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 Subject Heading into Search Box and Click on Search button

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Step 4

Look for term(s) in CINAHL Subject Headings

Check the boxes for Aged AND Aged, 80 and over

and Click on Search Database Link in right hand margin

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Step 5

View Results

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Step 6

Next Clear Search Box;
add another Subject Heading into Search Box
and Click on the Search button
Step 7

Look for term(s) in CINAHL Subject Headings

Check the box in front of Tai Chi and

Click on Search Database Link in right hand margin

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Step 8

View Results

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Step 9

Clear the Search Box;
Combine two search terms by checking boxes in front of S1 AND S2 to get results; Then click on ‘Search with AND’ Button
Step 10
To further limit your 340 results click on Show More in the Left Hand Margin

1. A randomized study of the effects of t'ai chi on muscle strength, bone mineral density, and fear of falling in women with osteoarthritis.

   (Includes abstract; Song R; Roberts IJ; Lee E; Lam P; Bae S. Journal of Alternative & Complementary Medicine, 2000 Mar; 16 (3): 277-33) (journal article - clinical trial, research, tables/charts) ISSN: 1075-5535 PMID: 10492907 CANAR: 20100502499

Abstract: Purpose: Individuals with osteoarthritis can experience difficulty walking and poor strength, potentially leading to falls and fractures. Exercise has been found to increase strength and bone mineral density. The purpose of this study was to determine the effects of 6 months of t'ai chi on knee muscle strength, bone mineral density, and fear of falling in older women with osteoarthritis. Methods: Thirty-two (32) women with osteoarthritis, recruited from outpatient clinics and community health centers, were randomly assigned to either the t'ai chi group and took part in a t'ai chi program, or a control group. Of these, 30 subjects (mean age = 63 years) in the t'ai chi group and 35 (mean age = 61 years) in the control group completed post-test measures at 6 months. Results: After the 6-month study period, subjects in the t'ai chi group had significantly greater lower-extremity endurance (pre- to post-test mean increase = 36.4 W/kg, versus 11.1 W/kg for the control), and significantly greater bone mineral density in the neck of the femur (mean change = 0.09 versus -0.10 for the control). Walking distance (mean change = 0.04 versus -0.04 for the control), and stroehlne (mean change = -0.17 versus -0.05 for the control) of the control group were significantly greater than the outcomes in the t'ai chi group. The fear of falling during daily activities reduced significantly more in the t'ai chi group (mean change = -2.43, versus -0.66 for the control). Conclusions: Tai chi increased lower-extremity muscle endurance and bone mineral density in older women with osteoarthritis, and decreased their fear of falling during daily activities. Further study with longer
Step 11

Check boxes for Full Text, English Language, under Publication Type (select ‘Systematic Review’) click on the Search Button (at the top or bottom of page)

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Step 12
At this screen you can add citations to a folder
By clicking on the icon ‘Add to Folder.’ (Notice the file folder opens
up and has a piece of paper inside the folder). Then in the right
hand margin click on ‘Folder View’ (you can see any citations that
you added to the Folder).

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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).

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Step 14
To retrieve your Search History
Click on the ‘Print Search History’ Link.