

Week 2 Discussion: Database Search

Choose a topic related to health that has meaning to your personal health, interests, and well-being. This may be a disease, such as diabetes, or a healthy fitness activity.

Conduct a database search comparing one of the following database directories with Google Scholar.

CINAHL and Google Scholar

PubMed and Google Scholar

Explain how you were able to narrow down the number of article hits you had initially, and present within your post a summary of the credible article you chose as your resource. How do you know your article choice is credible? Which database do you prefer and why?

How will using a database search facilitate your

- **scholarly work;**
- **nursing work (evidence-based practice); and**
- **personal self-development?**

I chose the topic "PTSD or Post Traumatic Stress Disorder." This subject always catches my attention because it hits close to home. I want to know how this illness is diagnosed and how it can be treated or if there is even a treatment for this illness. Unlike multiple fractures, blood clots, and complications, understanding the treatment process for the said abnormalities are easier because we can see it within our eyes physically, but since PTSD is not a physical problem, it is too vague and always raises questions in my head. I want to gather the correct information and I want to make sure that I have the proper tools to do so. "Incorporating evidence-based practice into mental health nursing is critical in our contemporary climate of increased consumer knowledge, fiscal constraint, and extensive social criticism of mental health care services," (Fisher & Happell, 2009). I can simply Google what PTSD is, but I know that not all information that I read from Google is correct. I somehow notice that people do not like to talk about mental health, some people are easy to judge and label people with mental health problems "crazy." People with mental health problem often gets bullied which only makes the underlying condition worse. It is healthier to educate ourselves with true and evidence-based information.

The database directories that I chose are CINAHL (from Chamberlain library) and Google Scholar. When I typed in the words Post Traumatic Stress Disorder, CINAHL generated 4,717 articles while Google Scholar generated 1,810,000 articles. I narrowed down my research