

Taichung Armed Forces General Hospital

Leaflet of Inpatient Nursing Instructions

小兒發燒之護理指導

Sir/Lady:

Nursing Instructions for Fever in Children

I. Fever in Children:

Children often experience generalized temperature increase, with a flushed face, dry lips, and reduced appetite. Sometimes, they may also experience nausea and vomiting. Urine output may decrease, and the urine color may darken. Occasionally, they may have headache and dizziness. The normal body temperature for children is generally between 36.5°C and 37.5°C.

II. Precautions:

- 1 If the child has chills along with the fever, keep him/her warm first. After the chill phase has passed, give an ice pack or reduce the covering and encourage drinking warm, boiled water.
- 2 If the axillary temperature exceeds 37.5°C, ensure proper ventilation, reduce clothing and covering, and encourage drinking water. If the child's limbs are cold, provide gloves and socks to keep him/her warm.
- 3 If the temperature exceeds 38°C, consider a lukewarm sponge bath to help cool down. The method is as follows:
 - (1) Prepare lukewarm water between 22°C and 32°C (test the water temperature using the inside of your wrist).
 - (2) Soak a towel in the water (to the extent that it doesn't drip), and gently pat the following areas: Forehead-behind the ears-neck - underarms - back- groin to limbs. (Avoid rubbing to prevent heat buildup).
 - (3) Repeat patting and wiping the body for 5–10 minutes. Measure the temperature again 30 minutes after the sponge bath.
- 4 During the sponge bath, make sure to close the doors and windows to avoid draughts.
- 5 Take the temperature again within 1 hour after the fever-reducing treatment. If the fever persists and exceeds 38.5°C, administer fever-reducing medication as directed by the doctor.
- 6 Increase fluid intake appropriately, such as warm boiled water, fruit juice, and soup (except for those with restricted fluid intake), and consume high-calorie food like milk, eggs, and fish. For a child with poor appetite, let the child eat small amounts frequently.
- 7 The child will sweat a lot after the fever subsides. Change clothes frequently to keep the skin clean and prevent chilling.
- 8 Seek medical attention immediately if the following occurs: Persistent fever, loss of appetite, continuous crying, unconsciousness or convulsions, stiff neck, or difficulty breathing; or if the child has a serious underlying condition, such as congenital heart disease, immediately⁵ seek medical attention.

If you are still unclear about something or have any questions, please contact the nursing station in the ward