

## Fever Management

<b>Follow-up Advice</b>	<p>Consider supply but the patient should be advised to make an appointment to see the GP:</p> <ul style="list-style-type: none"><li>• Patient is difficult to wake, not keeping fluids down or light hurts the eyes</li><li>• Fever has lasted more than 5 days</li><li>• Difficulty in breathing</li><li>• Patient has recently travelled abroad</li><li>• Severe headache or continuous vomiting</li><li>• New symptoms develop or existing symptoms worsen</li></ul>
<b>Counselling Points</b>	<p>A raised body temperature is part of the body's natural defence mechanism, so treatment of fever should not be based on temperature alone, but also on the overall condition of the patient.</p> <p><i>Physical Interventions</i></p> <ul style="list-style-type: none"><li>• Be clothed appropriately for the surroundings, with the aim of preventing overheating or shivering. There is a lack of evidence for or against the use of other physical cooling methods (tepid sponging, or lowering the ambient room temperature), as this may lead to over-rapid cooling. This should be avoided as the bodies internal 'thermostat' which is regulated by the hypothalamus may rise to compensate.</li></ul> <p><i>Drug Interventions</i></p> <ul style="list-style-type: none"><li>• Use of antipyretic drugs such as Paracetamol or Ibuprofen. Ibuprofen alone has been shown to reduce temperature in a febrile child more effectively than Paracetamol alone and therefore if appropriate should be used as first line treatment.</li><li>• The use of Ibuprofen in combination with Paracetamol should be considered if the child has not responded sufficiently to appropriate doses of one drug alone, but the parent/carer must be advised how to do this safely. Do not give both agents simultaneously, only consider alternating them if the distress persists or recurs before the next dose is due.</li></ul> <p><i>Fluids</i></p> <ul style="list-style-type: none"><li>• Adults and Children with fever should be assessed for signs of dehydration, and parents/carers should also be advised how to detect these signs, as this may indicate a serious illness.</li><li>• Children should be encouraged to drink fluids regularly if they have a fever to prevent dehydration, (if breastfeeding then continue as normal), but medical advice must be sought if the child displays any of the following signs and symptoms.<ul style="list-style-type: none"><li>• sunken fontanelle</li><li>• dry mouth</li><li>• sunken eyes</li><li>• absence of tears</li></ul></li></ul> <p>If the child is vomiting and/or has diarrhoea, then the use of electrolyte (rehydration) solutions should also be considered. See protocol for Acute Diarrhoea</p>