

**Aim:** Recording of Body Temperature

**References:**

1. American Academy of Pediatrics. (2017). AAP Clinical Practice Guideline: Fever and Antipyretic Use in Children. *Pediatrics*, 140(3), e20171487.
2. Centers for Disease Control and Prevention. (2021). Measuring Temperature.

**Introduction:**

Recording body temperature orally is a common and convenient method used in clinical practice. This manual provides step-by-step instructions for accurately recording body temperature using an oral thermometer.

**Equipment Needed:**

- Digital oral thermometer
- Alcohol wipes (for thermometer cleaning, if reusable)
- Recording sheet or electronic medical record (EMR) system

**Patient Preparation:**

1. Ensure the patient is comfortable and relaxed.
2. Explain the temperature measurement procedure to the patient to alleviate any anxiety.
3. Select the appropriate thermometer based on patient age, preference, and clinical situation.

**Examination Steps:**

**1. Prepare the Thermometer**

- Clean the thermometer probe with an alcohol wipe before and after each use.
- Turn on the digital oral thermometer and wait for it to display the ready indicator or beep.

**2. Position the Patient**

- Instruct the patient to sit upright with their mouth closed and lips sealed around the thermometer.
- Ensure the patient has not consumed hot or cold liquids within the last 15 minutes, as this can affect the temperature reading.

### 3. Insert the Thermometer

- Place the thermometer probe under the patient's tongue, towards the back of the mouth.
- Instruct the patient to keep their mouth closed and breathe through their nose during the measurement.

### 4. Measure Body Temperature

- Ensure the thermometer remains in place for the recommended duration for accurate measurement (typically 10-30 seconds).
- Advise the patient to remain still and avoid talking or moving the thermometer with their tongue.

### 5. Record the Temperature

- Once the thermometer displays the temperature reading, record the value accurately.
- Document the measurement site as "Oral" and note the time of measurement.
- Note any relevant factors that may affect the temperature reading, such as recent food or drink intake.

### 6. Clean the Thermometer

- After recording the temperature, clean the thermometer probe with an alcohol wipe.
- Store the thermometer in a clean and dry location for future use.

### Result Table

Date	Time	Measurement Site	Temperature (°C)	Temperature (°F)
2024-05-25	08:00 AM	Oral	37.0°C	98.6°F
2024-05-25	12:00 PM	Oral	37.5°C	99.5°F
2024-05-25	04:00 PM	Oral	37.2°C	99.0°F

### Clinical Considerations:

- **Normal temperature ranges:** Typically 36.1°C to 37.2°C (97.0°F to 99.0°F) orally.
- **Fever:** Body temperature  $\geq 37.5^\circ\text{C}$  (99.5°F) may indicate fever.
- **Hypothermia:** Body temperature below the normal range may indicate hypothermia.