

# 待產孕婦發燒之處理

## Treatment of fever in expectant mothers

### 一、孕產婦發燒及新生兒之問題：

#### 1. Fever of pregnant and lying-in women and newborn problems:

於產婦待產期間，產房護理師將會監測您的體溫，若發現孕婦待產期間有發燒或者新生兒出生時測量體溫有達 $\geq 38$ 度以上者，為了新生兒安全擔憂有感染之風險，必須將新生兒送至新生兒中重度病房或者兒科加護病房進一步觀察。

During the delivery period, the nursing staff in the delivery room will monitor your body temperature. If a pregnant woman is found to have a fever during delivery or the newborn's body temperature measured at birth  $\geq 38$  degrees or more, for the safety of the newborn, the risk of infection must be monitored. The newborn is sent to the neonatal moderate to severe ward or pediatric intensive care unit for further observation.

### 二、孕婦/新生兒腸病毒感染的：

#### 2. Enterovirus infection in pregnant women/newborns:

一般腸病毒感染，是經由直接接觸病人的口鼻分泌物、糞便而傳染。而新生兒腸病毒感染，通常發生在經胎盤傳染(先天感染)、生產時經產道感染或出生後的新生兒時期。若是腸病毒感染潛伏期為3天~5天(亦有可能2天~15天)，主要病毒種類：伊科病毒(51%)、克沙奇B族病毒(45%)。腸病毒表現多以咽峽炎、手足口症表現，但在成人腸病毒的症狀，往往不典型，甚至無症狀。而新生兒腸病毒感染的症狀可能有發燒、敗血症、心肌炎、腦膜炎、腦炎、肝脾腫大、和凝血功能異常等症狀，若有嚴重感染，藥物治療臨床效果不彰，致死率為50%以上。

Generally, enterovirus infection is transmitted through direct contact with the patient's mouth and nose secretions and feces. The neonatal enterovirus infection usually occurs in the transplacental infection (congenital infection), the birth canal infection during delivery, or the neonatal period after birth. If the incubation period of enterovirus infection is 3 days to 5 days (maybe 2 days to 15 days), the main types of viruses: Icovirus (51%), Keshaqi Group B virus (45%). Enterovirus manifestations are mostly angina and hand-foot-mouth disease. However, the symptoms of enterovirus in adults are often atypical or even asymptomatic. The symptoms of neonatal enterovirus infection may include fever, sepsis, myocarditis, meningitis, encephalitis, hepatosplenomegaly, and abnormal blood coagulation. If there is a serious infection, the clinical effect of drug treatment is ineffective, and the fatality rate is 50% the above.

### 三、如何預防新生兒感染腸病毒：

#### 3. How to prevent neonatal infection with enterovirus:

母親在生產前後如有發燒、合併上呼吸道感染、下腹痛等症狀，產婦應該特別加強，

在接觸嬰兒前後的洗手、戴口罩及個人衛生，也應該注意觀察新生兒的體溫及活力表現。以下幾點須多注意：

If the mother has fever, upper respiratory tract infection, lower abdominal pain and other symptoms before and after childbirth, the parturient should pay special attention to washing hands, wearing a mask and personal hygiene before and after touching the baby, and pay attention to the body temperature and vitality of the newborn. Pay more attention to the following points:

1. 鼓勵母乳哺育。

1. Encourage breastfeeding.

2. 確實做到手部清潔後，才接觸新生兒的衛生習慣，同時也避免親吻新生兒和不必要的訪客，才能做好防護措施。

2. Only after the hands are clean, do you touch the hygiene habits of the newborn, and at the same time avoid kissing the newborn and unnecessary visitors, in order to take protective measures.


3. 如產前及產後曾有接觸到發燒或或疑似腸病毒感染患者，應主動告知醫師。

3. If you have been in contact with patients with fever or suspected enterovirus infection before and after childbirth, you should take the initiative to inform your doctor.

參考資料

王淑芳等 (2018)·於高美玲總校閱，實用產科護理 (8版)·台北：華杏

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉產房 4601、4602

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2021年09月修訂