Step 1

http://lib.asu.edu

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Step 2

Select and click on CINAHL from list of Most Used Resources

- MOST USED RESOURCES
  - ABI/Inform
  - Academic Search Premier
  - CINAHL
  - Dissertations & Theses
  - Economist Intelligence Unit (EIU)
  - ERIC
  - Google Scholar
  - JSTOR
  - LexisNexis Academic

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Step 3

Enter Keyword or Subject Heading into Search Box and Click on ‘Blue’ Search
Step 4

Look for term(s) in CINAHL Headings/Thesaurus

Check the boxes for Aged and Aged, 80 and over

and Click on ‘Blue’ Search Database Button
Step 5

View Results
Step 6

Next another Keyword or Subject Heading into Search Box and Click on ‘Blue’ Search button
Step 7

Look for term(s) in CINAHL Headings/Thesaurus

Check the box for Tai Chi and

Click on ‘Blue’ Search Database button
Step 8

View Results
Step 9

Combine two search terms S1 AND S2 to get results
Check both boxes and click on ‘Search with AND’ Button
Step 10

To further limit your 284 results click on Search Options in the Right Hand Margin
Step 11

Check boxes for Full Text, English Language, under Publication Type (in the drop down menu, select ‘Systematic Review,’

click on the ‘Blue’ Search Button

(at the top or bottom of page)
Step 12
At this screen you can add citations to a folder.
Click on ‘Folder View.’
Step 13

This is what the screen looks like when you add a citation to the folder. You are able to print, email or save the record(s).
Step 14

Click on Print Search History Button.
Step 15

Optional: Sign up for your personal My EBSCOhost Account.
Step 16
Click on I’m a new user and fill in completely.