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 how to contact a librarian
• Others?
Before we get started...

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

- What is it? Define: PICOT
- http://libguides.cu-portland.edu/nursing
- P = Patient or population
- I = Intervention, prognostic factor, or exposure
- C = Comparison or control
- O = Outcome
- T = Time

For developing evidence-based questions
A sample PICO to use today

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

• With a partner:
  • Map out the question using PICO
  • 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 when article title is not clear
• To group similar articles when terminology changes over time
• 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 compared with resistance training on the rate of falls (prevention)?

• 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/](https://blog.apastyle.org/)
- Best reference creators
  - Zotero – it’s free!
  - OneSearch (catalog)
When should you ask for help?

- Any time!
- Check our FAQs
- Check the nursing research guide
- Ask a Librarian - Chat is 24/7
- Discussion board in Blackboard
- Email me – kmreynolds@cu-portland.edu
Please answer the two questions below:

• What was the most important thing you learned today?
• What important question remains unanswered?

Pass your responses to the front when complete.
Thanks for your time today!