

For this semester-long project I was assigned to determine the best nursing practice for topical umbilical cord care in the postpartum period based on current research. Kevin Tapp came to speak to our class and introduced us to some of the library's resources that may be helpful in our research. I used three online databases to find journal articles and systematic reviews.

CINAHL was very useful in finding individual studies to use as primary sources. I limited my search to those that were published in English and were retrieved from a peer-reviewed source. I only considered articles that were published in or since 2002. I searched for articles about "umbilical cord care." After all these limiting criteria were in place there were seven relevant search results remaining.

Next, I used MD Consult. I also searched for articles about "umbilical cord care." I limited my search to article published from 2006 to the present. There were a number individual studies retrieved, but most overlapped with the results from CINAHL. The once source that I did find very useful was a patient education handout that could be given to new parents to inform them about the proper care of an umbilical stump prior to discharge from the hospital. I was able to use the library's website to instant message someone at the reference desk in order to help me decide how to properly cite this source in APA format.

By far the most helpful database in my search was the Cochrane Reviews of Evidence Based Medicine. Luckily a systematic review of Topical Umbilical Cord Care was just published this year. The Cochrane review included about twenty-one individual studies and even considered some studies performed in other countries.

These three resources made it possible for me to complete my research paper and base my recommendations for current nursing practice on a variety of sources. The resources were also available online which made it easy for me to complete my research paper while I was at home over Spring Break.