

NURSING INSTITUTE, JHENAIDAH
REPUBLIC OF BANGLADESH

LECTURE 04

FUNDAMENTALS OF NURSING

DIPLOMA IN NURSING SCIENCE AND MIDWIFERY

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TEMPERATURE

Questions:

- ◆ What do you mean by temperature?
- ◆ Define temperature.

A temperature is an objective comparative measurement of hot or cold. It is measured by a thermometer. Several units exist for measuring temperature, the most common being Celsius (denoted °C formerly called Centigrade), Fahrenheit (°F)

Questions:

- ◆ What do you mean by human body temperature?
- ◆ Define body temperature?

Definition of Body Temperature:

The degree of hotness and coldness of the body is called temperature.

Normal body temperature:

Range : 97°F- 99°F
: 36 .0°C-37.5°C
Average : 98.6°F Or 37°C

Questions:

- ◆ **What are the types of body temperature?**

There are mainly two types of body temperature:

1. **Core temperature:** The temperature of interior of the body is called core temperature.
2. **Shell or surface temperature:** The temperature of the skin and subcutaneous tissue of the body is called shell temperature.

Questions:

- ◆ **Write down the purpose of measuring temperature?**

Purposes of measuring temperature:

1. To assess the general health status of patient
2. To assess for any alteration in health status
3. To aid in determining patient's condition
4. To recognize any variation from the normal and its significance
5. To assist in diagnosis
6. To help doctor to prescribe correct treatment and to note the effect of the treatment.

Questions:

- ◆ **Write down the common method of measuring body temperature.**

Common site of recording body temperature:

1. Mouth or oral cavity under the tongue(**98.6°F or 37°C**)
2. The axillary(**97.6°F or 36.4°C**)
3. The rectum(**99.5°F or 37.5°C**)

Questions:

- ◆ **Describe the procedure of taking body temperature.**

Procedure of taking body temperature:

A. Articles

A clean tray containing:

1. A bottle with disinfected solution (Dettol 1:40 or Savlon 1:20)
2. A bottle with water
3. Thermometer
4. A small bowl with cotton swab
5. Paper bag or kidney tray
6. Pens
7. Flow sheet/ graphic chart/ paper
8. Lubricant (in case of rectal method)

If using more than one thermometer used three bottle (2 with antiseptic solution and one with water)



B. Procedure:

1. Ascertain method of taking temperature and explain procedure to the patients and instruct him to co-operate:
 - a. In case of oral method ensure of patient had not taken any hot or cold food and fluids orally or smoked in 15-30 minutes prior to procedure.
 - b. For rectal method, provided privacy and position the patient in a Sims Position. In young children position laterally with knees flexed or prone across lap.
 - c. For axillary method, exposed axilla and pat dry with a towel. Avoid vigorous rubbing.
2. Wash hands.
3. Prepare equipment.
 - a. If glass thermometer is in disinfected solution transfer it to container with plane water using dominant hand.
 - b. Wipe thermometer, using clean cotton swab using rotatory motion from the bulb to stem.
 - c. Shake down the mercury by holding thermometer between thumb and forefinger at tip of stem. Shake till mercury is below 35 degree centigrade ((95 degree F).
4. Check temperature:
 - a. For oral method:**
 - Place bulb of thermometer at base of term on the sign of frenulum in the posterior sublingual pocket
 - Instruct patients to close the lips and not teeth around thermometer.
 - Leave thermometer in place for 2-3 minutes.
 - b. For rectal method**
 - Done disposable gloves
 - Apply lubricant on the bulb of thermometer using cotton ball.
 - With non- dominant hand, expose the anus raising upper buttocks.

- Instruct patient to breathe deeply and insert the thermometer into anus:
 - 3.5-4 cm in adult
 - 1.5 cm in infant
 - 2.5 cm in child
 - Do not force insertion
- Hold thermometer in place for 1-2 minutes.

c. For axillary method

- Place bulb in the centre of axilla
 - Place arm tightly across chest to hold thermometer in place.
 - Hold thermometer in place for 3-5 minutes
5. Remove thermometer Wipe from stem to bulb with a cotton ball in a rotational manner.
 6. Read the temperature holding thermometer at eye level and rotate it till reading is visible and read it accurately.
 7. Shake down the mercury level
 8. Clean thermometer using soap and water
 9. Dry it and store it in disinfectant solution
 10. Document temperature
 11. Wash hands
 12. Replace articles.