We all know what a book is, but it can be confusing when first introduced to Journal articles. So what is meant by a Journal, Journal article and a Database?

- A Database is a collection of information specific to a discipline that is commonly used for research and writing. They include access to academic journals and Journal articles. An example of a Nursing specific database is CINAHL Plus with Full text.
  
  Source: http://www.yourdictionary.com/academic-database

- A journal is a scholarly publication containing articles written by researchers, professors and other experts. Journals focus on a specific discipline or field of study. They are published on a regular basis (monthly, quarterly, etc.) and are sequentially numbered. Each copy is an issue; a set of issues makes a volume (usually each year is a separate volume). They can also be called periodicals or serials.

  Source: https://www.uvic.ca/library/research/tips/journal/index.php

- A Journal Article appears in a Journal and will be written by subject matter experts. They add to the body of knowledge in a particular field or topic. Examples are Research articles, Review articles or articles that summarise past research, outline recent advances, or point out gaps in a body of knowledge. They can be used to provide complete and current information. Before published, academic articles will go through a process of peer review.

  Source: http://guides.library.utoronto.ca/c.php?g=250471&p=1670761