1. Define your research topic. This is typically a question or a hypothesis.

Enter your research statement here:

2. Identify your KEY CONCEPTS.

After you have defined your research statement, identify key concepts related to your topic. Typically, you will have between two and four key concepts or main ideas.

Example: What are the best ways to prevent bed sores in elderly patients?
Key concepts are:
- Elderly
- Bed sores
- Prevention

Note: It can be helpful to read background material on your topic as an aid to finding keywords.

Enter one concept word (keyword) relating to your research statement on each of the lines below.

<table>
<thead>
<tr>
<th>Concept 1:</th>
<th>Concept 2:</th>
<th>Concept 3:</th>
<th>Concept 4 (optional):</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Identify synonyms and RELATED TERMS for the concepts (keywords) you have selected.

You may use a dictionary or thesaurus to find synonyms or related terms. Remember to use medical terminology where appropriate. Note: most keywords, but not all, will have synonyms or related terms.

Example:

<table>
<thead>
<tr>
<th>Keyword</th>
<th>Elderly</th>
<th>Bed sores</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Synonym/Related Term</td>
<td>Aged, elder, geriatric</td>
<td>Pressure sores, pressure ulcers</td>
<td></td>
</tr>
</tbody>
</table>

Now you can create a search statement so you can retrieve relevant documents from a database.
Using CINAHL, your search statement may look like this example:

```
elderly or aged or elder or geriatric
AND
bed sores or pressure ulcers or p
AND
prevention
```

Boolean Operators

Boolean Operators are simple words (AND, OR) used as conjunctions or connector words to combine or exclude keywords in a search, resulting in more focused and productive results.

**AND**
Requires all keywords to be in each result (article) returned. If one term is contained in the document and the other is not, the document is not included in the results. Narrows the search.

**OR**
Either term (or both) will be in the returned document. Broadens the search.

Create your statement in the box below:

<table>
<thead>
<tr>
<th>Key concept</th>
<th>OR</th>
<th>Synonym/Related Term</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>AND</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>AND</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>AND</td>
<td>OR</td>
<td></td>
</tr>
</tbody>
</table>
4. Choose an appropriate database.

Generally, when doing nursing research, you will want to start with CINAHL, the premier nursing database. Depending on your topic you may want to run searches in other databases as well, such as PsycInfo, Medline, Education Source.

5. Set your Limiters.

Use the database’s built-in limiters to narrow your search by various parameters. Some examples (varies by database):

- Publication Date Range
- Scholarly/Peer-Reviewed Sources
- Language (English?)

6. Review your results and continue to revise your search statement if necessary.

You may need to make your query narrower or broader. You may look at the results and see related topics you are interested in, or other related terms to use.