

Fever Nursing Care Plan

Definition

Fever is an elevated body temperature above the normal range (typically $> 38^{\circ}\text{C}/100.4^{\circ}\text{F}$), representing a natural immune response where the body's temperature regulation set point is increased, usually in response to infection or inflammation.

Nursing Diagnosis

Hyperthermia related to inflammatory process as evidenced by elevated body temperature and warm skin.

Risk Factors/Causes

- Bacterial or viral infections
- Inflammatory conditions
- Malignant processes
- Medication reactions or drug toxicity

Nursing Interventions and Rationales:

Monitor temperature and vital signs every 4 hours or as ordered

- Rationale: Allows early detection of complications and evaluation of treatment effectiveness

Administer antipyretic medications as prescribed

- Rationale: Helps reduce fever by resetting hypothalamic set point and providing comfort

Implement cooling measures (light clothing, room temperature adjustment, tepid sponge bath)

- Rationale: Promotes heat loss through conduction and evaporation while avoiding shivering

Encourage increased fluid intake unless contraindicated

- Rationale: Prevents dehydration from increased metabolic rate and insensible fluid losses

Desired Outcomes:

Patient will maintain normal body temperature between $36.5\text{-}37.5^{\circ}\text{C}$ ($97.7\text{-}99.5^{\circ}\text{F}$) without complications, demonstrate adequate hydration, and report improved comfort within 24-48 hours.