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Management of Pediatric Fever



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All information above has been reviewed by pediatric specialists
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1. What is fever?

(1)The average temperature inside the body is higher than 38°C .

(2)Except the following fators:



**drinking too much
hot water**



after exercising



taking a hot bath



**taking a sunbath
for a long time**



**wearing
heavy clothes**



**being covered by
heavy blankets**

If one of these fators occurs, take the temperature after removing the heavy clothes or blankets and resting for 15 minutes.

2. Will fever burn out the brain?

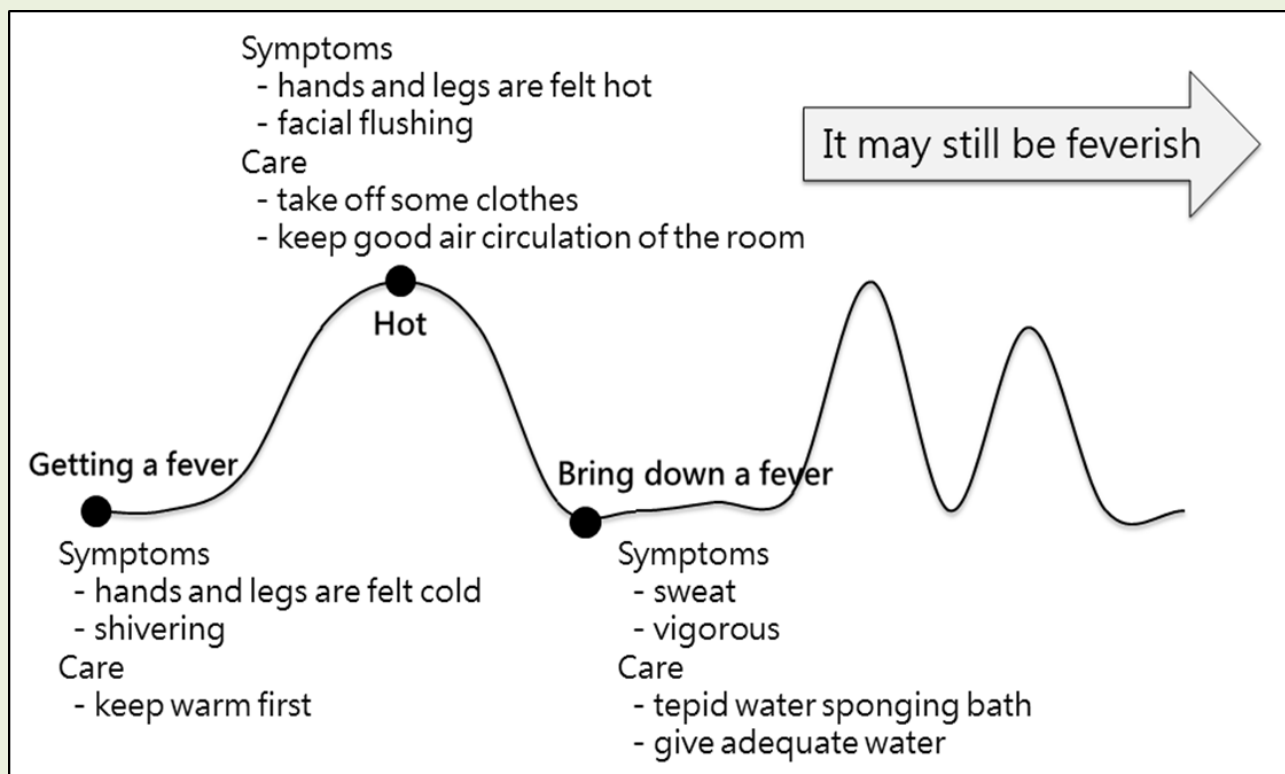
It is said that having a fever for long hours will burn out kids' brains. But most of the cases come with the diseases like encephalitis, and meningitis, etc. And for those cases, having a fever is one of the symptoms in these diseases. However, the

things that infect the brains in those diseases should be the major reasons to hurt the brains.

3. Symptoms and ways to take care

(1) About getting a fever, hands and legs are felt cold and shivering. When having this, keep warm first. If feeling hot or sweating, take off some clothes, decrease quilt, keep good air circulation of the room, and tepid water sponging bath.

(2) We don't suggest ice padding because it's too stimulating for a kid.



Fever cycle

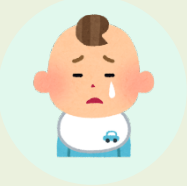
4. Suggestions for the diet

(1) Give adequate water, electrolyte and some food that is liquid like and easy to digest, such as pudding, yogurt, steamed egg, and ice cream. Also avoid the overhot food.



(2) If kids don't like plain water, give some flavored energy drinks to make them drink. But energy drinks sold in convenience stores contain higher electrolyte which will get kids' kidneys overloaded, so we suggest that special electrolyte water can be provide supplying water.

5. Emergency cases



no tears when crying



blackened lips,
fingers, and toes



great decrease in urine



stiff neck



cramp, fingers paralyze,
react abnormally



continuously
headache and vomit



unconscious or oversleep
(such as limp body, no reaction)

6. Conclusion

If you think that kids are having a fever, feel their temperature on the hands and legs. If their hands and legs are felt cold, keep them warm first. And when the skin temperature are felt hot, reduce the heavy blankets to dissipate the heat. For the diet care, provide the food that is liquid like and easy to digest. Avoid the over hot food, and get water and electrolyte supplied.

7.Reference:

Green, C., Krafft, H., Guyatt, G., & Martin, D. (2021).

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Rossato, L. M. (2021). Non-pharmacological fever and hyperthermia management in children: An integrative review. *Acta Paulista de Enfermagem*, 34, 1-10.

<https://doi.org/10.37689/acta-ape/2021AR00743>.

Let's take a test to confirm that you have a thorough understanding.

1. Fever refers to a central body temperature $\geq 38^{\circ}\text{C}$.
☐ YES ☐ NO ☐ Not sure

2. Factors influencing the rise in body temperature include: drinking a lot of hot water, exercising, taking hot baths, and wearing too many clothes.
☐ YES ☐ NO ☐ Not sure

3. Icing (sleeping with an ice pillow) is too stimulating for children; it is recommended to use when having a fever.
☐ YES ☐ NO ☐ Not sure

4. When a fever is imminent, the limbs often become cold and shiver. At this time, providing warmth is recommended. Once the entire body is heated or sweating occurs, reduce clothing, maintain a cool room temperature, and consider wiping the body with lukewarm water.
☐ YES ☐ NO ☐ Not sure

5. Emergency situations requiring immediate medical attention: No tears when crying, significantly reduced urine output, persistent headache and vomiting, unclear consciousness, continuous deep sleep, convulsions, paralysis of limbs, and abnormal sensations.
☐ YES ☐ NO ☐ Not sure