Most important resource – Ask a Librarian
  Lots of ways to contact librarians – chat, phone, email, in-person at User Services desk
  We are here for you, we want your questions

www.hsl.unc.edu - UNC Health Sciences Library Homepage

This guide provides links to help you research topics in rehabilitation services, including OT, PT, Speech Therapy, Recreational Therapy, and Music Therapy.

The guide is organized into 6 main sections:
Section 1: Welcome & basics – information about the library space

- Check out books, materials, and equipment using your hospital id.
- The library catalog includes descriptions of the books, journals, and other materials available at UNC in print or electronically.
  - If an item you want is at a location other than the Health Sciences Library, you can request it be delivered to the Health Sciences Library for your convenience.
  - If UNC does not have an item, you can request it from Inter-Library Loan for free.

- You will need your ONYEN:
  - To log onto the eduroam Wifi network in the library.
  - To access electronic materials from the library.
  - If you don’t know or don’t have an ONYEN, go to https://itsapps.unc.edu/improv/
Section 2: Searching Databases

- Library databases contain citation information & often abstracts of articles. Some databases contain actual articles ("full text"), e.g. CINAHL (pronounced “Sin-al”) has articles.
- Searching databases saves you time by providing article citations from many journals simultaneously.
- If you access a database from a UNC library webpage, you will see a Find@UNC link next to each citation. Click this link to find the full text item electronically or to find other options for access.
- Different databases have different focuses/cover different disciplines.
- An article can be indexed in (its citation can be found in) many different databases.
- Some databases also index conference proceedings and other materials.
- Each database has a different look and feel, just like your Gmail looks different from an Outlook email account. However, the databases generally have similar features, a search box, advanced search, options to limit search by publication date, population of interest, publication language, etc.
- There are LOTS of databases, we have linked to the ones we think you will be most likely to use in this guide and there are links to other guides in case you are interested in other topics.
- Don’t forget to Ask-a-Librarian (http://asklib.hsl.unc.edu) if you would like help with a search.
Databases – 2 Key Features

• Boolean Searching – the term for searching with AND, OR, NOT (yes, you need to use capital letters even though you aren’t yelling at the search engine).
  - OR broadens your search, including results that have either term one OR term two (e.g., children OR youth OR child) – think synonyms
  - AND narrows your search, including just those results that have both term one AND term two (e.g., pain AND cancer)
  - NOT narrows your search by removing a specific term or group from your search. For example, (foot pain NOT “plantar fasciitis”) would find articles about foot pain that do not mention plantar fasciitis.
  - Note: if you would like to search for a phrase rather than a single word, enclose the phrase in quotes

• Controlled vocabulary – a list of words and phrases used to tag (or index) articles or anything else in a database, so that you can find items of interest more easily
  - Databases that use a controlled vocabulary have staff that review each article and assign it the most specific terms possible. In PubMed, this vocabulary is called MeSH Headings; in CINAHL - CINHAL headings
    - CINHAL headings are based on MeSH, refined for nursing and allied health.
    - Search terms for the same concept can be different in different databases.
  - For example, if you are looking for all articles about tendonitis, PubMed uses the MeSH term “Tendinopathy” to tag all articles about tendonitis.
  - However, you should also search for terms as text words or key words, in case an article you are looking for is new and has not been assigned terms from the controlled vocabulary yet.
  - Controlled vocabularies are typically created using a hierarchical, or tree structure, as shown below, so you can see the next broader term above or the next narrower term below to refine your search.
Section 3: Evidence-based Practice
Evidence-based Practice typically includes:
• Clinical judgment
• Best research evidence
• Patient values & preferences

Section 4: PICO clarifies and focuses questions that arise during a patient assessment. It identifies and organizes the key aspects of a complex patient presentation to help you brainstorm keywords for your literature search, refine your search for the best results, and save time.
• P – patient or problem
• I – intervention
• C – comparison
• O – outcome

Sample scenario: Consider a situation where you have a clinical question and figure out how to get information to answer it. On June 3, we built the following question:

P – patients in the intensive care unit on mechanical ventilation
I – emotional self-regulation
C – usual care
O – reduced stress, reduced anxiety, increased coping

Research question: Compared to usual care, do patients in the ICU on mechanical ventilation who receive emotional self-regulation therapy experience reduced stress, reduced anxiety, and increased coping skills?

Sometimes you will have a question that someone else has already answered recently, i.e., experts have collected, analyzed, and reported the evidence for you. The EPB page of the guide provides links to databases of such existing reviews. There are multi-disciplinary EBP databases, such as the Cochrane Library and Joanna Briggs Institute EBP library. There are also discipline-specific databases, such as OTseeker for OT and PEDro for physiotherapy topics.

Note: you are the best judge of whether a review is “recent enough” based on how quickly practices change in your field. You may decide that 5 years old is good enough for tendonitis but only 2 years old is sufficient for low back pain. If there is a review and it is “too old,” you will likely find search terms and a list of databases in the review’s methods section to inform your literature search.

If no one has done a formal review of your question, you will need to conduct your own literature search (or contact Ask-a-Librarian, http://asklib.hsl.unc.edu to help).
We assumed that there is no review for our question and we did a literature search in CINAHL. We started by setting some limits for our search:

- The database will search for words related to the words in our search.
- Only items published in 2010 or later will appear in results.
- Only articles in English will appear in the results.
- Results will include articles about adults 18-64 years old.
Next, we started looking up some of the key terms from our research question in CINAHL headings. As shown below, we searched “intensive care unit” in the CINAHL headings, found “intensive care units,” and clicked on Explode to include all articles associated with ICU, as shown below.
We searched the remaining terms in CINAHL headings, which resulted in the search history below. Then we selected each of the searches by clicking the box to the left and then clicked “Search with AND.” This was a complex search, which yielded 0 results. However, we are optimistic that additional searches that incorporate more terms to broaden the search (using Boolean searching with OR) and search additional databases (e.g. PubMed, Google Scholar, etc) will identify some helpful results. This is a perfect example of a good opportunity to set up a one-on-one consultation with a librarian to identify appropriate ways to expand the search to find results.