

THERMAL PROTECTION

Recording the axillary temperature by mercury thermometer

Precautions

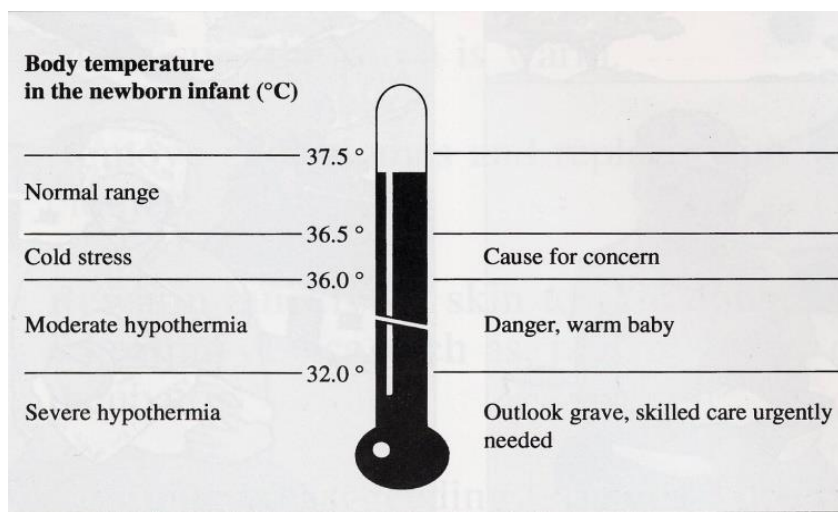
- Wash your hands before taking a baby's temperature.
- Keep the baby warm throughout the procedure. He/she does not need to be in a special position for the temperature to be taken.

Steps:

- Make sure that the thermometer is clean
- Shake it down, so that it reads less than 35°C.
- Place the silver end of the bulb of the thermometer against the roof of the axilla after cleaning and drying the armpit.
- Gently hold the baby's arm against the body.
- Keep the thermometer in place for 3 minutes.
- Remove the thermometer and read the temperature. DO NOT add 0.5°C or 1°C to this.
- Keep thermometer in a sterile container after cleaning with spirit.
- Record the temperature in the baby's case notes.

Accurate temperature recording is needed if a baby is

- Preterm / low birth weight or sick
- Admitted to hospital for any reason
- Suspected of being either hypothermic or hyperthermic (too hot)
- Being re-warmed during the management of hypothermia
- Being cooled down during the management of hyperthermia



Hypothermia (Axillary Temperature <36.5° C)**Hypothermia – Look for possible causes**

- Check room temp – Ensure room is warm 26-28°C
- Check blood sugar. If <45mg/dl correct hypoglycaemia
- Screen for sepsis

Mild Hypothermia 36°C-36.4°C**Warm trunk, cold extremities, Extremities bluish and cold, Lethargy**

- Skin-to-skin contact & encourage breast feeding
- Cover adequately-heads, hands & feet
- Provide warmth

Moderate Hypothermia 32°C-35.9°C**Cold trunk, cold extremities**

- Provide warmth using a warmer or electrical bulb
- Cover mother and baby together using pre-warmed clothes adequately (KMC)
- Encourage breast feeding
- Vitamin K (if not given earlier)
- Reassess every 15 minutes; if temperature does not improve, increase the setting of the warmer
- Inform the doctor immediately

Severe Hypothermia <32°C**Cold trunk, cold extremities**

- Provide warmth using a warmer
- Rapid re-warming till baby is 34°C and then slow re-warming
- Start oxygen and maintenance IV fluids (10% warm dextrose)
- Vitamin K injection
- Reassess every 15 minutes; if temperature does not improve increase the setting of the warmer
- Inform the doctor immediately

**Successful re-warming:
Rise of temp 0.5°C per hour over 3 hours**

Hyperthermia

Axillary Temperature > 37.5°C

Hyperthermia – Look for possible causes

- Check room temp – Ensure room is 26-28°C
- During first one week – Calculate for weight loss (Dehydration fever)
- Look for signs of infection
- Check for electrolytes
- Look for signs of dehydration (check the weight)
 - Calculate the weight loss
 - Sunken eyes
 - Depressed fontanelle
 - Loss of skin elasticity
 - Dry tongue and mucous membrane

Strategies

- Keep the baby away from sources of heat (warmer, heater, etc) , direct sunlight
- Remove extra layers of clothing
- Decrease environmental temperature
- Give frequent breastfeeds
- Measure the baby's axillary temperature every hour until it is in the normal range.
- If the body temperature is very high >39°C, sponge the baby with tap water (Do not use ice water).
- Examine the infant for infection.
- Do not give anti-pyretic