1. On the HEALWA homepage, select “Databases” from the left menu bar:
2. You can see a selection of popular databases, as well as an A-Z menu that can be used to jump to a specific database:

![Databases Image]

3. To view a full list of available databases, select the link “databases page”:
4. You can browse the full list or use the A-Z menu to navigate:

- **American Indian Health**
  An information portal for and about the health of Native Peoples of the United States.

- **American Optometric Association Clinical Practice Guidelines**

- **Asian American Health**
  An information portal to issues affecting the health and well-being of Asian Americans in the United States.

- **Child Welfare Information Gateway**
  Child Welfare Information Gateway connects child welfare and related professionals to comprehensive information and resources to help protect children and strengthen families. We feature the latest on topics from prevention to permanency, including child abuse and neglect, foster care, and adoption.

- **CINAHL Complete (Nursing Literature)**
  CINAHL Complete is the world’s most comprehensive source of full-text for nursing & allied health journals, providing full text for more than 1,300 journals indexed in CINAHL. This authoritative file contains full text for many of the most used journals in the CINAHL index.

5. You can also find databases under Toolkits, on the left menu bar of the Database page or on the HEALWA homepage:
6. Under Toolkits, you will find collections of resources targeting specific practitioner groups:

- Chiropractor
- Dietitian, Nutritionist
- East Asian Medicine Practitioners
- Massage Practitioner
- Mental Health Professionals
- Midwives
- Naturopathic Physician
- Occupational Therapist, Occupational Therapy Assistant, Speech Language Pathologist
- Optometrist
- Physician, PA, ARNP
- Podiatrist
- Registered Nurse, LPN

7. Here's the Toolkit for nurses:

- Continuing Education
  Check the Continuing Education page for any CE opportunities.

- Nursing Calculators

- Nursing Resources
  - CINAHL Complete (Nursing Literature)
    CINAHL Complete is the world's most comprehensive source of full-text for nursing & allied health journals, providing full text for more than 1,300 journals indexed in CINAHL. This authoritative file contains full text for many of the most used journals in the CINAHL index
  - ClinicalKey
    A clinical insight engine that includes journals,

- Multicultural Information
  - EthnoMed
    The EthnoMed site contains information about cultural beliefs, medical issues and other related issues pertinent to the health care of recent immigrants to Seattle or the US, many of whom are refugees fleeing war-torn parts of the world. It includes information for patients as well as for providers.
  - HealthReach
    HealthReach is a national collaborative partnership that has created a resource of quality multilingual, multicultural public health information for those working with or providing care to individuals with limited English proficiency
8. If you do not know which database to use, try the “Where to Look” feature, listed under the Help tab on the left menu bar or at the top right of the webpage:

9. The ”Where to Look” page provides suggestions for databases when you have a particular information need:
10. If you need help navigating a particular database, check under Tutorials on the left menu bar. There is a selection of video tutorials from certain databases vendors that will help you get started:

If you need help accessing databases in HEALWA, send an email to HEALWA Outreach Coordinator Kate Lebo:

kathryn.lebo@wsu.edu

If you are having technical issues with a database, send an email to:

healwa@healwa.org