	文件類別	衛教單張	文件編號			3-063-091		
			版次		1	頁次	Page 1 of 2	
	文件名稱	居家日常生活照護指導 -發燒的照護(英文版)	制定日期		2017/06/15			
			修訂日期					

居家日常生活照護指導-發燒的照護

Home care guide to daily life - the care of fever persons

是身體疾病的警告訊息。


The fever is the warning sign of disease

一、原則及注意事項：

1. 病人舒服的臥姿態，保持安靜休息，減少熱量的消耗。
2. 每2-4小時測量一次體溫，並紀錄。
3. 體溫在攝氏38°C以上時，先給予溫水拭浴及冰枕;39°C以上時，除冰枕及溫水拭浴並依醫師指示下給予退燒藥。
4. 保持室內空氣流通，維持舒適的溫度24~26°C，打開冷氣或電風扇。
5. 保持身體清潔。
6. 發燒時的飲食多採用高蛋白，高熱量極容易消化食物，如無其他禁忌宜多喝開水。
7. 可使用淡鹽水漱口或執行口腔清潔。
8. 與醫師或居家護理師聯繫，並依指示查看個案的皮膚、小便、大便、呼吸道、消化道有無異常。

一、Principles and considerations:

1. Patient lies comfortably, rests quietly, and reduce the consumption of calories.
2. Measure body temperature every 2~4 hours and record it.
3. When the body temperature is above 38°C, the caregiver can have warm wipe bath and ice pillow for the patient. If the body temperature was above 39°C, exception of warm wipe bath and ice pillow, we should give antipyretic under doctor's order.
4. In order to maintain air circulation indoors and keep comfortable temperature between 24~26°C, we can turn on the air-conditioning or electric fans.
5. Keep body clean.
6. We should have high-protein, high-calories, and easy-digest food when we got a fever. If there were no other complications, we should drink more water.
7. We can gargle or clean our mouth with light salt water.

	文件類別	衛教單張	文件編號			3-063-091		
			版次	1	頁次	Page 2 of 2		
	文件名稱	居家日常生活照護指導 -發燒的照護(英文版)	制定日期			2017/06/15		
			修訂日期					

8. We can connect with the doctor or the home-care nurse and check the patient' s skin, urine, stool, respiratory tract, and digestive tract.

二、方法：

1. 溫水拭浴法:是在溫暖環境中(如浴室或房間)，以溫水(41-43°C)沾溼毛巾後，持續擦拭、拍打背部、手臂、腋下、鼠蹊部等，以增加皮膚表面血液循環，達到散熱目的。
2. 冰枕之使用:冰枕內裝三分之二冰塊，加少許冷水，夾緊袋夾放入塑膠袋內，或是使用冰寶，以乾毛巾包裹放在頭下，每2~3 小時檢測冰袋內冰塊（冰寶之冰度是否退去），隨時更換。

二、Method:

1. Warm wipe bath: In a warm environment (ex. bathroom or room), we can use a towel wetted with warm water (41~43°C) to wipe and pat the back, arm, armpit, and groin area. This method can increase the blood circulation and spread heat of the skin.
2. Ice pillow: We can fill the ice pillow with ice about 2/3 full and some cold water. Tie the clip and put the ice pillow in the plastic bag. We also can use an icepack, too. Pack the ice pillow or the ice pack with a dried towel and put it under the patient' s head. Check the ice in the ice pillow (or the temperature of the icepack) every 2~3 hours. And change it when the temperature is not low.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。