



Fever- Nursing Information and Self-Care

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Fever is defined as the central body temperature inside the body $\geq 38^{\circ}\text{C}$. There are various causes of fever. Most common causes include infection, inflammation, drug-induced fever and diseases. The purpose of seeking medical advice is to find out what the cause of fever is and to avoid taking over-the-counter anti-pyretic medications.

There are three stages of fever: The first stage is the "cold period". The temperature of the central body temperature continues to rise, the hands and feet are cold, and even shivering occurs to produce heat. During this stage, you keep yourself warming and physical cooling is not recommended (such as: using ice packing), otherwise the cooling period may be prolonged. The second stage, the "fever phase", gradually warms the whole body, which may be accompanied by symptoms such as rapid heartbeat and malaise. At this stage, Hydration should be added in a timely manner, and physical cooling can be given, such as warm water to wipe then body. The third stage, the "heat-dissipating period", started to sweat, the temperature gradually decreased, and the strength was restored. At this stage, you should replenish water in a timely manner, provide nutrition and calories to your diet, and keep you warm, dry, or replace dry clothes.

Fever care

1. Please take prescribed medications as advised and return as scheduled follow-ups after discharged home. Measure and record body temperature at home twice a day for reference if return.
2. Enhance water intake if no contraindications. (Adults: 2500 cc ~ 3000cc/day).
3. Please inform our medical staffs immediately if you have persistent fever of high body temperature、conscious disturbances or convulsions、severe coughing and chest pain。
4. Our medical/nursing staffs will be glad to help you if there are any other concerns or questions.

If you have any questions or suggestions, please contact us. We are very willing to help. Our contact telephone number: Taipei: (02)2543-3535 extension: 3126
Tanshui:(02)2809-4661 extension:2662

Mackay Memorial Hospital Emergency Department

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Signature:

Relation to patient:

Date: