In JBI Connect

Select → In Basic Search → search for Systematic Review by choosing → select publication → add search terms to search term box
In CINAHL

Select → In Basic or Advanced Search → search for Systematic Review from Publication Type

Or

Select → In Basic or Advanced Search → search for Research Article from the Publication Type—this option will return results containing original research
CINAHL example – results achieved by selecting the research publication type.

RESULTS – only three that are available full-text, but they all look highly relevant (check with your lecturer about the date – one is from 1994). You will also see they are indicated to be an Academic Journal (research) article. See example