

QUICK GUIDE

ALT HealthWatch

ALT Health Watch provides information on the “complementary, holistic and integrated approaches to health care and wellness.” Includes full-text articles of original research as well as newsletters, conferences proceedings, pamphlets, book excerpts and special reports.

GETTING STARTED

Go to the CCBC Library website <http://www.ccbcmd.edu/libraries/index.html> → Choose a campus library homepage (Catonsville, Dundalk, Essex) → Choose **Magazines, Journals, Newspapers** and then **Medical & Nursing** → Choose the underlined text link **ALT HealthWatch**

To connect to databases from off campus you must set up a password. See the handout “Getting Access” or use this link for directions <http://library.ccbcmd.edu/screens/wam-new2.html>

SEARCHING

Type search term(s) into the **Find** box and click on **Search**.



The screenshot displays the EBSCO Research Databases search interface. At the top left is the EBSCO logo and the text 'Research Databases'. To the right are links for 'New Search', 'View Folder', 'Preferences', 'Help', and 'Exit'. Below the logo are buttons for 'Basic Search', 'Advanced Search', and 'Choose Databases'. A green navigation bar contains buttons for 'Sign In to My EBSCOhost', 'Keyword', 'Subjects', 'Publications', and 'Indexes'. The search results section shows 'Searched: Alt HealthWatch for health and aromatherapy' and links for 'Add this search to folder' and 'Display link to this search'. At the bottom, there is a 'Find:' search box containing the text 'health and aromatherapy' and 'Search' and 'Clear' buttons.

Search by:

Subject Headings	Keywords	Phrase	Truncation symbol (*)
to find information about the subject	to find information with the specific words in the document	for an exact phrase put the words in quotations (“alzheimer’s disease”)	to retrieve alternate endings. adult* will retrieve results adults, adulthood

For best results create a statement that combines separate terms or concepts using the connecting words **AND**, **OR**, and **NOT** which are known as **Boolean operators**.

AND	OR	NOT
Narrows a search by requiring that all terms be present. Both words must be present in the results.(education and technology)	Expands a search by allowing either term to be present. At least one of the words will be present in the results. (teenagers or adolescents)	Allows you to search for one term, but eliminates all citations with another term. (Ravens not Baltimore)

RESULTS

Results will appear in a list.

To view the full record for an article (including the full text if available), choose the blue underlined title.

Choose the **HTML Full Text** link to access the full text.

Choose **PDF Full Text** to view the article as a PDF file (looks exactly the same as the published print version, including charts, photos and graphs).

The screenshot shows the 'Results' tab of an EBSCO search interface. At the top, it says 'To store items added to the folder for a future session, Sign In to My EBSCOhost'. Below that, there are navigation options: '11 to 20 (of 713)' and 'Pages: 1 2 3 4 5'. A 'Sort by' dropdown menu is set to 'Date'. On the right, there is an 'Add (11-20)' button. The main content is a list of three search results:

11. [Good Morning, Gorgeous](#). By: Murray, Suzanne. Organic Style, May2004, Vol. 4 Issue 4, p33, 5p, 3c; (AN 13010343)
HTML Full Text
12. [Soothe & satisfy](#). Natural *Health*, May2004, Vol. 34 Issue 5, p17, 1p, 1c; (AN 12977111)
HTML Full Text
13. [Ménière's syndrome](#). By: Ghosh, Sabitri. Alive: Canadian Journal of *Health & Nutrition*, Apr2004 Issue 258, p102, 3p; (AN 12680096)
PDF Full Text (442K)

SAMPLE CITATION

New Search

For a new search results

Advanced Search

To limit or expand your search in the same database

Results List

To return to the list of search results

Choose Databases

To switch to a different EBSCO database

The screenshot shows the 'Advanced Search' interface for EBSCO. At the top, there are navigation links: 'New Search', 'View Folder', 'Preferences', 'Help', and 'Exit'. Below that, there are search options: 'Basic Search', 'Advanced Search', and 'Choose Databases'. The 'Advanced Search' option is selected. The search results show '13 of 713' items. There are buttons for 'Result List', 'Refine Search', 'Print', 'E-mail', 'Save', 'Add to folder', and 'Folder is empty'. The 'Formats' section shows 'Citation' and 'PDF Full Text (442K)'. The main content is a detailed citation for 'Ménière's syndrome' by Ghosh, Sabitri, from the 'Canadian Journal of Health & Nutrition', Apr2004 Issue 258, p102, 3p. The document type is 'Article'. The subject terms are: VERTIGO, AROMATHERAPY, ACUPUNCTURE, NATUROPATHY, LABYRINTH (Ear) -- Diseases, and MENIERE'S disease. The abstract discusses the use of natural medicine in treatment of Ménière's syndrome (MS). The ISSN is 0228-586X.

PRINTING

To print (there may be a charge for printing at a CCBC library) → choose the print icon, e-mail icon or save (to a floppy disk on the A: drive) icon at the top of the screen (not in the gray tool bar) → the Print Manager window will open → follow the directions provided

EXITING

On the gray tool bar choose **File** → choose **Close**