CINAHL – Subject Headings

In my example, I’ve done a pretty specific search using the phrases of “neuromuscular electrical stimulation” AND “stroke rehabilitation.” Many times you might not begin a search with those specifics, but you might just start with keywords such as stroke rehabilitation. This will be a much broader search and result in more sources. I can use the limiters we’ve already discussed, date and source type, to help limit, but I may also want to focus on more targeted terms – that’s when the subject headings come in handy.

After I expand the Subject Headings limiter, I can go even one step further to see the full listing of subject options by choosing Show More. From there, I can select specific subjects that I’d like to see. I’ll choose Muscle Spasticity and select update. You’ll notice in the list of results that I have here that the terms I’ve used are bolded. I always recommend skimming through Subject Headings as you browse through results to get ideas of keywords and ways to narrow.

If after looking through these results I decide this term isn’t quite what I wanted, I can easily remove it and go back to the subject headings and choose some other options.