HOW TO BEGIN RESEARCH

- Compile a list of subject key words. You will use them when researching.
- Think of synonyms (words that mean the same thing).
- Check the spelling. Searching in the library catalog or databases won’t correct your spelling.
- Start small. Find between 5-10 resources that match your subject. Analyze these sources for your paper before gathering more.
- Create a rough outline. Based on the information you have already collected, write down a summary of what you want to cover in your paper.

WHERE TO LOOK FOR INFORMATION

When should I use books?
- For in-depth overviews or historical background on a subject.
- Look for books using the Catalog on the Library website.

When should I use a database?
- For scholarly research articles that give specific case data or recent developments in an area.
- Access databases from the Useful Links bar in the Catalog.

When should I use the Web?
- For demographic statistics or VERY current information that has not yet been published academically.

HEALTH and WELLNESS  WRITING HELP

- The Student Writer: editor and critic
  PE 1408 .C537 2010
- A Troubleshooting Guide for Writers: strategies and process
  PE 1408 .C5378 2010
- The McGraw Hill Handbook
  PE 1408 .M3365 2010
- Text and Thought: an integrated approach to college reading and writing
  PE 1413 .R38 2000
- Communicating Technical Information: a guide to current uses and abuses in scientific and engineering writing
  PE 1478 .R3
- Online Writing Lab at Purdue University
  http://owl.english.purdue.edu/owl/

Research at:

Medicine Spring Library
338-5441 x2701
http://library.bfcc.edu
Blackfeet Community College
517 SE Boundary St.
PO Box 819
Browning, MT 59417

by: Lisa Kellerman
### Books
The following are Library of Congress Call Numbers for possible books on Health and Wellness.

<table>
<thead>
<tr>
<th>Call Number</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>GV</td>
<td>Sports</td>
</tr>
<tr>
<td>GV 181.35-181.6</td>
<td>Recreation</td>
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<tr>
<td>GV 201-555</td>
<td>Physical Education</td>
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<td>GV 557-1198.9</td>
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<td>QP</td>
<td>Physiology</td>
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<tr>
<td>QR</td>
<td>Microbiology</td>
</tr>
<tr>
<td>R</td>
<td>Medicine</td>
</tr>
</tbody>
</table>

### Databases

#### EBSCO Host
- Provides online access to several medical and consumer health databases.
  - CINAHL Full Text
  - Academic Search Elite
  - Health Source-Consumer
  - Health Source-Nursing/Academic
  - Medline
  - AHFS Consumer Medical Info.

#### Credo Reference
- Encyclopedic entries on Health. A good place to start when you are beginning a new topic.

#### Medline Plus
- Provides consumer health information. Another good place to start your research.

#### PubMed
- Is the U.S. National Library of Medicine’s premiere search system for health information.

### Websites

#### Citing Sources
- APA Style Blog
  [http://blog.apastyle.org/apastyle/](http://blog.apastyle.org/apastyle/)
- Online Writing Lab at Purdue
  [http://owl.english.purdue.edu/owl/](http://owl.english.purdue.edu/owl/)

#### Professional Associations/ Federal Departments
- National Council of State Boards of Nursing
  [https://www.ncsbn.org](https://www.ncsbn.org)
- Montana Nurses Association
  [http://www.mtnurses.org](http://www.mtnurses.org)
- Indian Health Service
  [http://www.ihs.gov](http://www.ihs.gov)

#### Statistics
- Montana Health Data and Statistical Reports
- National Center for Disease Control
  [http://www.cdc.gov/nchs/hus.htm](http://www.cdc.gov/nchs/hus.htm)
- US Census Bureau-Native American/Alaskan Native Information
  [http://www.census.gov/aiian/](http://www.census.gov/aiian/)

#### Health Research
- National Institutes of Health-Health Information
- National Clinical Trials Database
  [http://clinicaltrials.gov](http://clinicaltrials.gov)
- American Indian Health
- Native Health Databases
  [http://hsc.unm.edu/library.nhd](http://hsc.unm.edu/library.nhd)
- National Indian Health Board
  [http://www.nihb.org](http://www.nihb.org)

### Interlibrary Loan
If there is a book that you need for your research please see the library staff to help you get an interlibrary loan.

To help staff out please find the item you are looking for in [http://www.worldcat.org](http://www.worldcat.org) before asking.