

Example of a record on the CINAHL database

3. **Title:** Exercise and diabetes mellitus: optimizing performance in patients who have type 1 diabetes.

Citation: Physician & Sportsmedicine, 01 May 2003, vol./iss. 31/5(29-38), 00913847

Author(s): Birrer RB,Sedaghat V

Abstract: Those who have type 1 diabetes mellitus should include regular sports or recreational activities in their overall healthcare programs. Essential responsibilities of physicians who treat these patients include preparticipation clearance, education about blood glucose self-monitoring, exercise prescription, aggressive dietary and insulin management plans, identification of risk factors and potential complications, and ongoing education. Exercise has risks and benefits that must be understood so that participation yields a safe, enjoyable outcome that meshes with the patient's culture, activity goals, and lifestyle.

Language: English

Publication type: journal article

Combining searches using
AND and **OR**

I need to find papers on
exercise in relation to
insulin-dependent
diabetes



EXERCISE

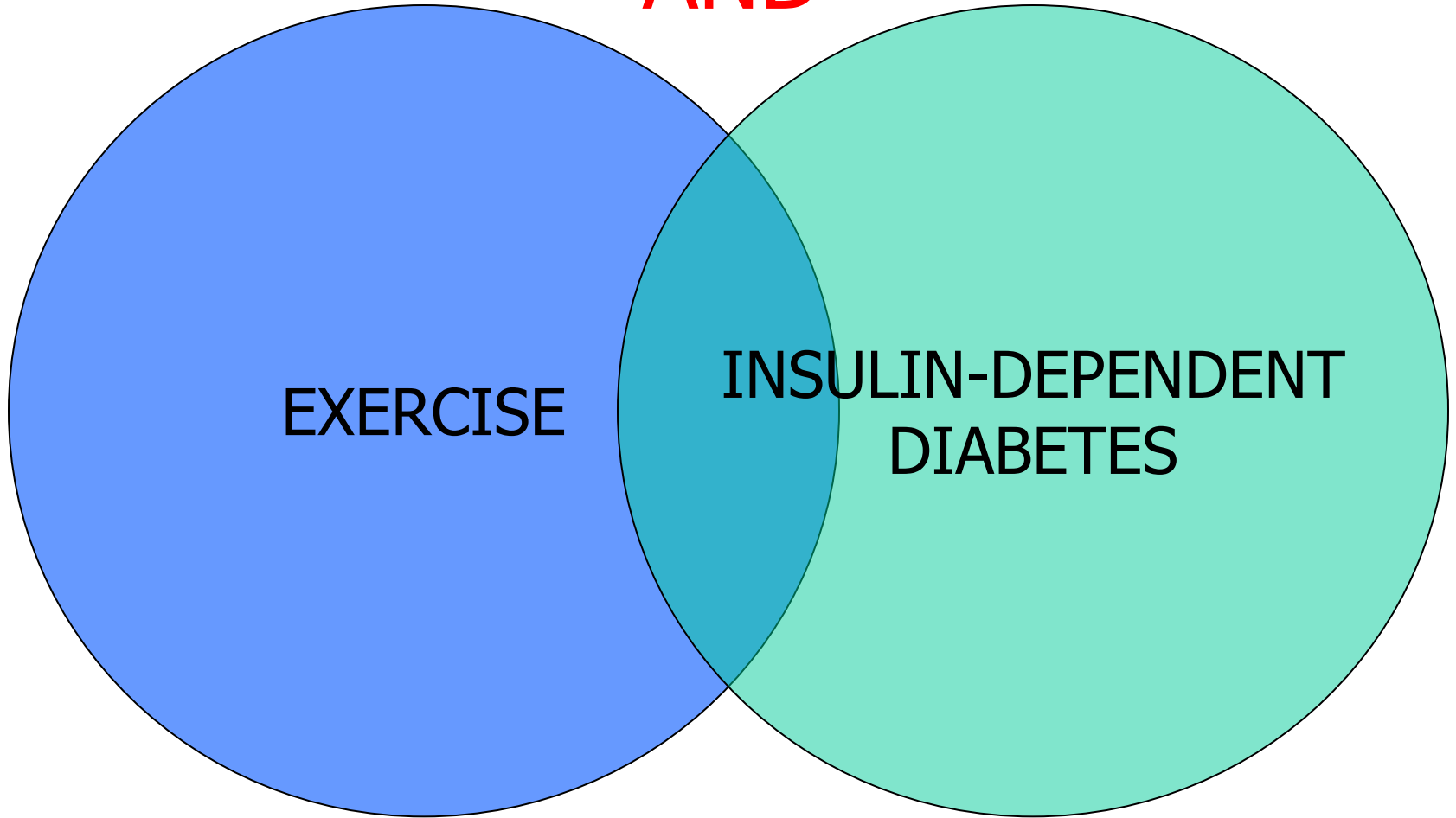
36,355



**INSULIN-DEPENDENT
DIABETES**

6,648

AND



204

HEALTHCARE DATABASES **ADVANCED SEARCH**

Search History

SAVE SELECTED ROWS

SAVE ALL

No.	<input type="checkbox"/>	Database	Search term	Hits
1	<input type="checkbox"/>	CINAHL	exp EXERCISE/	36355
2	<input type="checkbox"/>	CINAHL	DIABETES MELLITUS, INSULIN-DEPENDENT/	6648
3	<input type="checkbox"/>	CINAHL	1 AND 2	204

Combine with: AND OR

COMBINE SELECTED SEARCHES

DELETE SELECTED SEARCHES

REMOVE DUPLICATES

Applying limit by date

HEALTHCARE DATABASES ADVANCED SEARCH

Search History

SAVE SELECTED ROWS

SAVE ALL

No.	<input type="checkbox"/>	Database	Search term	Hits
1	<input type="checkbox"/>	CINAHL	exp EXERCISE/	36355
2	<input type="checkbox"/>	CINAHL	DIABETES MELLITUS, INSULIN-DEPENDENT/	6648
3	<input type="checkbox"/>	CINAHL	1 AND 2	204
4	<input type="checkbox"/>	CINAHL	3 [Limit to: Publication Year 2005-2010]	86

Combine with: AND OR

COMBINE SELECTED SEARCHES

DELETE SELECTED SEARCHES

REMOVE DUPLICATES

2005 - 2010

I need to find papers on
health promotion and
health education in
relation to
diabetic foot



HEALTH EDUCATION

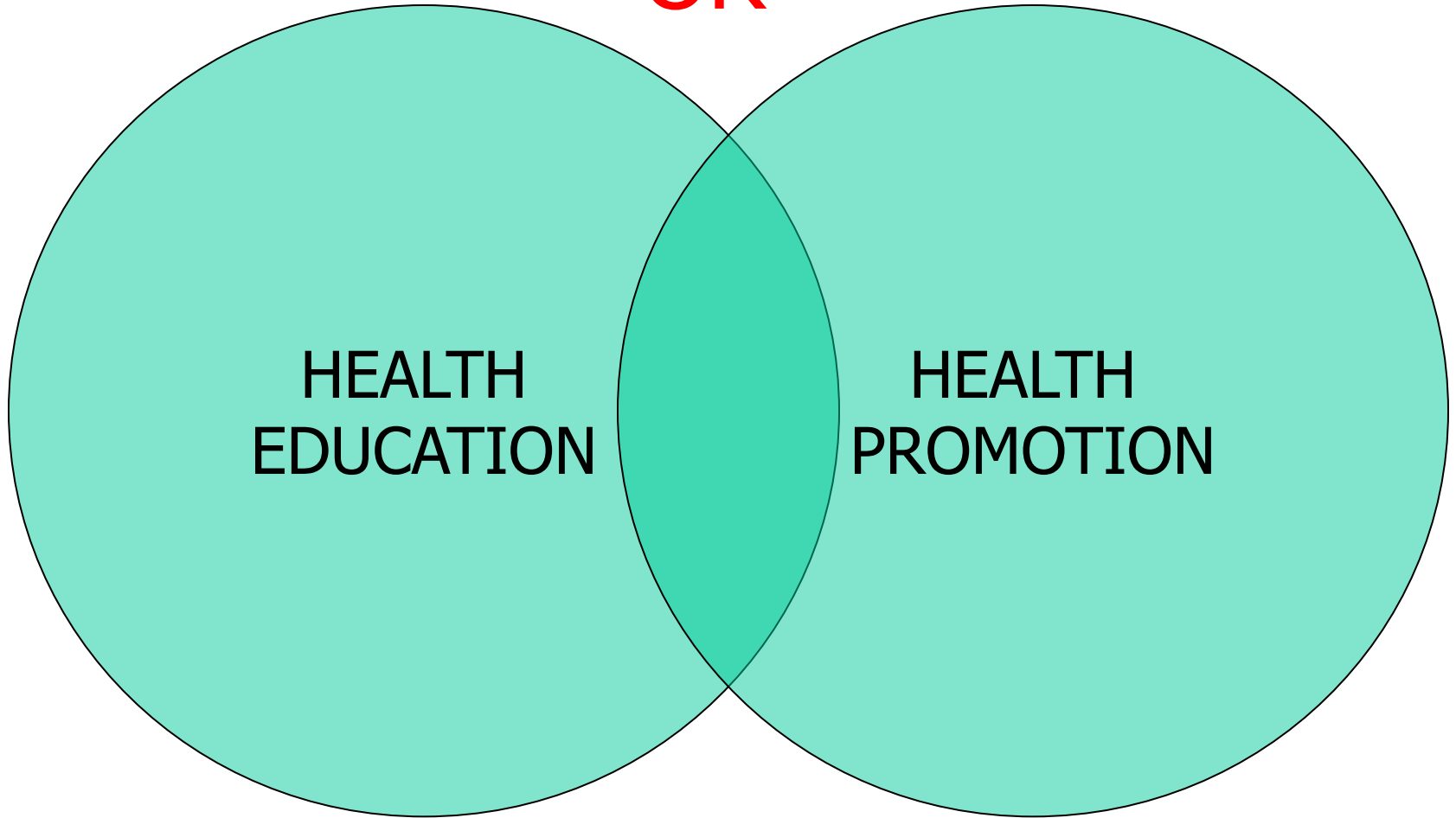
58,754



HEALTH PROMOTION

21,081

OR



HEALTH
EDUCATION

HEALTH
PROMOTION

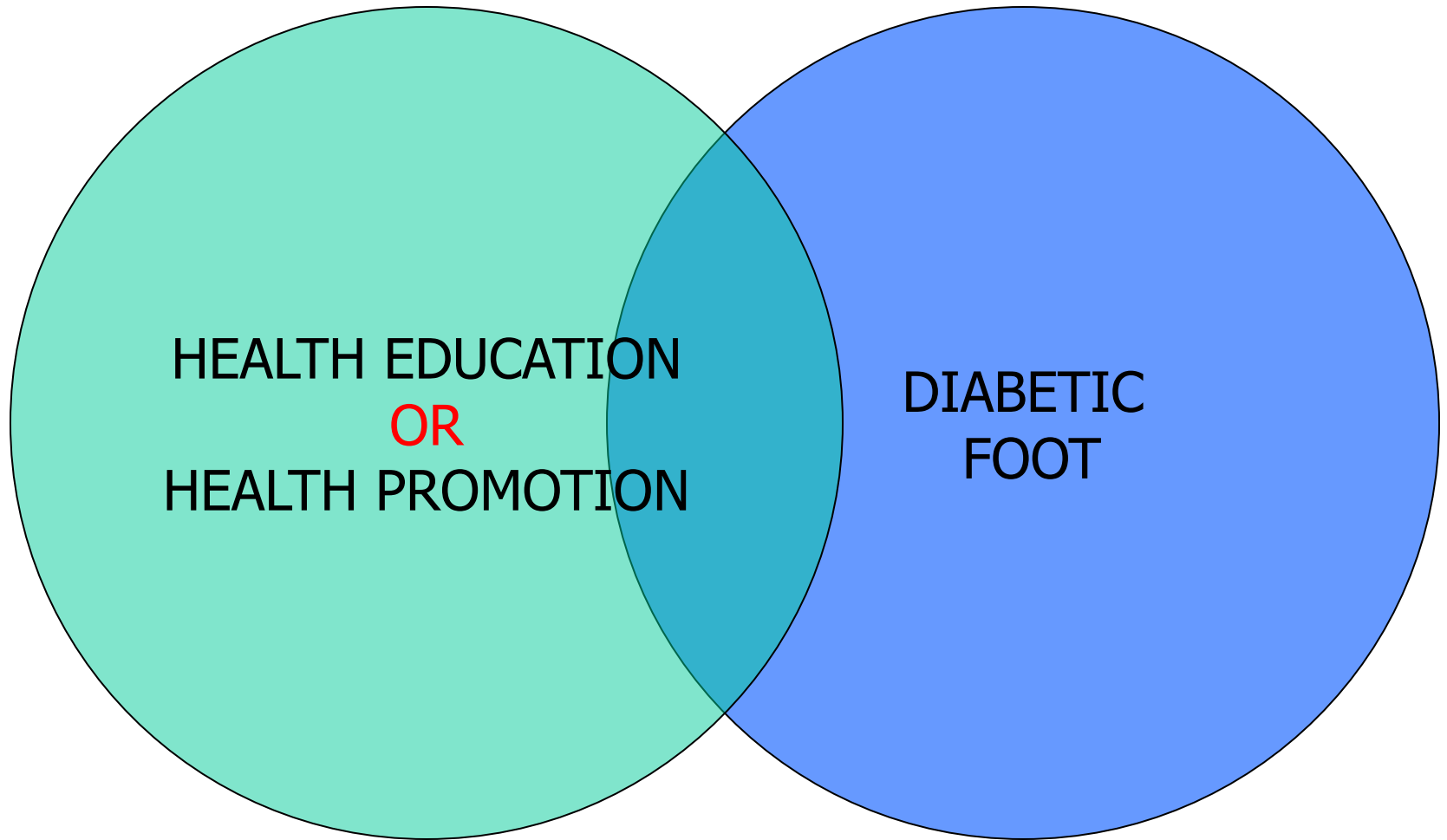
75,966



DIABETIC FOOT

3,250

AND



266

HEALTHCARE DATABASES **ADVANCED SEARCH**

Search History

[SAVE SELECTED ROWS](#)[SAVE ALL](#)

No.	<input type="checkbox"/>	Database	Search term	Hits
1	<input type="checkbox"/>	CINAHL	exp HEALTH EDUCATION/	58754
2	<input type="checkbox"/>	CINAHL	exp HEALTH PROMOTION/	21081
3	<input type="checkbox"/>	CINAHL	1 OR 2	75966
4	<input type="checkbox"/>	CINAHL	DIABETIC FOOT/	3250
5	<input type="checkbox"/>	CINAHL	3 AND 4	266

Combine with: AND OR[COMBINE SELECTED SEARCHES](#)[DELETE SELECTED SEARCHES](#)[REMOVE DUPLICATES](#)

Applying limit by date

HEALTHCARE DATABASES ADVANCED SEARCH

Search History

SAVE SELECTED ROWS

SAVE ALL

No.	<input type="checkbox"/>	Database	Search term	Hits
1	<input type="checkbox"/>	CINAHL	exp HEALTH EDUCATION/	58754
2	<input type="checkbox"/>	CINAHL	exp HEALTH PROMOTION/	21081
3	<input type="checkbox"/>	CINAHL	1 OR 2	75966
4	<input type="checkbox"/>	CINAHL	DIABETIC FOOT/	3250
5	<input type="checkbox"/>	CINAHL	3 AND 4	266
6	<input type="checkbox"/>	CINAHL	5 [Limit to: Publication Year 2005-2010]	102

Combine with: AND OR

COMBINE SELECTED SEARCHES

DELETE SELECTED SEARCHES

REMOVE DUPLICATES

2005 - 2010