Fever Management

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Who is the expert of Domain knowledge:

Dr. Sara Mostafa Mohammed

Lecturer of pathology, MD.... Kasr Al Ainy hospital

Program to manage patient with Fever:

First:

Personal Data:

1. Age: adult or child

2. Sex: Male or Female

3. Occupation

Clinical Data:

1. Fever Duration

2. Fever Severity

3. Fever Other Symptoms

Secondly:

Associated Symptoms:

1. Neurological Symptoms

2. Respiratory Symptoms

3. Gastroenterological Symptoms

4. Genitourinary Symptoms

Thirdly:

Investigations

Provisional Diagnosis

Fourthly:

Treatment

Fifth:

Referral to Doctor is better

History:

Age

Sex

Duration of Fever

The Body Temperature

Associated Symptoms:

1. Dermatological symptoms:

I. Skin Rash

II. Uiral infection (Chicken Pox)

2. Respiratory Symptoms:

Pneumonia: Cough – Dyspnea

Viral: Common Cold

T.B: Hemoptysis – Night Sweat – Fever

Tonsillitis: Sore Throat

3. Abdominal Pain:

Enteric Fever: Diarrhea – Uomitting – Food poisoning

4. Urinary tract infection:

Hematuria – Discharge - Urgency of Urination - frequency of micturition - Dysuria

5. Meningitis:

Neck pain – Stiffness – Vomiting – High Fever – Sever Headache

6. Hepatitis:

Jaundice – Nausea – Right Upper quadrant Tenderness

7. External Lesion:

Breaks in Skin – Swelling – Trauma – localized pain – Wound and Discharge

8. Malignancy:

Weight loss – Fatigue – Night Sweats – lymphadenopathy – Masses – Bone pain

9. Otitis:

Ear pain – Discharge From ears – ear swelling – Decrease hearing

Investigation:

C.B.C:

Number of leucocytes (increase with infection)

Hemoglobin (decrease with anemia)

E.S.R and C.R.P:  
 elevated with inflammation

Urine analysis:

W.B.C and pus cells mean that there en infection

Stool analysis:

Pus cells or parasite

Nasal and Pharyngeal swap:

Search for Bacteria / virus

Chest X-ray:

Pneumonia (patches)

Abdominal U/S (Ultra Sound):

Hepatitis – Abdominal mass (malignancy)

Treatment:

To manage Fever:

1. Fever up to 39o C:

I. Drink plenty of fluid

II. Cold fomentation

2. Fever more than 39o C:

I. Drugs as Ibuprofen or Para cetamol

II. Fluid

III. Cold Fomentation

3. Symptoms not improved for more than 3 days or get worse:

Better to visit the doctor and do Investigation