

# Health Source & Alt-HealthWatch

## What is Health Source and Alt-HealthWatch?

Health Source and Alt-HealthWatch are databases from EBSCO that include many peer-reviewed and full text articles. **Health Source** (including either *Nursing/Academic Edition* or *Consumer Edition*) provides more than 550 scholarly full text journals focusing on many medical disciplines and consumer health information including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health. **Alt HealthWatch** provides in-depth coverage across the full spectrum of subject areas covered by complementary and alternative medicine dating back to 1990. EBSCO also provides access to **Clinical Pharmacology** which has up-to-date, concise and clinically-relevant drug monographs for all U.S. prescription drugs, hard-to-find herbal and nutritional supplements, over-the-counter products and new and investigational drugs.

## How do I access the EBSCO databases?

- Go to the library's homepage: <http://www.stkate.edu/library>
- Go to **Find Articles** and click on **Databases and Indexes**.
- Using the alphabetical list, **Browse databases by title**, find the title of the database you wish to search.
- Click on the **EBSCOhost** link to begin.

## Searching Health Source or Alt-HealthWatch

The database(s) you are searching will be listed at the top of the search screen. You can search more than one databases at a time by clicking on the blue tab: **Choose Databases**. Note that if you are searching more than one database you will *only* have a Keyword search option.

### Basic Search: Keyword

A Keyword search within **Basic Search** is the default for Health Source and Alt-HealthWatch. Enter your term(s) or phrase in the **Find** box and click **Search**. This will search for your terms in the citations and abstracts. Use **Refine Search** for options such as limiting to full text and scholarly publications (see below for more information).

### Advanced Search: Keyword

Click on the blue tab to access the **Advanced Search**. The advanced search mode allows you to search in specific fields (such as title, author, subject, etc.) and to use Boolean searching. Enter your search term(s) or phrase in the **Find** box and use the drop-down menu to the right to choose the fields. Combine terms by using the drop-down menu to select AND, OR, or NOT. Then click **Search**.

The Advanced Search includes extended **Limiters** and **Expanders** to refine your search (see below for more information).

### Refine Search

EBSCO databases allow you to refine your search in both the Basic and Advanced Keyword Search by either limiting or expanding the search.

**Limiters:** Limit your search by choosing only articles with *Full text*, those with *References Available*, *Scholarly (Peer Reviewed) Journals*, *date*, and other limiters. The Advanced Search option has increased choices for limiting your search. You may also limit your search to a specified publication or journal name. Type in the publication name to retrieve only items in the specified journal.

**Expanders:** Expanders allow you to make your search broader. This is useful if you are not getting enough results. You can expand your search by searching for terms *within the full text* (when available), adding the "AND" connector, and searching for *related words*.

## Other Search Options

In some databases you may choose other search options in Basic or Advanced Search by clicking on the green tabs:

**Publications:** Browse for a specific journal or magazine. Browse to a specific date and/or article.

**Subject Terms:** Find the specific subject terms used by EBSCO databases by browsing. Subjects can be listed alphabetically or by relevance (how close a subject is to your term). To search within a subject, mark the box next to a subject and choose **Add**. Then enter your search terms in the **Find** box and select **Search**.

**Indexes:** Use this option to browse a particular index (author, title, publication, ISSN, etc.). To add it to your search, mark the box and click **Add**.

**Other:** Depending upon the database in which you are searching, you may also be able to search *References*, *Images*, *Medical Dictionary*, or *Drug Index*.

## Displaying Results

### Adding

At the search results list, you may add articles for saving to disk, e-mailing or printing by clicking the **Add** icon on the right. Once the items are added to your folder, you may view your folder by clicking on the icon: **Folder has items**. You may print, email or save the citation and/or full text of the article.

If you would like to access these results or your search(es) at a future time, you may use **My EBSCOhost**. Click on **Sign in to My EBSCOhost** and follow the prompts to create an account.

### Viewing

From the Results List click on the title to view the record. This will include the citation information, abstract, and full text, if available. You may also use the **PDF Full Text** or **HTML Full Text** links to view the text of the article. PDF displays the text using Adobe Acrobat Reader and looks the way it originally appeared in the publication, including any graphics.

For articles that do not have full text, use the link **Find other sources for full text** to find out if the Library has access to the journal or article. This link will open a new window that will give holdings information for the journal. Access to the article may be from another database or through a print version of the journal. If you see the statement: **Sorry, no holdings were found for this journal**, the Library does not have access to a particular journal and you will need to use Interlibrary Loan to request the item.

### Print/E-mail/Save

Use the **Print**, **E-mail** or **Save** links at the top of the page. For items that have full text available in either PDF or HTML, you can print the full text of the document by clicking on the **print** link at the top of the page. You may choose to print the abstract, citation and/or full text of the article. Then click **Print**. Your browser's print window will open and you can click on Print.

Click on **Back** to return to the citation. Use the **Result List** link to go back to your list of results.

### Getting Help

Use EBSCO's help features: Click on the **Help** link at the upper right-hand corner, use the **Search Tips** link for help with searching, or use the **Database Help** link.

*Please consult a Reference Librarian or call the Reference Desk  
at 651-690-6652 for assistance.*