Fever

A fever is when there is an abnormal elevation in the body's temperature. A normal temperature is around 98.6 F and is considered a fever once it reaches 100.4 F. Symptoms that occur with a fever include flushed skin that is warm to touch, chills, sweating, and a change in level of consciouness. It is important to treat a fever by providing adequate fluids, monitoring fluid and electrolyte status and monitoring vital signs because these patient's are at a high risk of dehydration. Keep the patient cool by removing excess clothing and blankets, keeping the room temperature cool and applying a cool compress to the forehead. Give a 20 to 30 minute spongebath with tepid water, making sure to apply water to the back and chest. Recheck the temperature 30 minutes after the bath. If prescribed, administer antipyretics such as ibuprofen or acetaminophen.



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Flushed skin, warm to touch
Flashlight to Flushed Skin with Hand to Forehead
The patient's skin becomes reddish pink and feels warm or hot when touched.

Chills
Ice-Cube
Chills occur when muscles are rapidly contracting and relaxing. This helps the body produce heat when it is feeling cold.

Sweating
Sweaty-Sweatband
Sweating is the body's way of cooling itself down and usually occurs when a fever breaks.

Change in LOC
Delta-Halo
Fevers can cause a patient to become restless or lethargic.

Provide adequate fluids
Red-Cross Water
Hydration is important to keep the patient from becoming dehydrated, which can worsen symptoms.

Monitor Electrolytes and Fluid
Monitor with Electric-Light in Fluid
Watch for signs of dehydration, especially when excessively sweathing, vomiting or experiencing diarrhea. Monitor lab values too.

Monitor vital signs, esp temperature
VS Monitor and Thermometer
A normal temperature is 98.6. 100.4 and above is classified as a fever. Monitor all vital signs to watch for signs of dehydration and other complications.

Remove excess clothing and blankets
Removing Clothing and Blanket
Keep the patient cool by removing excess clothing and blankets. Keep the room at a cooler temperature and offer a cool compress to put on the forehead.

Sponge bath with tepid water
Sponge-Bath with Tipi
Using lukewarm water, give a 20 to 30 minute sponge bath and be sure to apply water over the back and chest. Check the temperature again 30 minutes after the spongebath.

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