

發燒的護理指導

Fever nursing guidance

列印日期： 年 月 日

單位：

05-2756000 分機：

一、發燒的定義：

當顛溫大於 38.1°C、耳溫大於 38°C、肛溫大於 38°C、腋溫大於 37°C，視為發燒情形。

1. Definition of fever:

When the temporal temperature is greater than 38.1°C, ear temperature is greater than 38°C, rectal temperature is greater than 38°C, axillary temperature is greater than 37°C, treated as a fever.

二、發燒的病因：

2. Cause of fever:

(1) 感染如：各類細菌及病毒感染、寄生蟲引發等。

(1) Infections such as: various bacterial and viral infections, parasites, etc.,

(2) 自體免疫疾病如：風溼熱、全身性紅斑性狼瘡等。

(2) Autoimmune diseases such as: rheumatic fever, systemic lupus erythematosus, etc.,

(3) 惡性腫瘤：各種癌症等。

(3) Malignant tumors: various cancers, etc.,

(4) 各種血液疾病。

(4) Various blood diseases.

三、發燒症狀：

3. Fever symptoms:

發燒前：會發冷打顫，呼吸加快，心跳加快，皮膚蒼白冰冷。

Before fever: Chills and tremors, rapid breathing, rapid heartbeat, pale and cold skin.

發燒時：皮膚會發紅、發燙，頭痛，全身倦怠、軟弱無力，食慾不振、噁心，口渴。

When fever: The skin will be red, hot, headache, general fatigue, weakness, loss of appetite, nausea, and thirst.

退燒期：會出汗、脫水。

Fever-reducing period: Sweating and dehydration will occur.

四、發燒處理方法：

4. Fever treatment method:

(1) 藥物治療：退燒劑是短暫地把發燒降低一點。可使身體感覺舒適些，是屬於症狀治療。

(1) Medication: Anti-fever medicines are short-term to lower the fever a bit. It can make the body feel a little

more comfortable, which is a symptom treatment.

(2) 高熱期可使用冰袋或冰枕，藉由熱的傳導作用使血液冷卻，同時也可以讓發燒的病人在精神上獲得暫時的安定感。

(2) During the high fever period, ice packs or ice pillows can be used to cool the blood through the conduction of heat. At the same time, patients with fever can also obtain a temporary sense of mental stability.

(3) 發燒期室溫應較平常低，維持環境安靜舒適及空氣流通。

(3) During the fever period, the indoor temperature should be lower than usual to maintain a quiet and comfortable environment with good air circulation.

(4) 身體的清潔也十分重要，更換衣物及床單增加舒適，減輕流汗後身體黏膩感

(4) Body cleanliness is also important. Changing clothes and bed sheets increases comfort and reduces the sticky feeling behind the sweaty body.

(5) 無疾病限制須禁食之情況外，應多喝開水每次可攝取 2-3 杯開溫水或運動飲料。

(5) If there is no disease restriction and fasting is required, that should drink more boiled water and consume 2-3 cups of warm water or sport drinks each time.

(6) 發燒期間建議多臥床休息，發燒虛弱狀態下，請勿自行下床以免發生跌倒。

(6) During the fever period, it is recommended to stay in bed and rest more. Do not get out of bed by yourself when the fever is weak to avoid falling.

(7) 發燒時身體無力疲倦，臥床時床欄須拉起，下床廁所需要有人陪同以免發生跌到。

(7) When someone have a fever, body is weak and tired. When lying in bed, must pull down the bed rail. When get out of bed to the toilet, need someone to accompany to avoid falling.

參考資料

陳偉鵬等編著 (2019) · 臨床症狀護理學 (第 4 版) · 台北：華杏。