Using LIRN, accessing the InfoTrac database and conducting basic research

{ Pinnacle Online Library Website }
Welcome

Welcome to the Pinnacle Online Learning Resource Center!

Use this site as your jumping off point for exploration and research.

Start searching for an article by clicking SEARCH an article found under QUICK LINKS.
http://www.lirn.net/services.shtml

To access the LIRN databases you must know your campus patron identification number. This can be found on the student portal, from your teacher or the librarian.

The services which are accessed from this page are available only to those members of the Library and Information Resource Network, Inc. which have contracts for them. A valid LIRN access code is required to proceed from this point. Member institutions are responsible for managing the distribution of access codes to their students, faculty, and staff. If you do not know your LIRN ID, please contact the library at your institution.

If you know the LIRN patron identification number assigned to you by your institution, enter it below to connect.
Access the InfoTrac database

You can now follow LIRN announcements, tips, etc. on Twitter: @LIRNnotes.

Subscriptions for Pinnacle Career Institute - Online :

Simultaneously search all LIRN products, or search by subject groups, or as individual databases. Select the products to search by checking the box next to the group or product name.

Click Connect to Infotrac
Select two or more database choices by clicking the boxes next to the title or click the title to access a specific database.

You can search all databases at once OR
Search tips

Keyword searches only the first 100 words of an article, if you get too few results, try searching ENTIRE DOCUMENT.

If you are searching for a phrase, place it in “quotes”. To pick up both singular and plural of a word, use the wildcard (*).

Search for full-text articles.
If your results list is too large, you can add a few more terms to limit the results.

Don’t forget to look through the tabs for additional results.
Accessing the full-text of the article

Did you know...you can translate the article in different languages. Also look at related subjects for additional search term suggestions.

Tools box offers print, email and download options as well as a CITATION TOOLS option that will assist with writing the citation in APA format.
Clicking Magazines tab brings up more results

Note the search (key) terms from original query are in red throughout the results list.

Viewing options: graphics or PDF
Treating depression with massage.

*Massage Today* 0.2 (Feb 2000), p1(3), (927 words)

More and more research is being conducted on the therapeutic benefits of massage for a variety of health conditions, including depression. Don McCann, MA, LMT, a licensed mental health counselor, explains the different types of depression and how massage therapy can accomplish physical changes that normal psychotherapy or medication cannot.

Physical pain that is often chronic goes hand in hand with psychological depression. Often, clients who come for massage for pain relief also suffer from depression. Of course, as massage therapists we do not do psychotherapy. However, depression has major physiological and anatomical components. It is in this area that massage can truly have a significant and profound effect.

It is important to understand depression and how it can manifest physically. You also need to understand the different types of depression and physically how they individually respond to massage therapy.
Scan of actual article: note 3 pages

Options to save, print, scroll through the (3) pages or view at different percentages: this one currently at 50%
http://pinnacleapps.com/lrc/ is the website for the PCI Online Library. Use Quick Links to “Contact the librarian” for additional help. If the librarian is online, you may use the Instant Messaging tool “Library Chat”.