

I .What is fever?

Fever is when the body's immune system reacts against pathogens, which is a warning sign of some illnesses.

The cause of fever should be ascertained and then treated accordingly which will lead to its subsidence.

When there's fever, always watch for other signs and symptoms such as runny nose, nasal congestion, diarrhea, vomiting, cough, etc...to be able to ascertain the exact cause of fever.

II . Signs and Symptoms:

1. Fever can be determined by a rectal or ear temperature of 38°C and above; axillary temperature of over 37°C (which is usually 1 degree

lower than the rectal temperature or 0.5°C lower than the oral temperature).

2. Other symptoms includes warm skin, skin flushing, chills, lip swelling and redness, minimal or decreased urination, and lack of sweating.



III . Non-drug intervention and nursing care:

1. Monitor body temp. 3x/day or PRN as needed and record.
- 2 Wear loose comfortable clothing, avoid using thick blankets, socks

(except prior to high fever, may use them to prevent chills).

3. Keep room air clean and properly ventilated.
- 4..Provide adequate hydration (drink plenty of liquids) and adequate rest (avoid hyperactivity).
5. If rectal or ear temp. is over 38°C , may use cold compress or water pillow.
6. In case of ineffective drop in temp. after using antipyretics, may try warm water bath ($27-34^{\circ}\text{C}$ water temp.). If body temp. is over 39°C ; bath for 20-30 minutes, then dry body with towel and observe for drop in body temp.; avoid developing chills from too low water temp.

IV. Use of antipyretics and nursing instructions:

1. Antipyretics should be used only with

supervision of the doctor. If rectal temp is over 38.5°C or axillary temp. is over 37.5°C, may use oral antipyretics and if temp. does not improve after 1 hour, may use antipyretic suppositories.

2. May directly use antipyretic suppository if fever is over 39.5°C to 40°C, and use oral antipyretic 1 hour later if fever is not better.

3. In case of febrile seizure history, early use of oral antipyretics or suppository is warranted to prevent seizure.

4. Things to watch out for during use of antipyretic suppository:

a. Avoid using in children with diarrhea.

b. Keep unused suppositories refrigerated.

c. Always hold the child's buttocks closed for 3 minutes after inserting

the suppository to prevent it from being expelled.

d. Do not use suppositories more than 4 times a day (every 6-8 hours on the average).

e. Seek medical help if and when:

- Patient becomes drowsy or mentally obtunded.
- Persistent fever of 40°C and above.
- Repeated or recurrent fever within 1 day.
- Prolonged fever of over 2-3 days.
- Presence of other signs and symptoms such as seizure, loss of or change in consciousness, vomiting, headache, abdominal pain, earache, rapid breathing, asthmatic wheezing, etc.

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FEVER IN CHILDREN AND HOW TO CARE

Modern Medicine
Traditional Care