



Tone your research skills

Follow these steps for your health and fitness research projects!

Four recommended databases

Health Reference Center Academic

Find articles from 2500 full-text nursing & health journals, reference books & videos. Features:

✓ **Topic Finder**, a visual search tool (link is at top of page), offers new facets on your topic

✓ **Search Assist** suggests search terms

Health Source — Nursing/Academic Edition

Offers full-text articles from 500+ scholarly journals in medicine & health sciences. Features:

✓ Check boxes limit results to full-text and/or scholarly articles

✓ **Subject links** help you find subject terms

CINAHL: Cumulative Index to Nursing & Allied Health Literature

Full-text books, nursing & health journals. Features:

✓ Check box to limit results to scholarly articles on results page

✓ **CINAHL Headings** link on blue menu bar helps find subject terms

MEDLINE

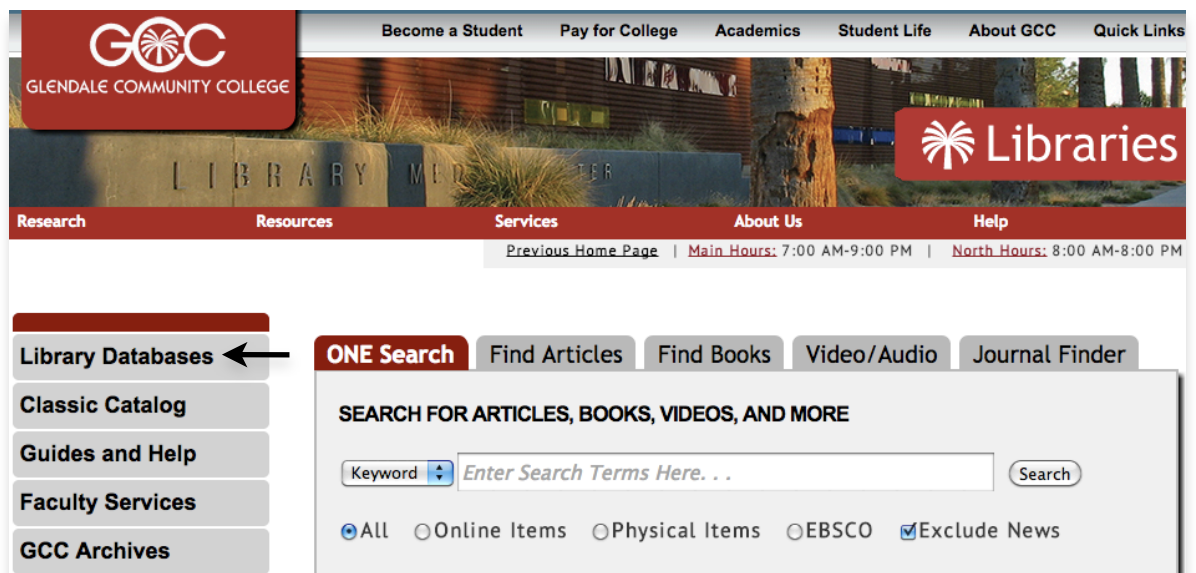
Provides links to some full-text medical articles. Features:

✓ Academic journals, date, gender & age limiters provided on the left side of results list

✓ **Subject: Major Heading** lists other search terms & shows number of articles for each term



1. Start at the library's home page: lib.gccaz.edu/lmc



2. Click the **Library Databases** link located on the left side of the main search box.

3. Now you're viewing the **Databases by Subject** list, where GCC Library's 130+ databases are categorized into 24 subject categories.

4. Find the **Nursing, Medicine & Health** category. Click on *Show More...* at the bottom of the list to display all of the health-related databases.

5. Start searching for journal articles about your research topic in the four recommended databases. Also try searching the other databases if necessary.

6. Working off campus? Enter your MEID and password after you've selected a database.

7. Notice that most of these databases include tools that provide citation help as well as options to save or email articles. *Note: The citations are electronically generated and errors do occur. Check them for accuracy.*

Nursing, Medicine & Health

- Health Reference Center Academic
- CINAHL: A Cumulative Index of Nursing and Allied Health Literature
- Health Source: Nursing/Academic Health Source - Consumer Health & Wellness Resource Center
- MEDLINE [Biomedical Journals] ScienceDirect Salem Health (including Magill's Medical Guide) PubMed Journal of Strength and Conditioning Research Anatomy.TV Films on Demand: Health & Medicine Nursing & Allied Health Nursing Made Incredibly Easy *Show Less...*

Need someone to spot you? We're here to help

Ask a Librarian 24/7 online chat — look for the chat box on the library's home page or use the link at lib.gccaz.edu/lmc/help

Reference Desks — 623-845-3112 (Main)
623-888-7112 (North)

