
Why do we use PICOT?

- What is it? Define: PICOT
- [http://libguides.cu-portland.edu/nursing](http://libguides.cu-portland.edu/nursing)
- P = Patient or population
- I = Intervention, prognostic factor, or exposure
- C = Comparison or control
- O = Outcome
- T = Time
A sample PICO to guide us

• In elderly adults, what is the effect of balance exercises on the rate of falls (prevention) compared with resistance training?

• With a partner:
  • Map out the parts of the question
  • What keyword terms would you start with in a database search?
Choosing a research tool: CINAHL v. PubMed

- Define: CINAHL
- Define: PubMed
- Based on your professional context, which one should you generally begin with?
Why do we have MeSH? (What is MeSH?)

• Two articles, two different problems:

  • What is this article about?

  • What is this article about?
Why do we have MeSH? (What is MeSH?)

• To disambiguate
• More precise way of searching than using keyword terms
Finding MeSH terms

• Search for terms using MeSH database in PubMed
• In elderly adults, what is the effect of balance exercises on the rate of falls compared with resistance training?

• What seem like the best terms? Let’s create a search.
• How could you search on synonymous terms in the same search?
Using Boolean operators

• Connecting terms with AND, OR, NOT
• Examples:
  • (aged OR elderly) AND falls
  • (postural balance OR balance exercises)
  • (aged OR elderly) AND falls NOT Parkinson’s
Search!

• Search both CINAHL & PubMed for articles using keyword terms & MeSH terms

• Can you find how to tell the database to search on your MeSH terms as MeSH terms rather than keywords?

• Which search gave the best results?
Documenting your searching

• How do you keep track of the searching you’ve done?
  • Databases?
  • Search terms?
  • Saving articles or citations?
• Research notebook v. Zotero
APA resources

• What do you already use?
• Find APA rules: APA style blog
  • https://blog.apastyle.org/
• Best reference creator
  • Zotero – it’s free!
When should you ask for help?

• Any time!
• Check our FAQs
• Check the nursing research guide
• Chat is 24/7
• Discussion board in Blackboard
• Email me – kmreynolds@cu-portland.edu
Thanks for your time today!