

發燒的處置與建議

Fever Treatment and Suggestions

一、認識發燒 Knowledge of fever :

發燒的定義為身體內部的中心體溫 $\geq 38^{\circ}\text{C}$ ，人體生病引起的發炎反應會讓體溫的定位點提高，所以造成發燒現象。一開始發燒的時候，小孩可能會覺得冷、四肢冰冷，這是體溫設定點提高的結果。一旦體溫提高到設定點之後，四肢變成溫熱，也不會有明顯怕冷的感覺。過一段時間或使用退燒藥以後，體溫定位點下降，小孩可能會覺得熱，並開始流汗退燒。

Fever is defined as the body's internal body temperature $\geq 38^{\circ}\text{C}$, inflammation reactions in patients body that increase body temperature ,resulting in fever. At the beginning of the fever, children may feel cold, arms and legs cold ,this is the result of increased body temperature. Once the body temperature has increased to the standard point, arms and legs will become warm, also there is no feeling afraid of cold anymore. After a period of time or after the use of antipyretics, the body temperature decreases, children may feel hot and begin to sweat and fever reduced.

二、發燒的影響 Effect of fever :

適度發燒可以提升免疫系統的效能，有研究顯示退燒藥會壓抑免疫反應，反而可能延緩疾病的康復。人體對發炎反應引起的發燒有調控機制，所以一般不會超過 41.0°C 。有些家長會擔心如果沒有積極退燒，小孩體溫可能一直往上飆高，其實人體的體溫調控機制不會讓體溫無限上升。坊間小孩腦子燒壞的傳說，都是因為那些小孩罹患了腦炎、腦膜炎等疾病而留下神經後遺症，與發燒無直接因果關係。

Appropriate fever can improve the immune system functions, research has shown that antipyretics will suppress the immune reaction, in turn, it may have delay the healing process of the illness. The body to the inflammation reactions that cause the fever has regulation mechanism so generally it will not exceed 41°C . Some parents worry that if there is no extreme reduced fever, the temperature of the children may keep soaring up during the fever. In fact, the body temperature control mechanism will prevent the body temperature to keep increasing infinitely. The Myth of children 's brain being burned due to the fever was because those children are suffering from encephalitis, meningitis and other diseases and left nerve residual effects, and have no direct relationship with fever.

三、退燒的時機 : Timing for fever treatment:

如果體溫沒有太高也沒有引起特殊不舒服，並不需要積極退燒，尤其體溫沒超過 39°C 的時候。

If the body temperature is not too high and did not cause discomfort, there is no need to reduce the fever extremely, especially when the body temperature did not exceed 39°C .

四、退燒的方法：Method to reduce fever:

冰枕、溫水拭浴等物理退燒法，並不會改變發炎反應引起體溫定位點的異常上升現象，所以不會有退燒效果，反而可能造成發燒兒童額外的代謝負擔，單純注射點滴也沒有退燒效果。衣服穿太多、中暑等體溫定位點正常而只是產熱與散熱失調的情形，或使用退燒藥以後開始散熱流汗的時候，使用物理退燒法才有些幫助。各種退燒藥物中，除了阿斯匹靈不可用於 18 歲以下兒童之外，其他口服與塞劑均可於必要時適量使用。Ice pillow, wipe body using warm water & towel and other physical method for reducing the fever will not have effect on the abnormal body temperature rise caused by inflammation, therefore there will be no fever reduce effect and may cause not only fever to children but also additional metabolism issue in return. In addition, drip infusion will have no effect on reducing fever too. Wearing too much clothes, heat stroke, etc which the body temperature remains normal are merely the condition which the body is generating heat and the body unable to dissipate heat. The correct timing of physical fever treatment is the time after using antipyretics and when the body starts to dissipate heat and sweats. In all kinds of antipyretic medication, aspirin cannot be consumed for children under the age of 18, the other oral and suppository can be used when necessary by giving appropriate amount.

五、後續的處理：Follow-up treatment

一些民眾認為吃退燒藥以後如果又燒起來，就表示醫師開的藥沒有效，所以會去找其他醫師，造成醫療的浪費。事實上，各種退燒藥的效果都只能維持幾個小時，其目的在帶給兒童短暫的舒適。如果疾病的過程還沒結束，退燒以後又燒起來是很常見的事情。常見的呼吸道或腸胃道病毒感染，其中有些感染可能持續發燒達一週或甚至更久。家長必須注意有無第 4 項所列的危險病徵，並持續遵從醫囑追蹤治療。Normal people think that after eating antipyretics and if the fever returns, it means that the doctor's medicine are ineffective, hence they will find other doctors, resulting in unnecessary medical waste. In fact, the effect of antipyretics can only maintain for several hours, the main purpose was to give children a short term relieve. If the process of the illness is not over, the drop in fever and return of the fever is very commonly seen situations. Commonly seen infection such as respiratory or gastrointestinal tract infections may develop fever for up to a week or even longer. Parents must be alert of the dangerous symptoms 4 points listed below and continue to follow up on the medical treatment.

六、危險的病徵 Dangerous symptoms :

發燒的有無、體溫的高低都不一定能代表疾病嚴重度，兒童生病時，重要的是觀察有無重症的危險病徵。無論有無發燒，如果兒童出現下列情形，宜儘速至兒科專科醫師處診治：

※三個月以下嬰兒出現發燒

※尿量大幅減少

※哭泣時沒有眼淚

※意識不清，持續昏睡、未發燒時躁動不安、眼神呆滯

※痙攣、肌抽躍、肢體麻痺、感覺異常

※持續頭痛與嘔吐

※頸部僵硬

※咳痰有血絲

※呼吸暫停、未發燒時呼吸急促、呼吸困難、吸氣時胸壁凹陷

※心跳速度太慢、心跳不規則

※無法正常活動，例如不能爬樓梯、走小段路會很喘

※皮膚出現紫斑

※嘴唇、手指、腳趾發黑

The occurrence of fever and the level of body temperature do not always represent of the severity of the illness. When children are sick, it is important to observe whether there are symptoms of severe fever. With or without fever, if the children have the following symptom, it should be treated by take to children doctors or called Pediatric as soon as possible :

❖ Infant under 3 months having fever

❖ Urine volume is greatly reduced

❖ Crying without tears

❖ Unconscious, continual drowsiness, restless movement when no fever, dull eyes

❖ Spasm, muscle pumping, limb paralysis, feeling abnormal

❖ Continuous headache and vomiting

❖ Stiff neck

❖ Sputum with blood

❖ Breathing pauses, shortness of breath when no fever, difficulty breathing, sunken chest when inhaling

❖ Heart rate is too slow, irregular heartbeat

❖ Unable to perform normal activities, such as climbing the stairs, tiredness after a small walk

- ❖ Occurrence of purpura (Purple discolored spots on the skin)
- ❖ Lips, fingers, toes turning black

參考資料 Reference information

台灣兒科醫學會 pediatr@www.pediatr.org.tw


Taiwan Pediatric Association pediatr@www.pediatr.org.tw

衛生福利部國民健康署編印之兒童健康手冊

Children's Health Handbook by National Health Department, Ministry of Health and Welfare

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 40 病房分機 4001、4002

For further information about the matters above, please contact: Tel: 05-2756000 ext: 40 ward extension:
4001,4002

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院關心您

St. Martin De Porres Hospital

2021 年 08 月校閱

Revised in August 2021