Finding a Nursing Article

Using LRC Databases
Step 1: Go to the Library Website

- Go to www.redlandscc.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”
Choose the Nursing Database, Cont.
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

**PDF Full Text**

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

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

Section: FEATURE

A 2008 Australian Institute of Health and Welfare (AIHW) chronic disease study reveals that deaths from heart disease are the biggest killer (24,000 deaths in 2005) and the incidence of cardio-vascular disease (CVD) has risen 20% but lung cancer is on the rise among women; arthritis and respiratory problems are rising with the increasing age 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 also a concern, with the Australian Bureau of Statistics National Health Survey (NHS) 2005 data showing that 39% of women aged 18-39 years are consuming less than five serves of fruit and vegetables a day.

Many nurses and other health professionals are finding it difficult to apply the knowledge gained from their education to their practice. Many nurses and other health professionals are finding it difficult to apply the knowledge gained from their education to their practice. Many nurses and other health professionals are finding it difficult to apply the knowledge gained from their education to their practice. Many nurses and other health professionals are finding it difficult to apply the knowledge gained from their education to their practice.
Step 6: What to do with the article
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@redlandscc.edu

Thank you for using your LRC!