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- CINAHL 是最全面的索摘資料庫，包含全球護理學和綜合醫療保健類期刊的權威索摘

- 收錄 5,500 多種護理學和綜合醫療保健類期刊索摘
  - 包含其他附屬學科領域，支援護理和醫療專業實務（如：生物醫學、衛生服務管理、公共衛生等）

- 其他同類型資料庫收錄的索摘不夠全面，而是主要基於出版社提供的全文期刊提供期刊索摘

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CINAHL收錄的索摘品質在護理和綜合醫療保健類資料庫中無與倫比

- 索摘編寫由非常頂尖的醫學索引編寫人員完成
- 詞彙按照最相關到最不相關的順序排列，並由搜尋引擎進行評估
- 主標題和副標題區分清楚，由搜尋引擎進行評估
- 擁有用於護理和綜合醫療保健研究的權威控制詞彙，由搜尋引擎進行評估
- 其他同類型資料庫無法提供可比較的索摘

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CINAHL 全文版本

Active full-text journals and magazines compared

|	CINAHL with Full Text	CINAHL Plus with Full Text	CINAHL Complete	CINAHL Ultimate
Active full-text journals and magazines	332	393	717	1,815
Active full-text, peer-reviewed journals	267	318	592	1,619
Active full-text, peer-reviewed journals with no embargo	163	188	405	1,329
Active full-text journals indexed in Web of Science or Scopus	225	267	454	891

CINAHL Complete 為排名前**50**期刊中的**35**種提供持續收錄的全文，並且可在 CINAHL Index中檢索
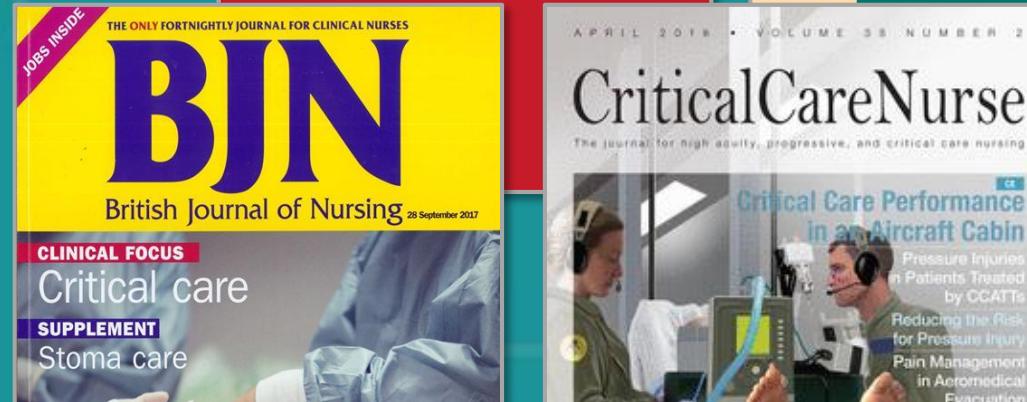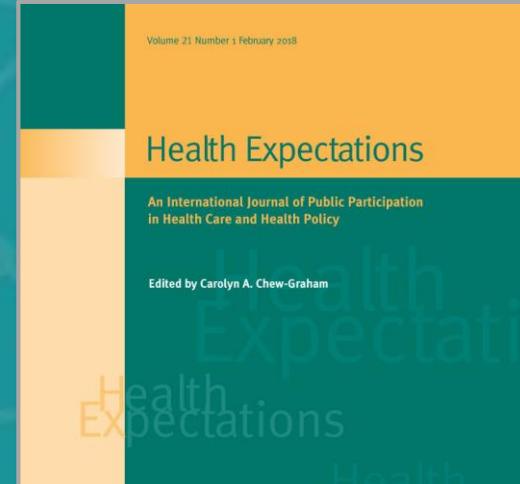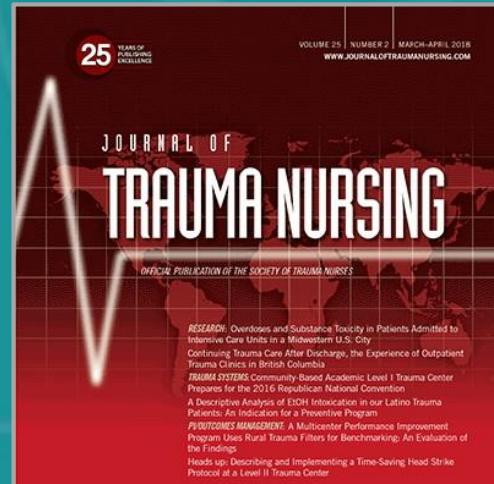
所有展示書目均無延遲，為**EBSCO**獨有

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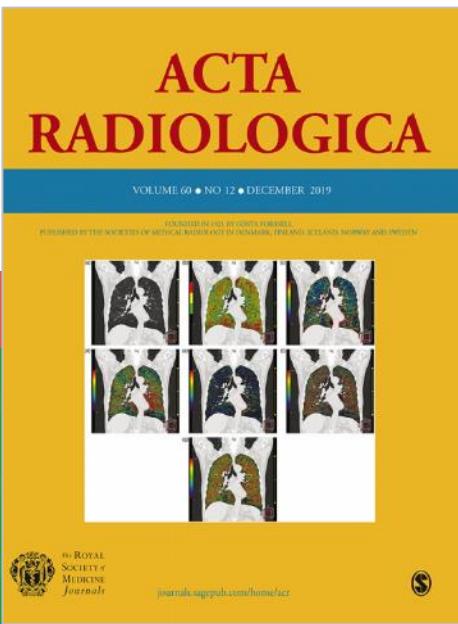
Acta Radiologica
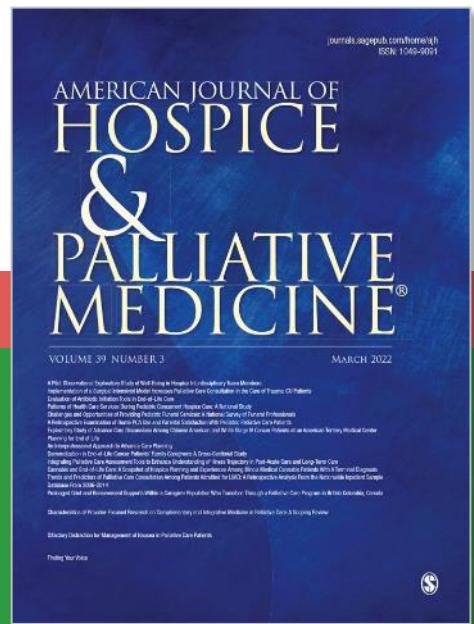
American Journal of Hospice & Palliative Medicine

Biological Research for Nursing

British Journal of Occupational Therapy

Cancer Nursing Practice

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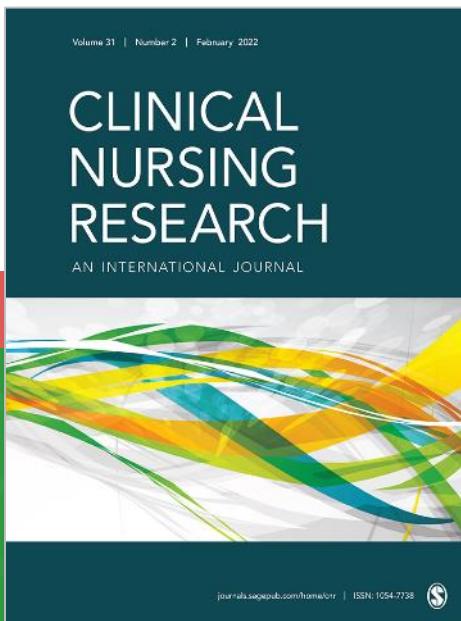
Clinical Nursing Research
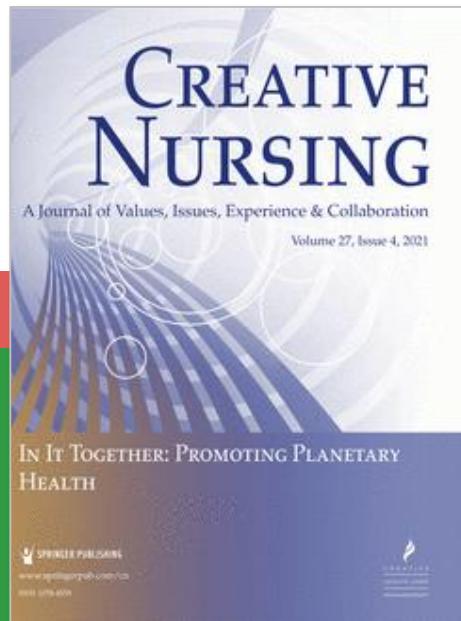
Creative Nursing
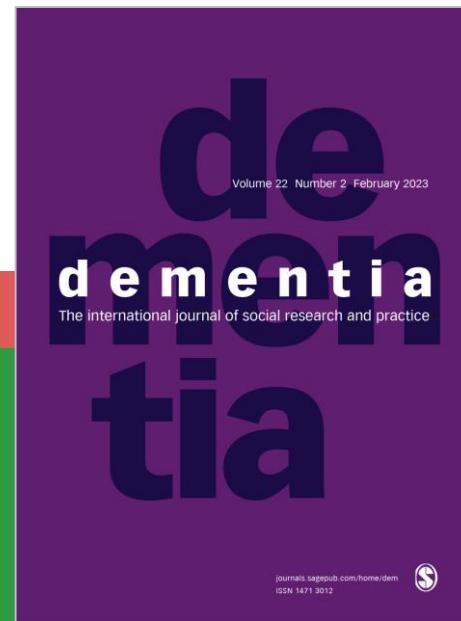
Dementia

Emergency Nurse
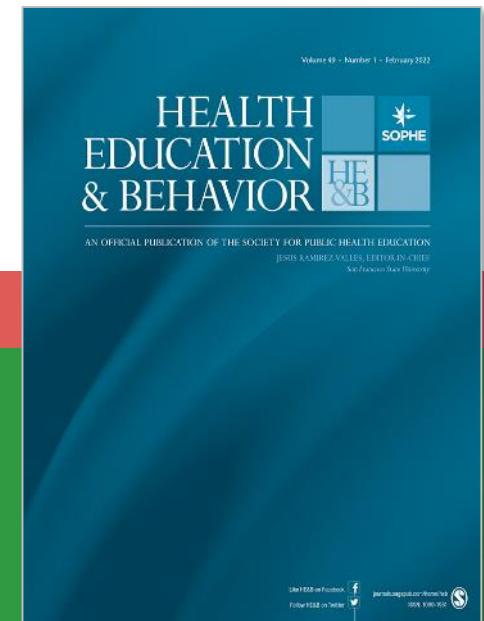
Health Education & Behavior

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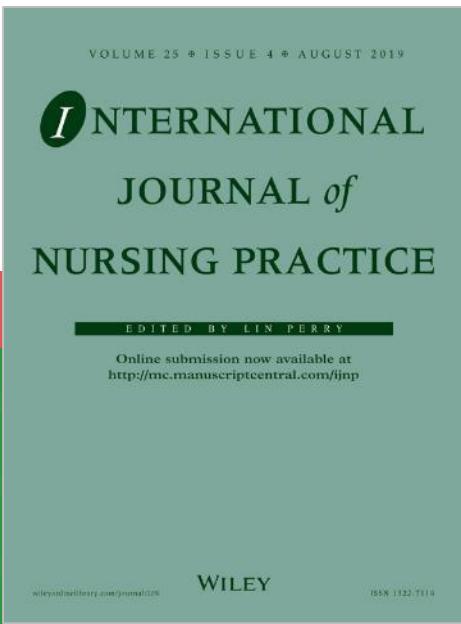
International Journal of Nursing Practice
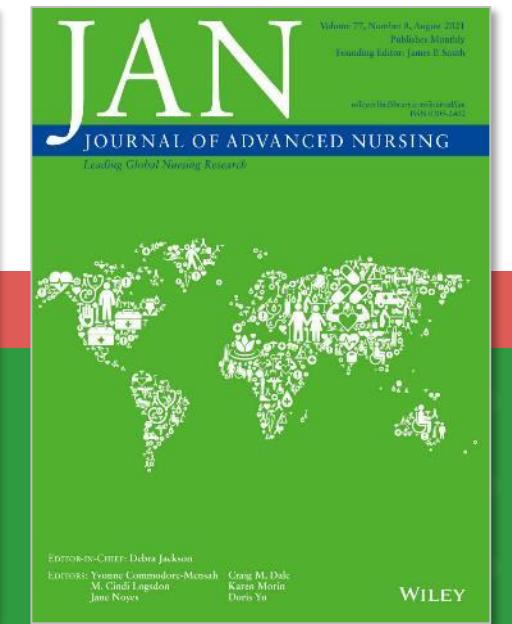
Journal of Advanced Nursing
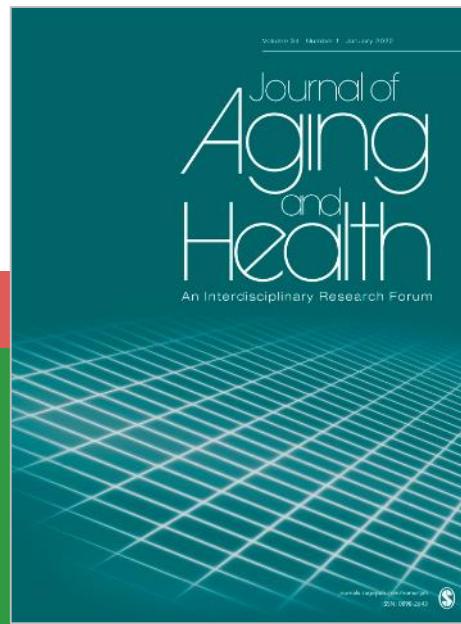
Journal of Aging & Health
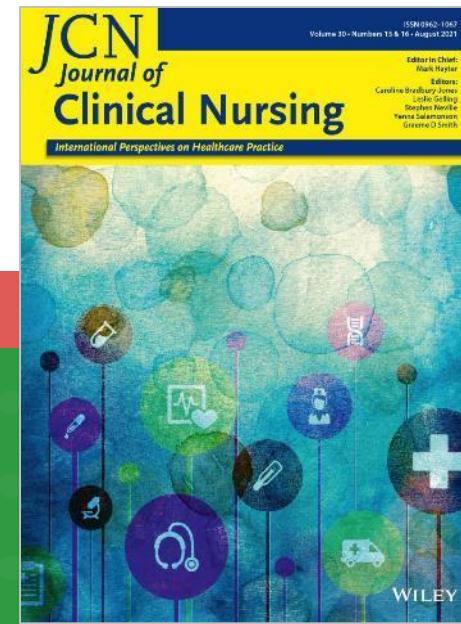
Journal of Clinical Nursing
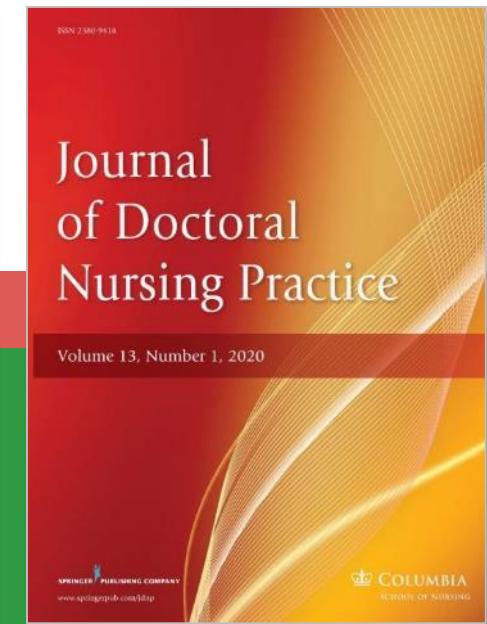
Journal of Doctoral Nursing Practice

CINAHL Ultimate offers active full text with no embargo for the following key nursing journals

None are available with active full text in any other full-text version of CINAHL
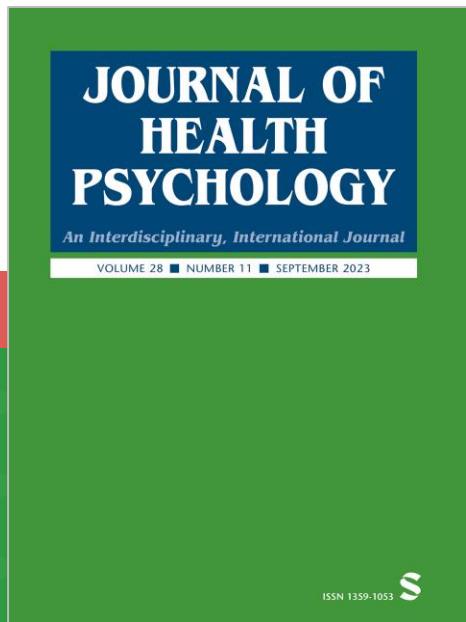

Journal of Health Psychology
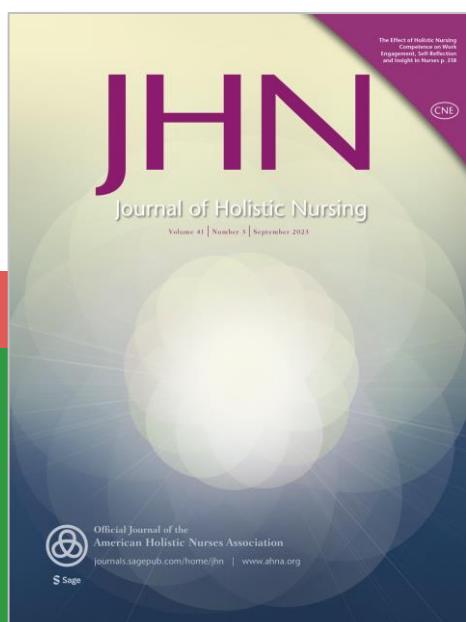
Journal of Holistic Nursing

Journal of Interpersonal Violence

Journal of Nursing Measurement
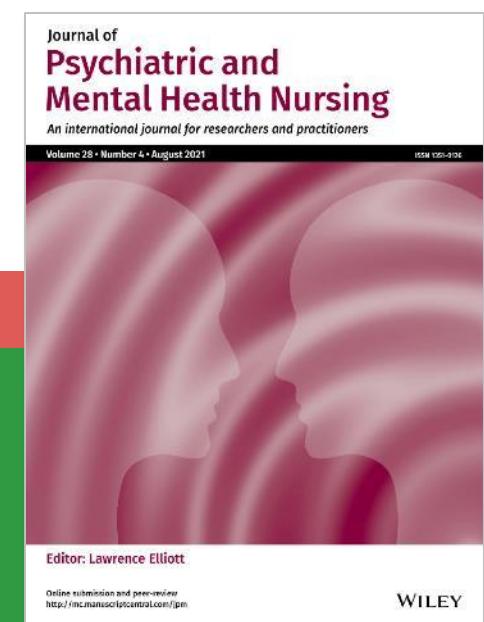
Journal of Psychiatric & Mental Health Nursing

CINAHL Ultimate offers active full text with no embargo for the following key nursing journals

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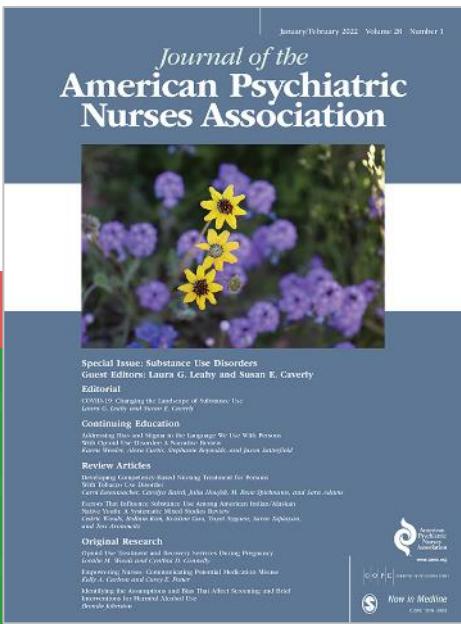
Journal of the
American Psychiatric
Nurses Association
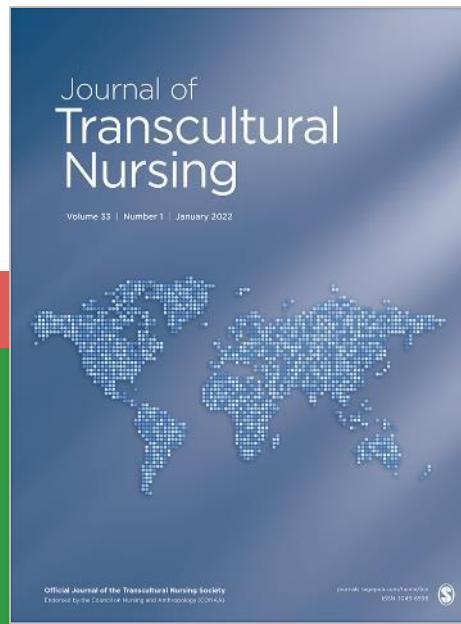
Journal of
Transcultural
Nursing

Learning Disability
Practice
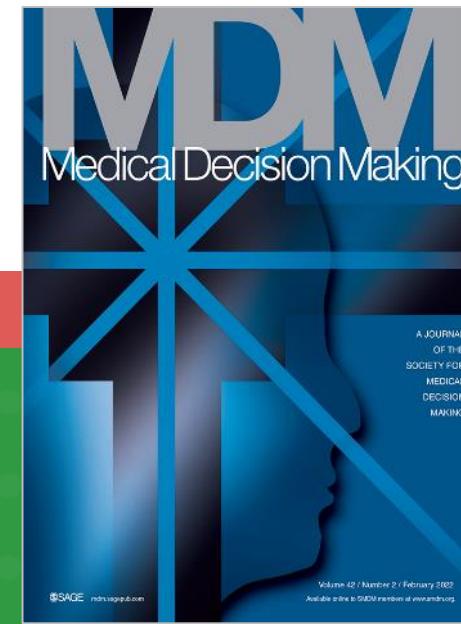
Medical Decision
Making

Mental Health
Practice

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CINAHL Ultimate offers active full text with no embargo for the following key nursing journals

None are available with active full text in any other full-text version of CINAHL
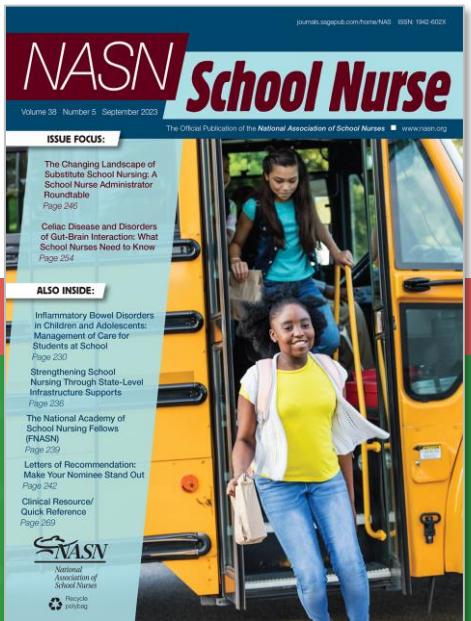
*NASN School Nurse*
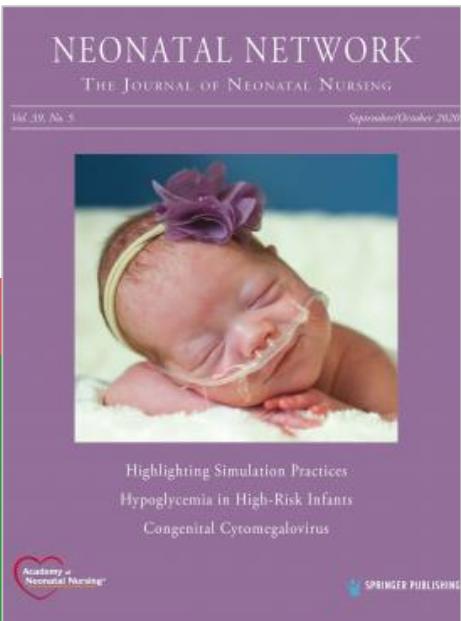
Neonatal Network

Nurse Researcher
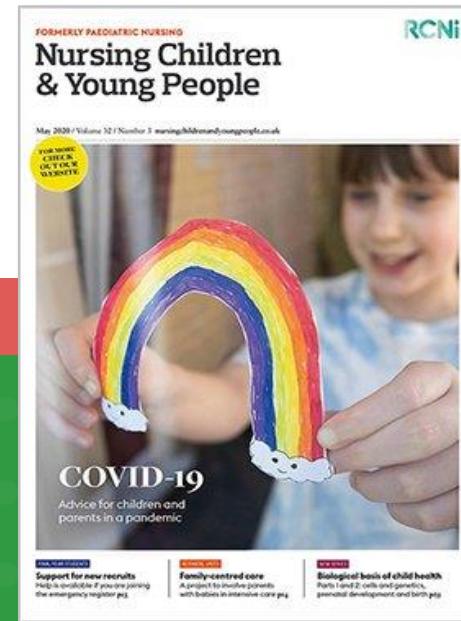
Nursing Children & Young People
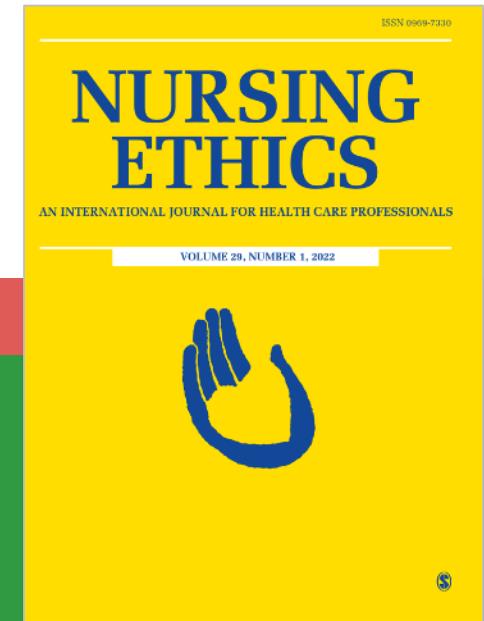
Nursing Ethics

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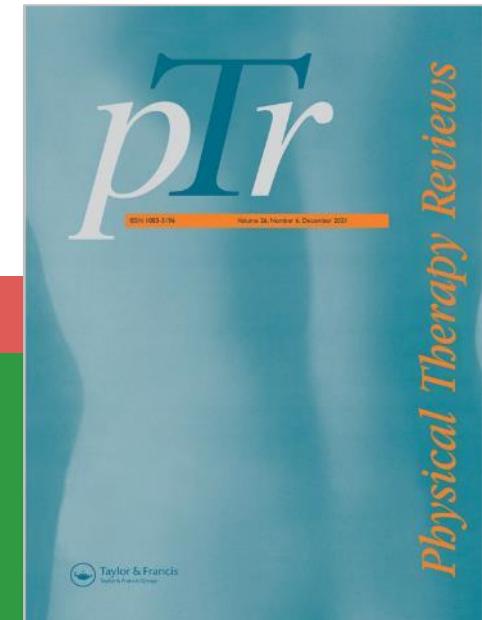
Nursing Management

Nursing Older People

Nursing Standard

Nursing Times

Physical Therapy Reviews

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Public Health Reports

Qualitative Health Research
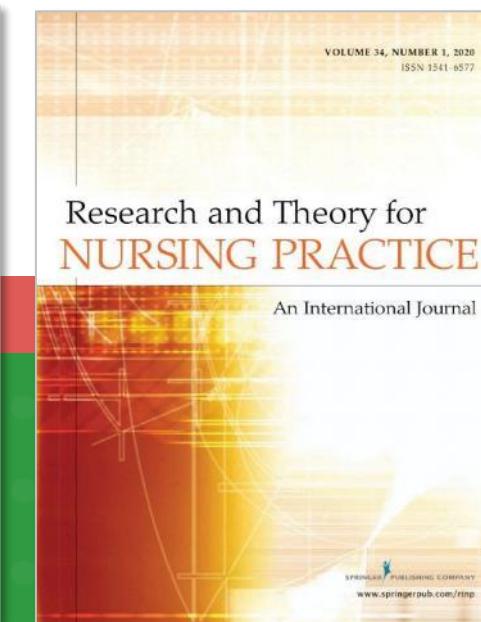
Research & Theory for Nursing Practice
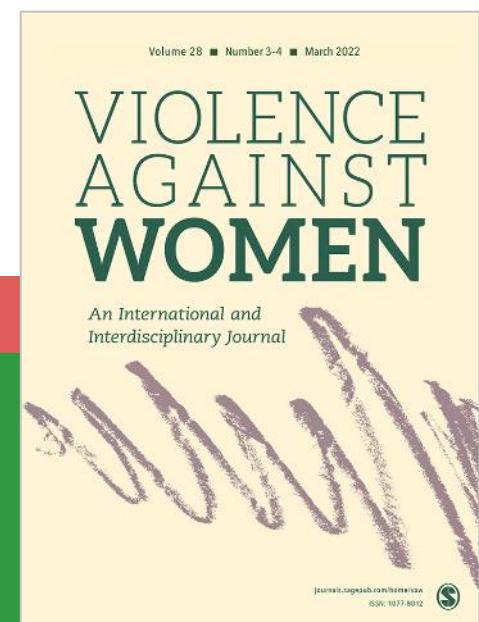
Violence Against Women

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CINAHL Plus with Full Text	**$204,319.91**
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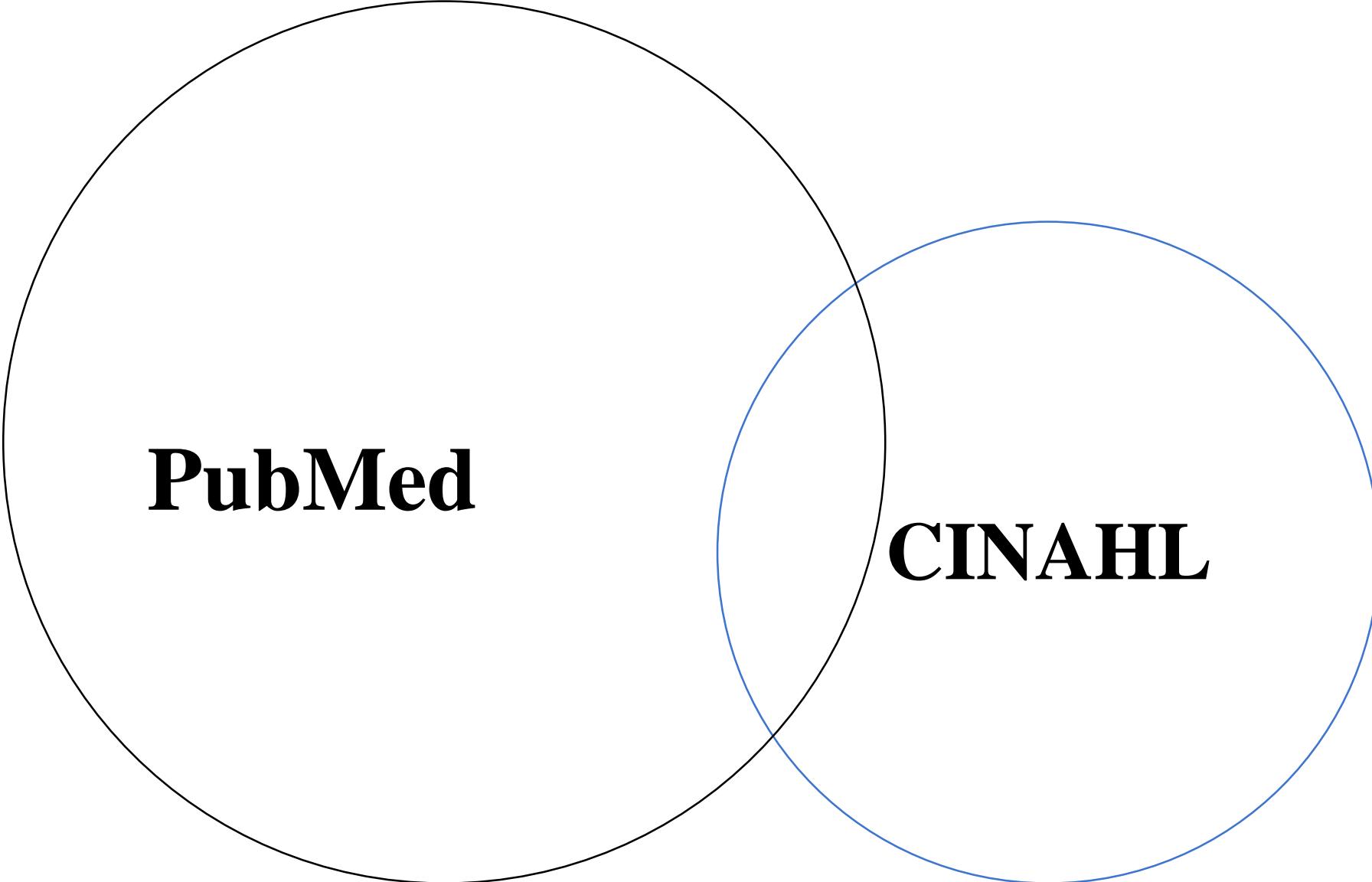
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⚠️ 一般來說請到圖書館的電子資源如口網站即可找到EBSCO資料庫

使用路徑
(Access Point)

使用基本的布林邏輯And Or Not幫助搜尋

布林邏輯 (Boolean Operators) 的運作方式

AND

Exodus　　Mission

Exodus *and* Mission

AND 就是要把這二個概
念相結合

OR
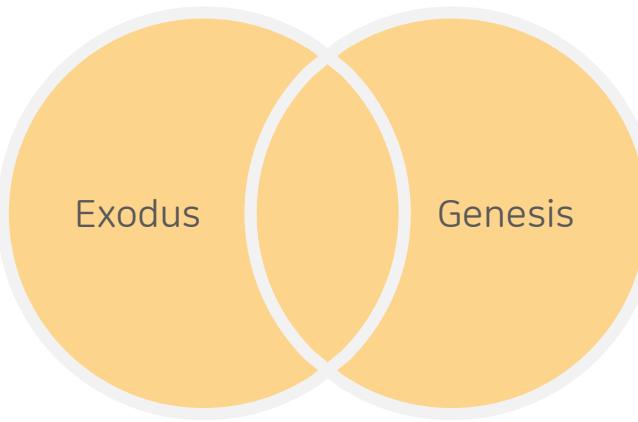
Exodus　　Genesis

Exodus *or* Genesis

OR 所要檢索的是只要有包含這
二個概念的其中一個

NOT

Genesis　　Adam

Genesis *not* Adam

NOT 是要去除不希望在
搜尋結果出現的字詞

布林邏輯 (Boolean Operators) 的運作方式

e.g. 想查找文藝復興時期的喀爾文或宗教改革研究
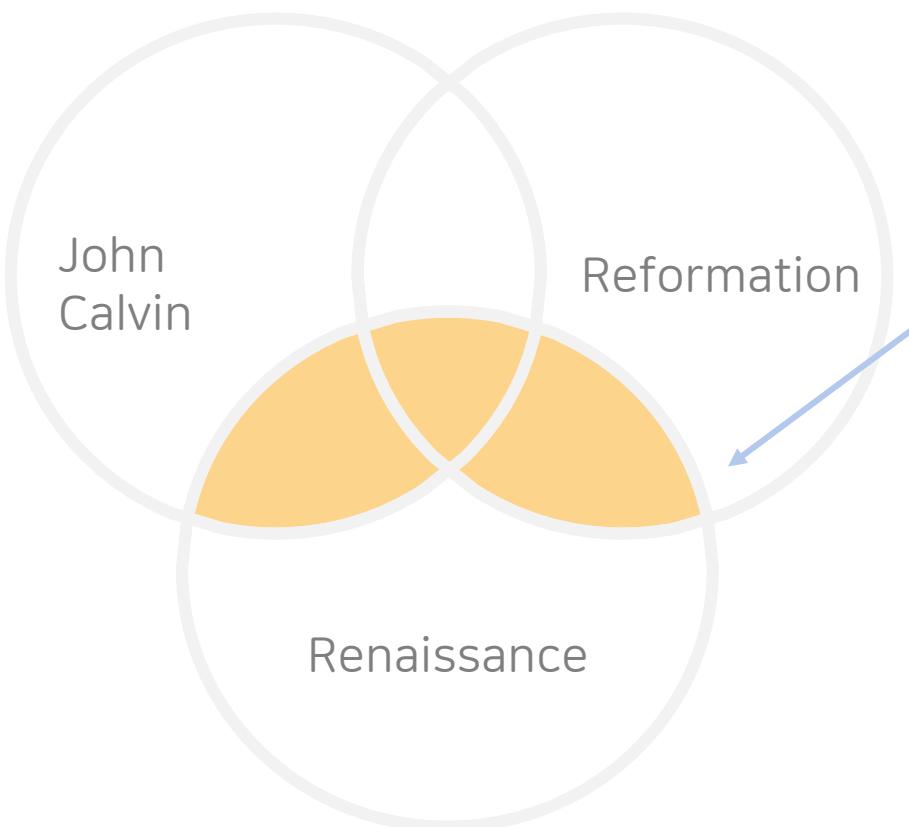
(John Calvin _or_ Reformation) _and_ Renaissance

使用括號（）對多個關鍵字進行分組，以獲得更準確和特定的布林邏輯組合

透過檢索式優化搜索

John Calvin

Reformation

Renaissance

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EBSCO Passport
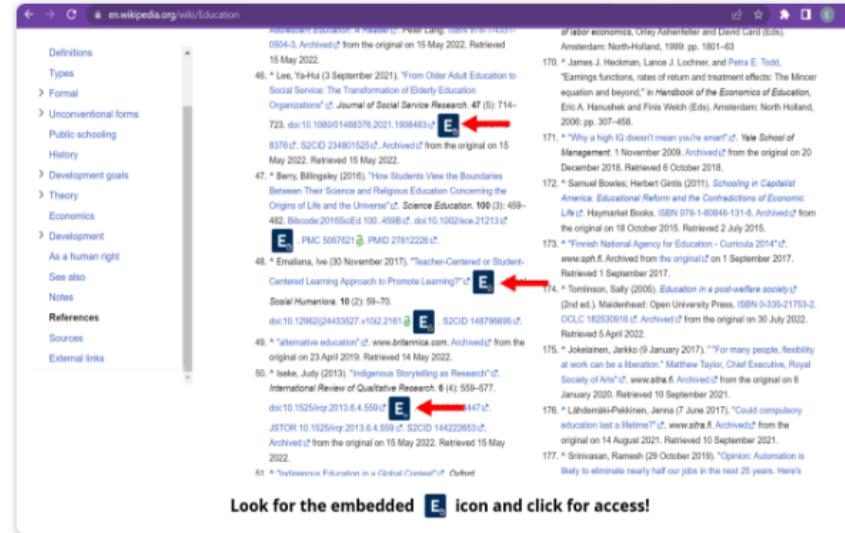
小明因為貧血常頭暈，醫生說要多吃高鐵的食物才會補血。

所以小明坐高鐵都吃兩個便當，貧血狀況改善很多了。

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臨床情境 Scenarios

您是有執照的護理師(Registered Nurse)在泌尿科病房服務。您有一位病人是55歲的男性剛接受腹 部手術後正在恢復中(腹腔鏡攝護腺切除術)。這名病患抱怨他的腹部疼痛且感到噁心。他有腹漲、無腸蠕動聲。醫生根據臨床表徵與影像懷疑是麻痺性腸阻塞。

您打算在下一次的實證護理實務委員會會議上討論此案例。委員會決定做一項案例研究，以確 定是否有證據表明，手術後如嚼口香糖等簡單的介入，是否可以預防腹部手術後的術後腸阻塞。

基於此臨床情境，我們的研究問題是:在病人經歷過腹部手術後，是否有證據可以比較有嚼口香糖 與未嚼口香糖對於術後腸阻塞的影響?

PICO 元素	關鍵字 KEYWORDS	關鍵字 SEARCH TERMS	檢索策略 SEARCH STRATEGIES
P (病人或母群體 **P**atient or **P**opulation)	Patients undergoing abdominal surgery (經歷過腹部手術後的病人)	Abdominal Surgery	Abdominal surgery **OR** Surgery **OR** Postoperative **OR** Recovery
I (介入 **I**ntervention)	Chewing gum (有嚼口香糖)	Chewing Gum	Chewing Gum **OR** Gum
C (對照 **C**omparison)	Not chewing gum (未嚼口香糖)		
O (結果 **O**utcome)	Affects post-operative ileus (對於術後腸阻塞的影響)	Postoperative Ileus	Postoperative Ileus **OR** Paralytic Ileus **OR** Ileus

執行檢索之前

在您檢索之前，您會想確認檢索模式是否設定為布林邏輯/詞組。需要如此做的原因在於此選項允許精確的詞組進行檢索。例如:如果您搜尋詞組 Heart Disease 系統將會搜尋 Heart and Disease 一起出現的紀錄，像是一個片語，而不是分開的兩個單獨的字。

要開始檢索前，請先參考上表。每一個PICO字母，都代表一次單獨的檢索。

- P (病人或母群體 Patient or Population): 從受過腹部手術的病人或群體開始進行檢索。如上述所提及的，為了增加您的檢索結果，請減少使用描述性用語，精煉成相同含義如Surgery、Postoperative 或 Recovery。註:請確認使用布林邏輯「or」，這樣每個結果至少會包含一個這些檢索用語。
- I (介入 Intervention): 進行到I (介入)的時候，請重開始一個新的檢索，嚼口香糖或口香糖(Chewing Gum or Gum)。記得使用布林邏輯「or」。
- O (結果 Outcome): 您現在可以繼續搜索結果(Outcome)，即術後腸阻塞(post-operative ileus)。增加 同義詞麻痺性腸阻塞(paralytic ileus)或術後腸阻塞(ileus)。您的目標是確定術後嚼口香糖是否會對術 後腸阻塞產生正面或負面影響。

醫護文獻搜尋 與AI利用

PICO之外，以 EBSCO CINAHL 為例

說明

AI 時代來臨，在做醫護文獻搜尋時，如果能搭配AI來做使用，同時避免AI容易有的幻覺問題，相信研究會進行的更順利，本範例省略常用的PICO，直接利用資料庫的新功能，將研究問題進行搜尋，並用AI分析結果。

使用資料庫： CINAHL, Medline 醫護資料庫（不限版本）

使用AI： Copliot（公司使用權限）

護理學校的導師正在進行一項研究，主題是透過音樂介入來幫助護理系學生進行壓力管理。老師希望聚焦於由護理人員主導的方法，而非由治療師主導的方法），以下是護理學校導師的筆記：

領域一（介入方式）：音樂治療、音樂介入、音樂療法

領域二（壓力相關）：壓力、壓迫、緊張、焦慮、痛苦、不安、坐立不安、憂鬱、壓力源

領域三（研究對象）：護理系學生、學生護理師、護理本科生、初階學生

領域四（研究結果）：減少、降低、改善、減輕、因應

Our nursing school tutors are conducting a research regarding stress management for nursing school students using music intervention. (they would like to focus on the nurse-led approach but not the therapist approach). Here is the notes from our nursing school tutors:

Domain 1 (invention)：music therapy or music intervention or musical therapy

Domain 2：Stress or pressure or strain or anxiety or distress or nervousness or restless or depression or stressor

Domain 3 (Population)：nursing students or student nurses or undergraduate student nurses or junior students

Domain 4 (outcome)：Reduce or decrease or improve or diminish or coping

傳統搜尋得到的結果

1   music.mp. or exp Music Therapy/ 33787
2   anxiety.mp. or exp Anxiety/   361807
3   exp Stress, Psychological/ or stress.mp. 1335648
4   2 or 3   1615343
5   exp Students, Nursing/   33855
6   1 and 4 and 5   18
7   limit 6 to yr="2015 -Current" 14

References
Eyüboğlu, G., Göçmen Baykara, Z., Çalışkan, N., Eyikara, E., Doğan, N., Aydoğan, S., Uçaner Çifdalöz, B., Özyıldız, A., Gündüz, C. S., Cihan Erdoğan, B., Sucu Çakmak, N. C., & Istek, N. (2021). Effect of music therapy on nursing students' first objective structured clinical exams, anxiety levels and vital signs: A randomized controlled study. Nurse education today, 97, 104687. https://doi.org/10.1016/j.nedt.2020.104687

Mojarrab, S., Bazrafkan, L., & Jaberi, A. (2020). The effect of a stress and anxiety coping program on objective structured clinical examination performance among nursing students in shiraz, Iran. BMC medical education, 20(1), 301. https://doi.org/10.1186/s12909-020-02228-9

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步驟簡介

01 EBSCO資料庫使用介面，於2025年1月開始改版後，陸續提供新的附帶服務，如AI見解與自然語言搜尋（ **Natural language**）

02 自然語言搜尋（ **Natural language**）
目前僅能接受中文輸入，建議先將題目
用AI進行翻譯後，勾選自然語言接著搜尋

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搜尋文章、書籍、期刊和更多內容

檢索中： **CINAHL Ultimate**

進階檢索　PICOT

lergraduate student nurses or junior students Domain 4 (outcome)：Reduce or decrease or improve or diminish or coping

全文　　同儕評鑑　　所有時段 ⌄

Natural language

我的儀表板 ⌃

📁　專案

🔖　已儲存

🕒　最近的活動

📖　預約和借出

🔔　新知通報

研究工具

🔍　新檢索

📄　Publication Finder

❓　說明

📚　出版物權威記錄

📑　CINAHL Headings

在基本檢索頁面中，勾選自然語言搜尋（ **Natural language** ），接著將題目貼上後，按放大鏡搜尋

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我的儀表板 ∧

📁 專案

🔖 已儲存

🕒 最近的活動

📖 預約和借出

🔔 新知通報

搜尋文章、書籍、期刊和更多內容

檢索中： **CINAHL Ultimate**

基本檢索　PICOT

> Our nursing school tutors are conducting a research regarding stress management for nursing school students using music intervention. (they would like to focus on the nurse-led approach but not the therapist approach). Here is the notes from our nursing school tutors: Domain 1 (invention)：music therapy or music intervention or musical therapy Domain 2：Stress or pressure or strain or anxiety or distress or nervousness or restless or depression or stressor Domain 3 (Population)：nursing students or student nurses or undergraduate student nurses or junior students Domain 4 (outcome)：Reduce or decrease or improve or diminish or coping

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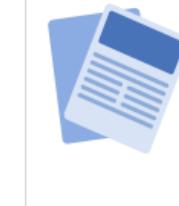
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Efficacy of 15-minute _music intervention_ on _nursing students_' _anxiety_, self-efficacy, and performance in simulation testing: A randomized study.

作者： Gosselin, Kevin; Oliver, Hillary; Rose, Dixie; +5 以上 • 於： Clinical Simulation in _Nursing_, Nov2024 • CINAHL Ultimate

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1. Efficacy of 15-minute music intervention on nursing students' anxiety, self-efficacy, and performance in simulation testing: A randomized study.

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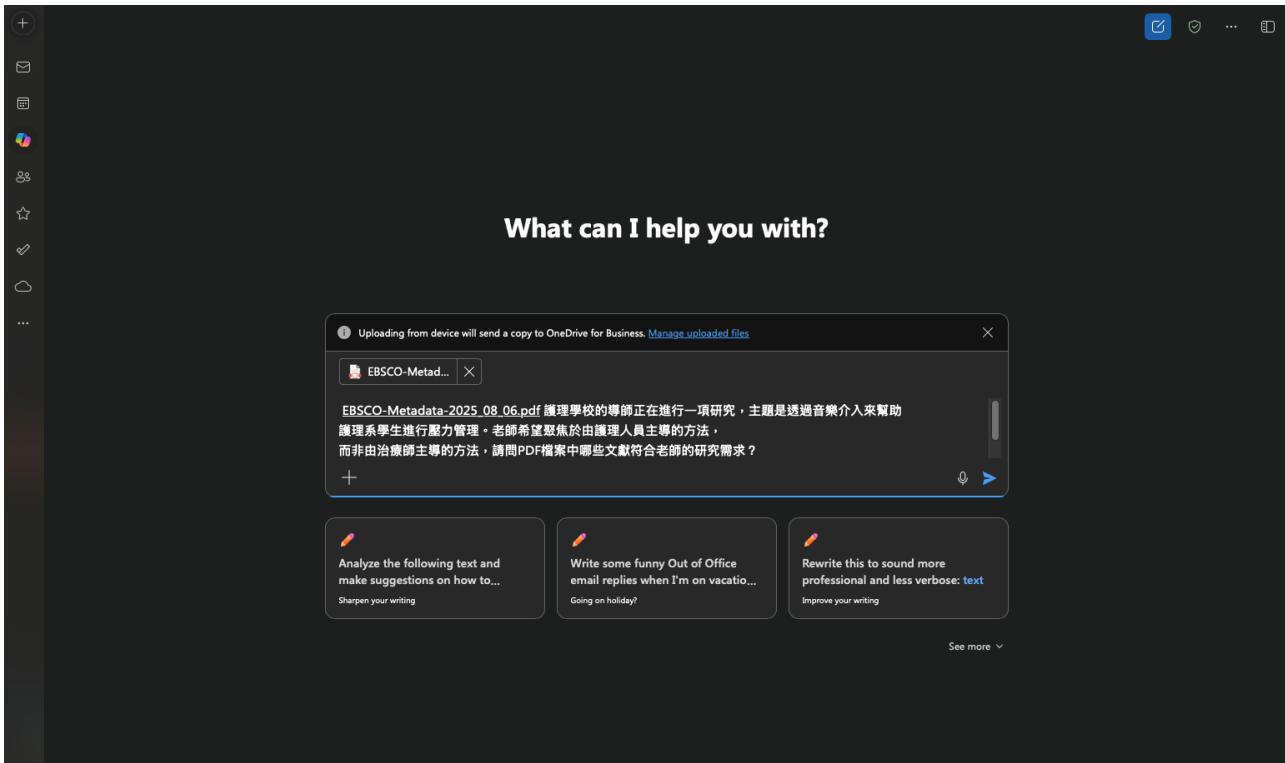
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1. **Efficacy of 15-minute music intervention on nursing students' anxiety, self-efficacy, and performance in simulation testing: A randomized study**
   - 作者群：多位護理教育者與研究者
   - 介入方式：學生在模擬測驗前聆聽15分鐘古典音樂
   - 主導者：由研究團隊（非音樂治療師）設計與執行
   - 結果：顯著降低焦慮、提升自我效能與表現
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2. **Music for Anxiety Reduction and Performance Enhancement in Nursing Simulation**
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   - 結果：降低焦慮與生理指標，提升表現
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3. **Effect of Listening to Music on Anxiety Levels of Nursing Students During Their First Experience with Intravenous Catheterization**
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Nursing interventions to *reduce* mental health problems in *nursing students*: a scoping review.

作者： Yosep, Iyus; Hikmat, Rohman; Mardhiyah, Ai; +3 以上 • 於： BMC *Nursing*, 2025/01/07 • CINAHL Ultimate

Backgrounds: Mental health problems among *nursing students* are becoming an increasingly pressing concern, given the high levels of *stress* and academic *pressure* they face. *Nursing students* are more susceptible to mental health challenges such as *anxiety*,... 顯示更多

主題： *Students, Nursing* Psychosocial Factors; Mental Disorders *Nursing*; *Nursing* Interventions; Program Implementation; +16 以上

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- 研究了多種培訓方法，包括決心訓練、音樂治療和笑聲治療等，強調了量身定制的方法來滿足護理學生獨特需求的重要性。

- 數位技術與社會支援系統的整合，成為促進護理學生心理健康的重要組成部分。

- 學習環境和心理健康意識被認為是影響護理學生心理健康的重要因素。

- 回顧顯示了幾個研究差距，包括需要進行縱向研究、人口變數的探討，以及評估心理健康介入護理教育課程中的整合情況。

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Yosep et al. BMC Nursing (2025) 24:780
https://doi.org/10.1186/s12912-025-03329-w

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Nursing interventions to reduce mental health problems in nursing students: a scoping review

Iyus Yosep[1*], Rohman Hikmat[2], Ai Mardhiyah[3], Asroful Hulam Zamroni[4], Yodha Pranata[5] and Rizky Lukman Saputra[5]

Abstract

Backgrounds Mental health problems among nursing students are becoming an increasingly pressing concern, given the high levels of stress and academic pressure they face. Nursing students are more susceptible to mental health challenges such as anxiety, depression, and burnout. Therefore, various interventions aimed at addressing these issues need to be further explored and mapped.

Objective This study aims to identify and map various interventions that have been implemented to address mental health problems among nursing students.

Methods This study used a scoping review design, with articles retrieved from four databases: Scopus, PubMed, Web of Science, and CINAHL. Keywords used in the search included "nursing students," "interventions," and "mental health." Inclusion criteria comprised original research articles that discussed interventions without a comparison group, published in English, and within the last 10 years (2015–2025). Data were manually extracted using tables and analyzed using descriptive qualitative methods.

Results A total of 12 articles met the inclusion criteria, presenting a variety of interventions such as peer support programs, coping skills training, and mindfulness-based therapies. Findings indicated that these interventions were associated with reduced anxiety levels and improvements in the psychological well-being of nursing students. Themes that emerged from the analysis included the contribution of social support, the role of skill development, and the relevance of a holistic approach in addressing mental health concerns.

Conclusion Interventions targeting mental health concerns in nursing students have shown promising outcomes in promoting psychological well-being. Further research is recommended to explore more innovative and context-specific interventions tailored to the unique needs of nursing students.

Keywords Intervention, Mental health, Nursing, Students

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