

Health and Wellness Resource Centre User Guide

Available via Hunter Institute Library Online websites:
<http://www.hunter.tafensw.edu.au/library>

Click on **Databases and eBooks**

Click on **Health & Wellness Resource Centre**

Note: You will require a password to access this database – contact library staff for details

To start using the database:

At the following screen, click on the link:

[Health and Wellness Resource Center and Alternative Health Module](#)

<input checked="" type="checkbox"/> Select All	Cross-Searchable Products	Additional Products
<input checked="" type="checkbox"/> Select		General Reference Center Gold 1980 - JAN, 2008 A general interest database that integrates a variety of sources - newspapers, reference books, magazines, and trade publications. Find articles on current events, popular culture, business and industry trends, the arts and sciences, sports, hobbies, and more.
<input checked="" type="checkbox"/> Select		General OneFile 1980 - JAN, 2008 A one-stop source for news and periodical articles on a wide range of topics: business, computers, current events, economics, education, environmental issues, health care, hobbies, humanities, law, literature and art, politics, science, social science, sports, technology, and many general interest topics. Millions of full-text articles, many with images. Updated daily.
Additional Products	Cross-Searchable Products	
	Health and Wellness Resource Center and Alternative Health Module 1980 - Jan 2008 Provides instant access to carefully compiled and trusted medical reference materials. Includes nearly 400 health/medical journals, hundreds of pamphlets, over 700 health-related videos from partner Healthology, Inc., and articles from 2,200 general interest publications in addition to a broad collection of Gale reference titles. Material contained in this Resource Center is intended for informational purposes only.	

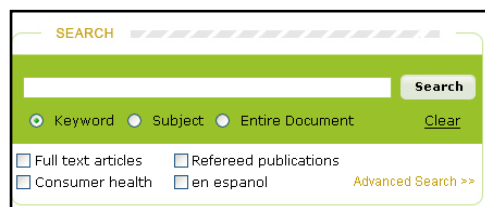
There are a number of ways to search the database.

1. Using the Search Function

Type in your search terms in the **Search** box
For example: type in “diabetes”

Click in the radio button beneath the search box to search by keyword or subject.

The **Keyword** option is the default search option. The Keyword option searches significant fields in documents, including titles, introductory text, and author(s) of documents. It also searches the first 100 words in the documents, The **Entire Document** option looks for the word/s within the complete text of all documents in the database. This is a good search to use if you are looking for a particular line of text or an unusual phrase.



SEARCH

Search

Keyword Subject Entire Document Clear

Full text articles Refereed publications
 Consumer health en espanol Advanced Search >>

You can **limit the search to Full Text** – to retrieve full text articles. Click in the box below the search box, then click **Search**.

Your screen will bring up tabs with results listed below. The tabs include different articles. The tabs include:

Books and Fact Sheets

Magazines & Journals – articles from magazines and journals

Drugs and Herbal remedies - pharmaceutical information

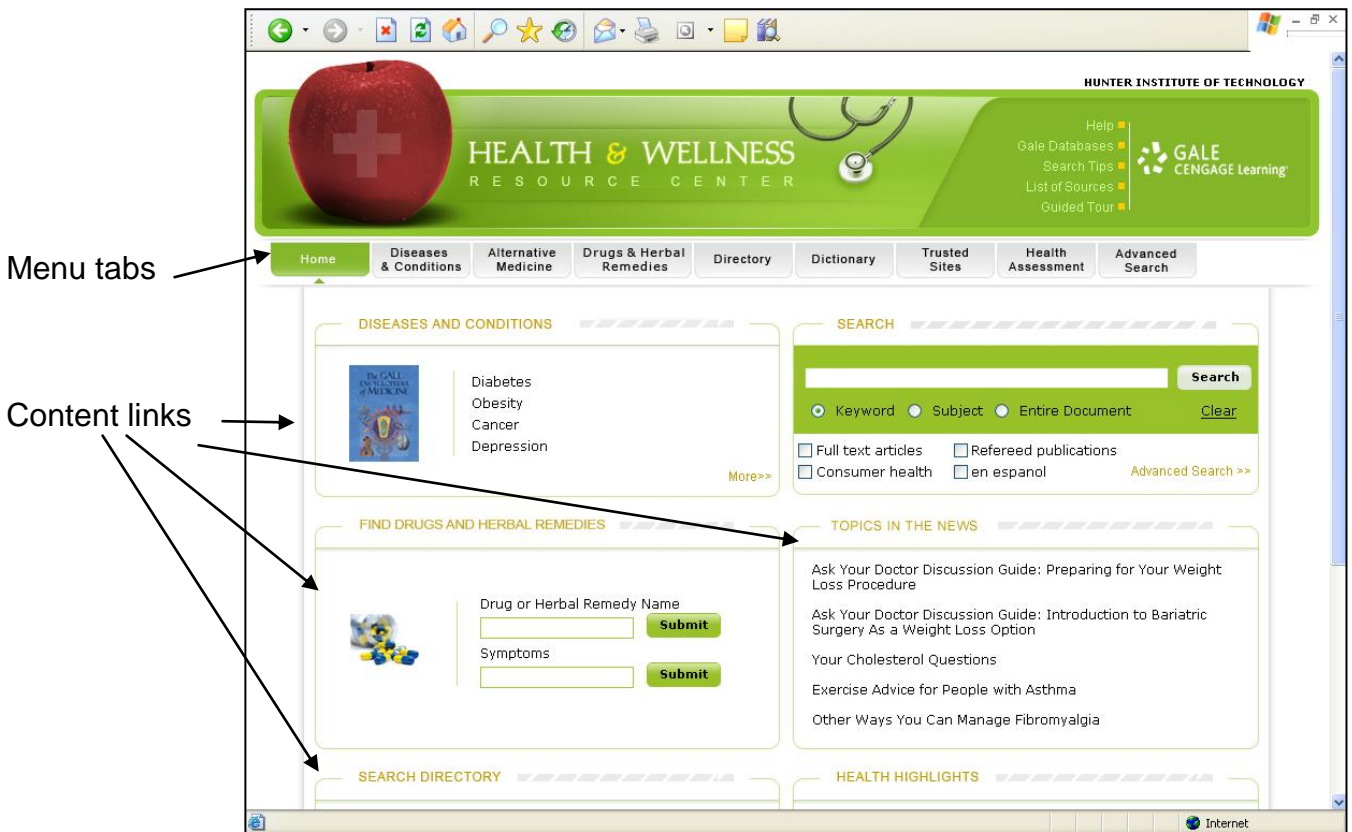
Pamphlets – pamphlets produced by organisations

Video

News

Click on the tab that will bring up the type of results you are interested in. You will see a list of results. To open an article click on the blue underlined text – this link will open up your article

2. Other Home Page search features:



Use the **Menu Tabs** to go to searchable content areas such as Alternative medicine, Dictionary etc.

Content links

There are 5 searchable content links on the Home Page:

- **Diseases and Conditions** - Click on **More** to go to an A-Z listing links to information about diseases
- **Find Drugs and Herbal Remedies** – provides 2 search boxes to search by drug name, or symptoms.
- **Search Directory** - lets you search the Gale Medical Health and Information Directory for up-to-date contact and general information for various service agencies, companies, institutions and people
- **Topics in the News** - Here you'll find recent health-related headlines. Clicking a headline takes you to the full text of the article. Topics In the News is updated every eight hours.
- **Health Highlights** - allows you to access content from the partner site, Healthology, with an extensive library of streaming video webcasts and expert-authored articles covering general health, diseases and conditions, mental health, gender-specific topics and age-related issues. Includes in-depth interviews, questions to ask your doctor, health quizzes and more. Transcripts are available for most webcasts.

3. Related Searches

When you have a list of search results - look at the left hand column of results that appear. Related Searches and Related Information will appear in this column. Click on these links to retrieve the related information.

4. Advanced Searches

You can perform more advanced searches using Boolean Logic.

Click on the **Advanced Search** Button next to the Search Box to reveal the advanced search options. These include combining search terms and choosing specific search fields - e.g. search within titles, authors, and subjects.

Marked List

You can mark a results item to add that document to your Marked List so that you can easily return to the document at any time during your current session.

Click to place a checkmark in the **Mark** checkbox that appears before the results item you wish to mark, then click the **Update Marked List** button in the left-hand sidebar.

A document that you have previously added to your Marked List will show a checkmark in the checkbox .

Click the **Mark all** box to select all results currently displayed on the page.

Again, remember to click **Update Marked List** button to actually add the selected items to your Marked List.

Click the **View Marked List** button in the left-hand sidebar to display all items you have marked.

To print or email documents

Open the article or view the Marked List you wish to print. Click on the print or email icon on the left hand side.

To print:

- Select the **print icon**
- The page will reformat into a printer friendly page
- Using the Browser menu, select **File** and **Print**

To email:

- Select the **email icon**
- Enter your email details in the **Mail To** box
- Click on **Send**

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