### ASSESSMENT

**Subjective:**
“Mainit ang pakiramdam ko” as verbalized by the patient.

**Objective:**
- Flushed skin, warm to touch.
- Restlessness.
- V/S taken as follows:
  - T: 38.1
  - P: 70
  - R: 19
  - BP: 110/90

### DIAGNOSIS

- Hyperthermia related to dehydration.

### INFERENCE

- **Infectious agents (Pyrogens)**
  - Monocytes
  - Pyrogenic cytokines
  - Anterior hypothalamus

- Elevated thermoregulatory set point leads to

- **Increased Heat conservation**
  - (Vasoconstriction/behaviour changes)
  - **Increased Heat production**
    - (involuntary muscular contractions)

- **F E V E R**

### PLANNING

- After 4 hrs. Of nursing interventions, the patient will maintain core temperature within normal range.

### INTERVENTION

- **Independent:**
  - Monitor heart rate and rhythm.
  - Record all sources of fluid loss such as urine, vomiting and diarrhea.
  - Promote surface cooling by means of tepid sponge bath.
  - Wrap extremities with cotton blankets.
  - Provide supplemental oxygen.

- **Rationale:**
  - Dysrhythmias and ECG changes are common due to electrolyte imbalance and dehydration and direct effect of hyperthermia on blood and cardiac tissues.
  - To monitor or potentiates fluid and electrolyte loses.
  - To decrease temperature by means through evaporation and conduction.
  - To minimize shivering.
  - To offset increased oxygen demands and consumption.

### EVALUATION

- After 4 hrs. Of nursing interventions, the patient was able to maintain core temperature within normal range.
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<tbody>
<tr>
<td>1.</td>
<td>Administer replacement fluids and electrolytes.</td>
<td>4.</td>
<td>To support circulating volume and tissue perfusion.</td>
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<tr>
<td>2.</td>
<td>Maintain bed rest.</td>
<td>5.</td>
<td>To reduce metabolic demands and oxygen consumption.</td>
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<td>3.</td>
<td>Provide high calorie diet, tube feedings, or parenteral nutrition.</td>
<td>6.</td>
<td>To increased metabolic demands.</td>
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<td>7.</td>
<td>Administer antipyretics orally or rectally as prescribed by the physician.</td>
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<td>To facilitate fast recovery.</td>
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