

**APA FORMAT FOR STUDENTS IN
ANY OF THE HEALTH CARE
MAJORS (NUR, PT, OT, PA, HSA, ETC.)**

by Mary Applegate
Updated January, 2017

BASIC INFORMATION ON APA

- Margins:** 1” on all sides (unless the document is to be bound, and then leave 2” on the left side)
- Line Spacing:** Double space entire document, including block quotes
- Punctuation:** Two spaces after ending punctuation is preferred except when referencing material
- Voice:** Use third person only unless instructor states otherwise
- Edition:** Use the *Publication Manual of the American Psychological Association*, (APA Manual), 6th edition. Other sources, especially online sources, may or may not be correct.

WHEN SHOULD I CITE?

Cite when either of the following applies:

- 1.) The information, concept, or words are not your own.
- 2.) The statement is not common knowledge.

Remember, even if you change the words, the information is still not your own, so you DO need to cite.

SAMPLE APA TITLE PAGE

Running head: MANUAL LYMPH DRAINAGE

1

Teaching Manual Lymph Drainage to Breast Cancer Survivors with Lymphedema

Mary Anderson

D'Youville College

SAMPLE APA TITLE PAGE (OT STUDENTS ONLY)

Running head: MANUAL LYMPH DRAINAGE

1

Teaching Manual Lymph Drainage to Breast Cancer Survivors with Lymphedema

Mary Anderson

Medical and Social Conditions

August 26, 2015

SAMPLE APA SECOND PAGE

MANUAL LYMPH DRAINAGE

2

Teaching Manual Lymph Drainage to Breast Cancer Survivors with Lymphedema

Some breast cancer survivors who suffer with lymphedema can be taught to perform manual lymph drainage on themselves. This procedure does not take the place of seeing a lymphedema specialist; however, as it is important to accurately measure the affected limb from the hand to the shoulder....

SAMPLE QUOTE WITH SIGNAL PHRASE— ONE AUTHOR

As indicated by Ames (2012), “while estrogen does not appear to cause breast cancer, estrogen can feed into breast cancers that are estrogen receptor positive” (p. 42).

NOTE: If you cite Ames again in the same paragraph using a signal phrase, you do NOT list the year again. However, you always need to list the year in a parenthetical citation.

SAMPLE QUOTE WITH SIGNAL PHRASE— TWO AUTHORS

As indicated by Ames and Best (2012), “while estrogen does not appear to cause breast cancer, estrogen can feed into breast cancers that are estrogen receptor positive” (p. 42).

SAMPLE QUOTE WITH THE CITATION AT THE END– TWO AUTHORS

“While estrogen does not appear to cause breast cancer, estrogen can feed into breast cancers that are estrogen receptor positive”(Ames & Best, 2012, p. 42).

SAMPLE PARAPHRASE WITH PARENTHETICAL CITATION –TWO AUTHORS

The issue of estrogen as a factor in breast cancer is a confusing one because in patients with an ER+ status, estrogen feeds into an already existing cancer (Ames & Best, 2012). However, there is no proven causative relationship.

CITING WITH 3, 4, OR 5 AUTHORS

First citation:

(Anderson, Jones, & Smith, 2014)

Subsequent citations:

(Anderson et al., 2014)

CITING WITH 6 OR MORE AUTHORS

First author + et al. for the first citation and all subsequent citations.

Example:

(Anderson et al., 2014)

CITATION WITH MULTIPLE AUTHORS

One in eight women are diagnosed with breast cancer annually (American Cancer Society, 2015; Canton, James, & Barkley, 2014; Fredericks, Johnson, House, & Woods, 2016).

NOTE: Each group of authors should be listed alphabetically by the letter of the first surname of each author in a group. Do NOT rearrange the authors within a group.

CITATION WITH NO AUTHOR— ONLINE DOCUMENT WITH SUBHEADINGS

“The mortality rate among women under 50 who have been diagnosed with breast cancer has decreased over the last 20 years” (“Breast Cancer Statistics,” 2015, para. 4).

NOTE: Do NOT use “Anonymous” as the author unless the author is actually listed as “Anonymous.”

SAMPLE BLOCK QUOTE FROM A CORPORATE AUTHOR IN AN ONLINE SOURCE

As indicated by the National Institutes of Health [NIH] (2010) in their recent study,

alternative strategies for pain management, such as acupuncture, herbal remedies, chiropractic massage therapy, etc., have not always been widely accepted among the medical community. However, there is a recent trend indicating that these alternative practices have been useful for patients who have not responded well to conventional pain management treatments. (“Chronic Pain,” para. 4)

Note: All quotes should be double-spaced; This is not shown above due to space limitations.

SAMPLE SECONDARY CITATION

(Use sparingly. Go to the original source whenever possible.)

According to a study conducted by Ferrentino (as cited in Harrison, 2012), when the onset of asthma occurs in adulthood, the patient generally does not outgrow the condition.

WHAT TO INCLUDE IN THE REFERENCE LIST

Include **ONLY** the works that you have cited in your paper, but be sure to include each one. Also, the author and year are the first two elements in a reference entry, and they must match the author and year listed in the citation.

Example of citation:

(Ames, 2014, p. 44).

Example of reference entry for this citation:

Ames, J. (2014). Breast cancer survival rates among women under 50 years of age. *Oncological News*, 88. 40-65.

doi: 18567.952/760-8317

NOTE: All reference entries should be double-spaced.

SAMPLE REFERENCE PAGE

References

American Medical Association (AMA). (2014). *Medical ethics*. Retrieved from <http://www.ama-assn.org/ama/pub/physician-resources/medical-ethics.page>

Back-End. (n.d.). *Business dictionary.com*. Retrieved from <http://www.businessdictionary.com/definition/back-end.html#ixzz3E5f5bDSL>

Burns, L. R. (2012). *The business of healthcare innovation*. Cambridge, UK: Cambridge University Press.

Centers for Medicare & Medicaid Services. (2012). *National health expenditures 2012 highlights*. Retrieved from <http://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/downloads/highlights.pdf>

Hodges, H., & Henson, S. (2009). Medical reimbursements and patient selection by physicians: A capital-theoretic approach. *Atlantic Economic Journal*, 37(4), 397-408. doi:10.1007/s11293-009-9193-7

NOTE: This page should have a header with a page number.

**SAMPLE REFERENCE FOR A JOURNAL ARTICLE WITH A
DOI NUMBER (SEVEN OR FEWER AUTHORS)**

Jones, D., & Taylor, M. J. (2010).

Psychiatric battle victims. *The British*

Journal of Psychiatry, 44, 210-218. doi:

5.4485/21264-4177.44.2.434

**SAMPLE REFERENCE FOR A JOURNAL ARTICLE
WITHOUT A DOI NUMBER (MORE THAN SEVEN
AUTHORS)**

Ange, M. A., Buscaglia, E., Garrison, M. B., Connor,
R. F., Fogerty, K. L., Donaldson, V., ...Stacey, C.
B. (2009). Effects of Herceptin on HER+ breast
cancer patients. *American Journal of Nursing*,
10(4), 134-185.

ONLINE MAGAZINE ARTICLE

Hitt, L., & Tambe, P. (2016, August). Health care information technology, work organization, and nursing home performance. *ILR Review*, 61(4), 834-859.

SAMPLE REFERENCE FOR AN ONLINE DOCUMENT WITH A CORPORATE AUTHOR

Center for Osteoporosis. (2011). *National*

osteoporosis fact sheet: Diagnosed cases of

osteoporosis in the United States in 2010.

Retrieved from <http://www.osteoporosis>

[/pubs/estimate.htm](http://www.osteoporosis/pubs/estimate.htm)

SAMPLE REFERENCE FOR A BOOK

Anderson, J. D., & Barker, E. K. (2012).

Educating teenagers about diabetes: A comprehensive program. Albany, NY:

Scottsdale, Ramkins, & Johnson.

HOW DO I REFERENCE A DOCUMENT IF IT CONTAINS A DOI NUMBER EMBEDDED IN A URL?

Use the doi number only.

Example: If the document lists the URL as:

<http://dx.doi.org/10.1016/j.foodcont.2013.06.004>

The doi number is:

[doi:10.1016/j.foodcont.2013.06.004](https://doi.org/10.1016/j.foodcont.2013.06.004)

BEST SOURCES FOR APA

- blog.apastyle.org
- This PowerPoint presentation listed on Moodle
- Purdue OWL <https://owl.english.purdue.edu/owl/resource/560/01/>
- *Publication Manual of the American Psychological Association (APA Manual)*

FREQUENTLY RESEARCHED TOPICS WITH PAGE NUMBERS

Initial and subsequent sample citations p. 177

Rules regarding citations pp. 169-192

Rules for references page pp. 193-224

Levels of headings pp. 62-63

Rules about numbers + exceptions pp. 111-114

Sample APA paper pp. 41-49