

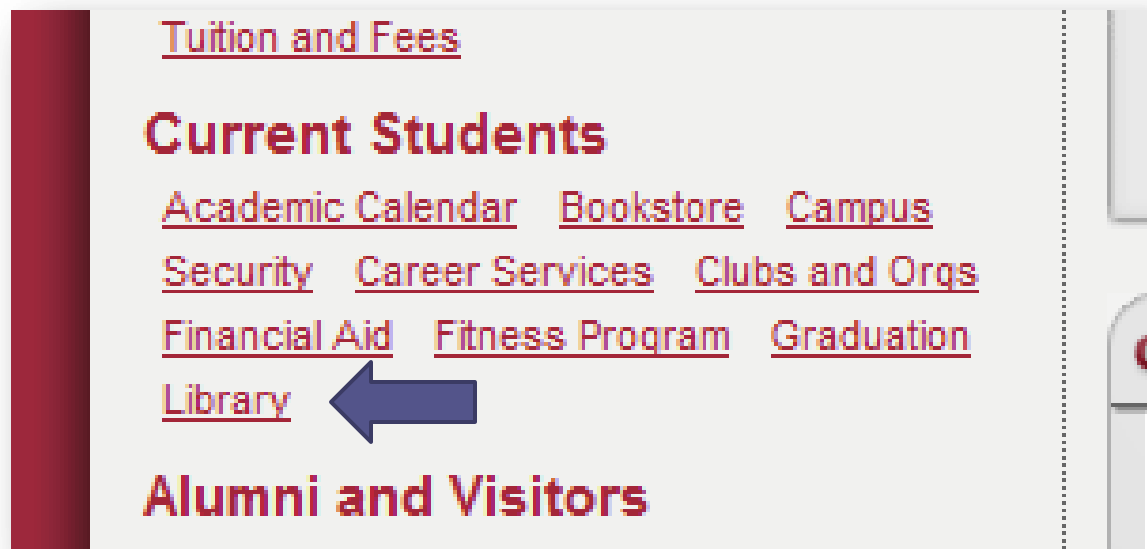
Finding a Nursing Article

Using LRC Databases

A decorative graphic consisting of several horizontal lines of varying lengths and colors (teal, light blue, white) extending from the right side of the slide towards the center.

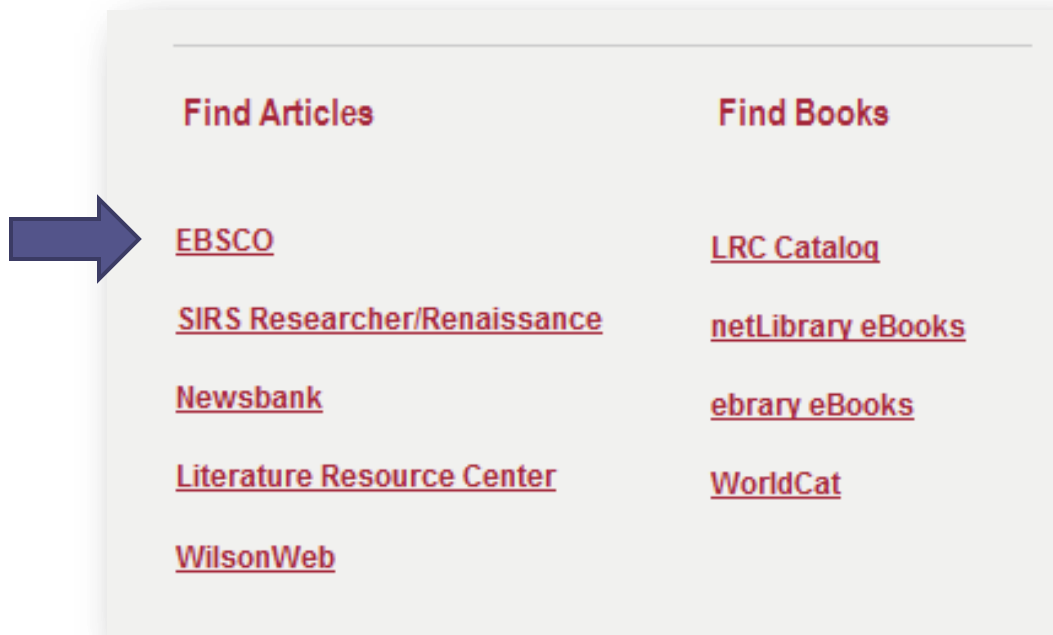
Step 1: Go to the Library Website

- Go to www.redlandsc.edu
- Click on the word “Library” under Current Students



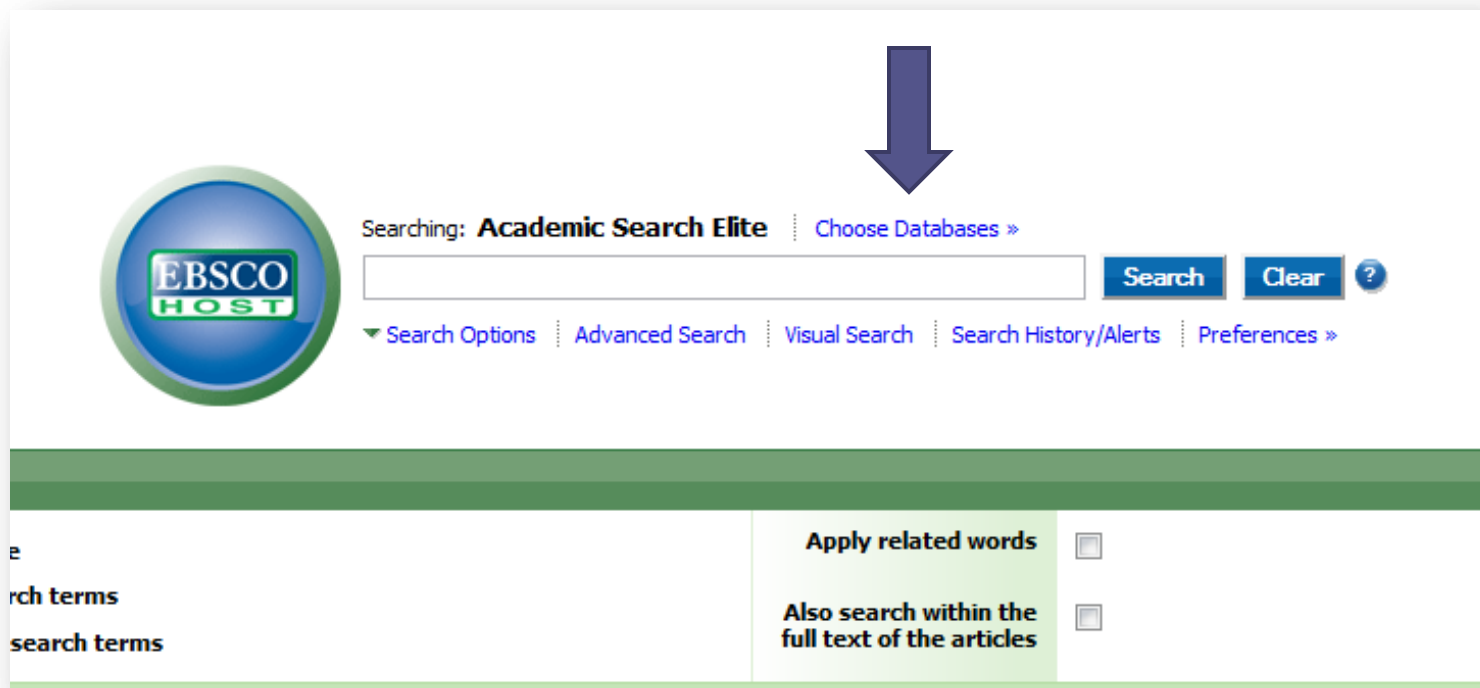
Step 2: Go into EBSCO

- Click on “EBSCO” under Find Articles



Step 3: Choose the Nursing Database

- Click “Choose Databases”



Searching: **Academic Search Elite** | [Choose Databases >](#)

[Search](#) [Clear](#) [?](#)

[Search Options](#) | [Advanced Search](#) | [Visual Search](#) | [Search History/Alerts](#) | [Preferences >](#)

Apply related words

Also search within the full text of the articles

Choose the Nursing Database, Cont.

The screenshot shows the EBSCO HOST interface with a 'Choose Databases' dialog box open. The dialog has a title bar with a close button (X) and a header area with 'Detailed View (Title lists included)' and a link 'Select another EBSCO service'. Below the header is a list of databases, each with a checkbox and a magnifying glass icon. The 'Health Source: Nursing/Academic Edition' checkbox is checked. A blue arrow labeled '1' points to this checkbox. At the bottom of the dialog are 'OK' and 'Cancel' buttons. A blue arrow labeled '2' points to the 'OK' button.

Database Name	Selected
Select / deselect all	<input type="checkbox"/>
Academic Search Elite	<input checked="" type="checkbox"/>
EBSCO Animals	<input type="checkbox"/>
Funk & Wagnalls New World Encyclopedia	<input type="checkbox"/>
Health Source: Nursing/Academic Edition	<input checked="" type="checkbox"/>
MasterFILE Premier	<input type="checkbox"/>
Middle Search Plus	<input type="checkbox"/>
Newspaper Source	<input type="checkbox"/>
Professional Development Collection	<input type="checkbox"/>
Regional Business News	<input type="checkbox"/>
GreenFILE	<input type="checkbox"/>
Business Source Elite	<input type="checkbox"/>
ERIC	<input type="checkbox"/>
Health Source - Consumer Edition	<input type="checkbox"/>
MAS Ultra - School Edition	<input type="checkbox"/>
MEDLINE	<input type="checkbox"/>
Military & Government Collection	<input type="checkbox"/>
Primary Search	<input type="checkbox"/>
PsycINFO	<input type="checkbox"/>
TOPICsearch	<input type="checkbox"/>

Step 4: Perform Your Search

- Type your topic in the Search box
- Before clicking the “Search” button, choose your limiters:
 - Full text (should already be selected)
 - Scholarly (Peer Reviewed) Journals
 - Number of Pages greater than X
 - Published date from month, year to month, year

Step 5: Look Over Your Results

HTML Full Text

- HTML Full Text is formatted for the Web, very generic looking but has all the words in the original article

EXPAND NURSES' ROLES IN PRIMARY CARE: IT WON'T HURT A BIT

Section: FEATURE

Australians are living longer and have better access than ever to new medical treatments and medicine. The latest national figures on chronic diseases paint a mixed picture with some improvements in mortality and *diabetes*.


A 2008 Australian Institute of Health and Welfare (AIHW) chronic disease study reveals that deaths from our biggest killer (24,000 deaths in 2005) and the incidence of cardio-vascular disease (CVD) has risen by 18% over a decade (Heart Foundation 2005); 62% of men and 45% of women are now overweight or obese, as are one in four children; and Type 2 diabetes has doubled. Smoking rates are down to 20% but lung cancer is on the rise among women; arthritis and respiratory problems are rising with the ageing of the population, and two thirds of us aren't getting enough exercise.

16% of females over 12 are eating the recommended five servings of vegetables a day. Our fruit consumption is better but not as good as it should be. Mental health is also a concern, with the Australian Bureau of Statistics National Health Survey (NHS) finding that depression, anxiety and other mental health problems are on the rise. The leading cause of disability in 2005 was depression and the risky behaviours that spark or exacerbate the problem, obesity, lack of exercise, poor nutrition and smoking, in particular, is being pinpointed as a major health problem with research now showing it could shorten life expectancy.

The Australian Institute of Health and Welfare (AIHW) study shows obese children will live two years less than their slimmer counterparts. It also shows that obesity in children has also been linked to depression and anxiety. A USA study by the Centres for Disease Control and Prevention found that obese children are twice as likely to smoke as their non-anxious counterparts.

PDF Full Text

- PDF Full Text is formatted exactly like the original publication, with columns and graphics

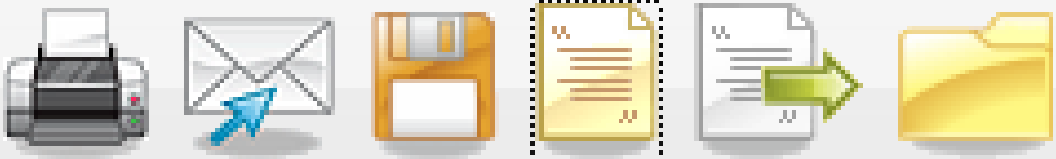


2008 Australian Institute of Health and Welfare (AIHW) chronic disease study reveals that deaths from heart attacks are falling but heart disease remains our biggest killer (24,000 deaths in 2005) and the incidence of cardio-vascular disease (CVD) has risen by 18% over a decade (Heart Foundation 2005); 62% of men and 45% of women are now overweight or obese, as are one in four children; and Type 2 diabetes has doubled. Smoking rates are down to 20% but lung cancer is on the rise among women; arthritis and respiratory problems are rising with the ageing of the population, and two thirds of us aren't getting enough exercise.

On the nutrition front, only 10% of males and 16% of females over 12 are eating the recommended five servings of vegetables a day. Our fruit consumption is better but not

Step 6: What to do with the article

Print Email Save to disk Get Citation Save to a folder (to print at end of research session)



LET A BIT. (cover story)

Similar

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Why Use LRC Databases?

- Easier to find quality articles than on the Web
- You have access to these articles 24/7 from any computer with Internet access
 - For off-campus access, see “Log-In Help” on the main library page.
- The cost of providing these articles to you has already been paid by your Library & Technology Fees

For More Info and/or Help:

- Phone the LRC at (405) 422-1254 during the following hours:
 - Monday – Thursday 8:00 a.m. – 8:00 p.m.
 - Friday 8:00 a.m. – 5:00 p.m.
 - Saturday 10:00 a.m. – 2:00 p.m. (during fall and spring semesters only)
- Or send an email to library@redlandsc.edu

Thank you for using your LRC!