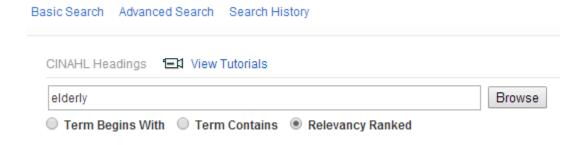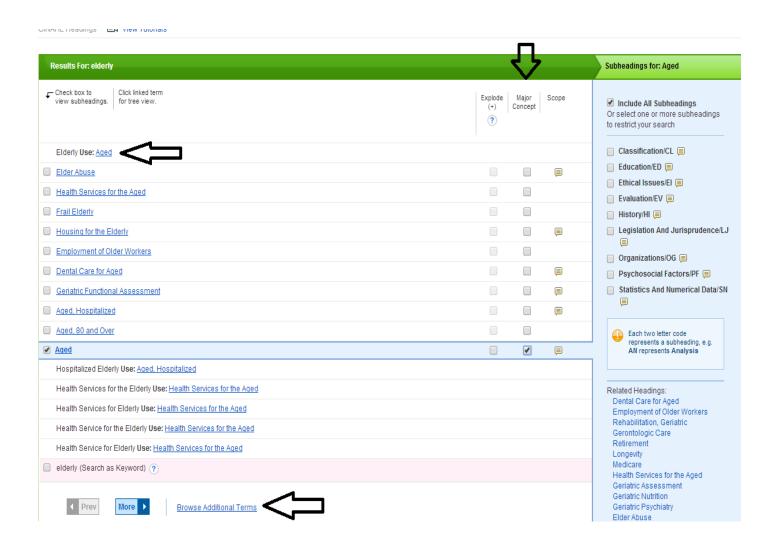# CINAHL Headings

You can conduct a search from CINAHL Headings.

Click on CINAHL Headings from the top of the main page in CINAHL. There is a blank box. Enter your search term and hit browse.

If you want to add a second term to your search, Click on Browse Additional Terms, at the bottom of the screen. Complete the previous steps. Then go to the right side of the screen. You will see:

Make sure that you select AND. OR is the default. Then click on the Search Database button. You will have to do your limits. On the left side of the screen, click on Show More and then put in your date range and click English Language.