



ALTERNATIVE THERAPIES

Pathfinder

Your guide to finding information on Alternative Health Therapies in the PTC Library

Finding Books

Begin your research by locating books in the library collection on your topic.

How to Do a Basic Search

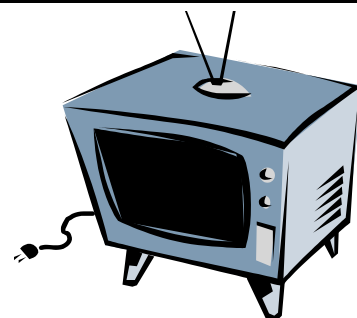
Visit the Library Web site at <http://www.ptc.edu/library> and click on the **Library Catalog** link. Begin your search on the **Basic Search** page. Here, you can do different types of searches and access all types of information.

1. To begin, type a term in the search box.
2. To narrow a search, select one of the following options before clicking the **Search** button:
 - Keyword (word or phrase)
 - Author
 - Title
 - Subject
 - Series
 - Periodical title
3. Select a library to search in the **Library** box, or select **Piedmont Technical College Libraries** to include all branches in the search.
4. Select **PTC Libraries and E_RESOURCES** to search for electronic books in addition to print books.

Remember to write down the whole call number!

DVDs & Videos

The Library loans most DVDs and VHS tapes to students; those that may not be loaned are clearly marked. Students may borrow up to 2 of these items at a time and keep them for a week. DVD/VHS players are available in the Library's Viewing Rooms and at the Laurens Center's LRC on a first come, first served basis.



To find DVDs or Videos: Use the library catalog's Power Search, and select either *DVD* or *VHS Video* format before submitting your search.

Great Internet Sources

U.S. Pharmacopeia (USP)

<http://www.usp.org>

What you will find: The USP is a non-profit organization charged with setting the standards for quality drugs and supplements worldwide. Use this site to find guideline information.

National Center for Complementary & Alternative Medicine

<http://nccam.nih.gov>

What you will find: As part of the National Institute of Health, NCCAM is a federally funded center charged with the task of conducting scientific research and clinical trials related to alternative medicines.

University of Washington's Medicinal Herb Garden

<http://nnlm.gov/pnr/uwmhg>

What you will find: An online reference source about plants grown for medicinal purposes. Select an herb by either its common or botanical name to access images as well as links to related articles from PubMed.

Keywords

Use a variety of terms when searching for books, e-books, articles or Web sites:

Alternative Treatment

Chinese Medicine

Complementary Therapies

Healing

Herbs

Holistic Health

Holistic Medicine

Natural Healing

Naturopathy

Remedies

Self-Care

Self Medication

Therapies

Vitamins

Health-Related Databases

Visit <http://www.ptc.edu/library> to access 49 article databases, including those devoted to health topics. Many are full-text.

Academic OneFile. Extensive coverage of most academic topics including medical topics, and more.

Academic Search Premier. More health articles than any other PTC database.

CINAHL. Covers 1,700+ nursing and health journals and publications.

Clinical Pharmacology. Covers prescription drugs, herbal and nutritional supplements, OTC products, new and trial drugs.

Health Reference Center Academic. Scholarly articles on a wide range of health topics.

Health Source: Nursing/Academic Edition. Full text

access to 550+ scholarly journals and abstracts for 800+ titles. Strong coverage for nursing and allied health.

Health & Wellness Resource Center. Offers current reference materials as well as full-text articles and pamphlets from respected medical sources.

Lexis-Nexis Academic: Includes full-text business information and news.

Medline. References biomedical lit including research, clinical practice, administration, policy issues and healthcare services. Offers citations for articles from 4,600 journals from the U.S. and internationally.

Pre-CINAHL. Citations (only) for new journal articles.

Access databases from home with passwords!



Magazines

Magazines and journals that are likely to print articles about alternative therapies include:

- American Journal of Nursing
- AORN Journal
- AWHONN Lifelines
- Christian Science Monitor
- Consumer Reports
- E: The Environmental Magazine
- FDA Consumer
- The Futurist
- Geriatric Nursing
- Harvard Health Letter
- Health
- JAMA
- Journal of Gerontological Nursing
- Journal of Pediatric Health Care
- LPN
- MCN
- Mother Earth News
- The Nation's Health
- Nursing
- Nursing Made Incredibly Easy
- Nursing Outlook
- Organic Gardening
- Pediatric Nursing
- Prevention
- Popular Science

...and don't forget to look for online database articles!

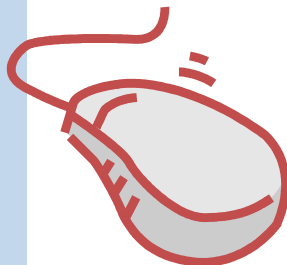
Current magazines and journal issues are kept in the sitting area near the large windows. Older issues are housed on the short shelves at the back of the library.

Checklist

Have you done all that you can do to find information on your topic?

- Encyclopedias
- Books
- DVDs
- Video Tapes
- E-Books
- Online Databases
- Print Magazines and Journals
- Newspapers
- Vertical File (Pamphlets)
- Web Sites
- Interviews

Don't Forget E-Books!



The Library offers 30,000+ full-text electronic books that are completely searchable and accessible from home!

To use e-books, visit <http://www.ptc.edu/library/ebooks.htm>. If working from home, enter a password which is available from PTC Pathway (Library tab) or the library staff.

