

# FEVER

**Fever** (also known as **pyrexia**) is one of the most common medical signs and is characterized by an elevation of body temperature above the normal range of 36.5–37.5 °C (98–100 °F) due to an increase in the temperature regulatory set-point.

## INTERVENTIONS

### **Non-pharmacological**

- **Removal of heavy bedding and clothing**

Do not dress in layers or bundle up under blankets.

Heavy bedding and clothing could increase the temperature. This will also facilitate respiration.

- **Bedrooms should be kept within recommended temperature of 18-21 degrees Celsius.**

- **Provide frequent cool fluids**

This prevents dehydration and replaces the water loss. Plain water is the best replacement of the adult. Younger children may benefit from an oral hydration solution such as Pedialyte. Fluid should be increased by about one ounce in the child per hour and 2-3 ounces per hour in the adult with fever.

- **Apply Tepid Sponge Bath**

Tepid sponge bath is considered as one of the best cooling treatments. This method is recommended for febrile individuals, especially those with fever ranging from 102.2F or higher. It is effective in relieving fever by reducing high temperature and also helpful in alleviating pain or discomfort. Water applied to skin causes the pores to open allowing excess heat to escape. Evaporation then also has a cooling effect thereby decreasing body temperature.

- **Limit the number of people in the room.**

The less number of people, the lesser heat in the area

- **Switching on the fan or the air-conditioner**

This will facilitate the exit of heat and provides a cooler ambience

- **Monitor the temperature every now and then.**

This is to evaluate whether the interventions have been effective.

### **Pharmacological**

- Aspirin
- Acetaminophen
- Non-Steroidal Anti-Inflammatory Medications (NSAIDS)

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## CONVERSATION

**Patient:** Nurse, I think I might have a fever. It's so cold in here!

**Nurse:** Here, let me check your forehead.

**Patient:** What do you think?

**Nurse:** Your temperature seems raised. Let me get a thermometer to check.

**Patient:** How do I raise my bed? I can't find the controls.

**Nurse:** Here you are. Is that better?

**Patient:** Could I have another pillow?

**Nurse:** Certainly, Here you are. Is there anything else I can do for you?

**Patient:** Can you bring me another bottle of water, too?

**Nurse:** OK, here's your bottle of water. I will store some fluids just within your reach. It would be very important for you.

**Patient:** Yeah, it is. It seems like my tongue is so dry and my lips are a bit cracked. Oh, just a moment. I'm ill at ease with my clothes.

**Nurse:** Let me see. Oh, it's tight. It has to be changed. I suggest that you should not dress in layers and in bundles. This will increase your temperature.

**Patient:** Oh, so can you tell me how high my temperature is?

**Nurse:** The thermometer reading is 39 degrees Celsius. You need to stay in bed while I'll prepare for your medications and bed bath.

**Patient:** What's bed bath? That sounds like I will be immersed in water.

**Nurse:** Not really. I will just soak a sponge in water and will wipe it all over your body to cool down the fever.

**Patient:** You have to do that in my bed? Or we need to go in the bathroom?

**Nurse:** In bed. But I'll make sure you will be in comfortable position while I'll do it. This intervention will help you feel better.

**Patient:** Thank you, see you around.

**Nurse:** You are very welcome.