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Pediatric Fever Education

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Background:

Fever is a common complaint in children. In most cases, these fevers are acute and self-limiting, requiring only symptomatic treatment. However, a lack of education regarding what constitutes emergency room care for a fever is lacking. Often, children are brought into an Emergency Room for care of a non-emergent fever due to a lack of primary care providers or lack of health care insurance (Baker, Monroe, & King, 2010). Additionally, parental anxiety plays a huge role in emergency department visits. A study done in fever education showed that with an increase in education showed a significant improvement in parental knowledge and anxiety (Baker, Monroe, King).

Goal:

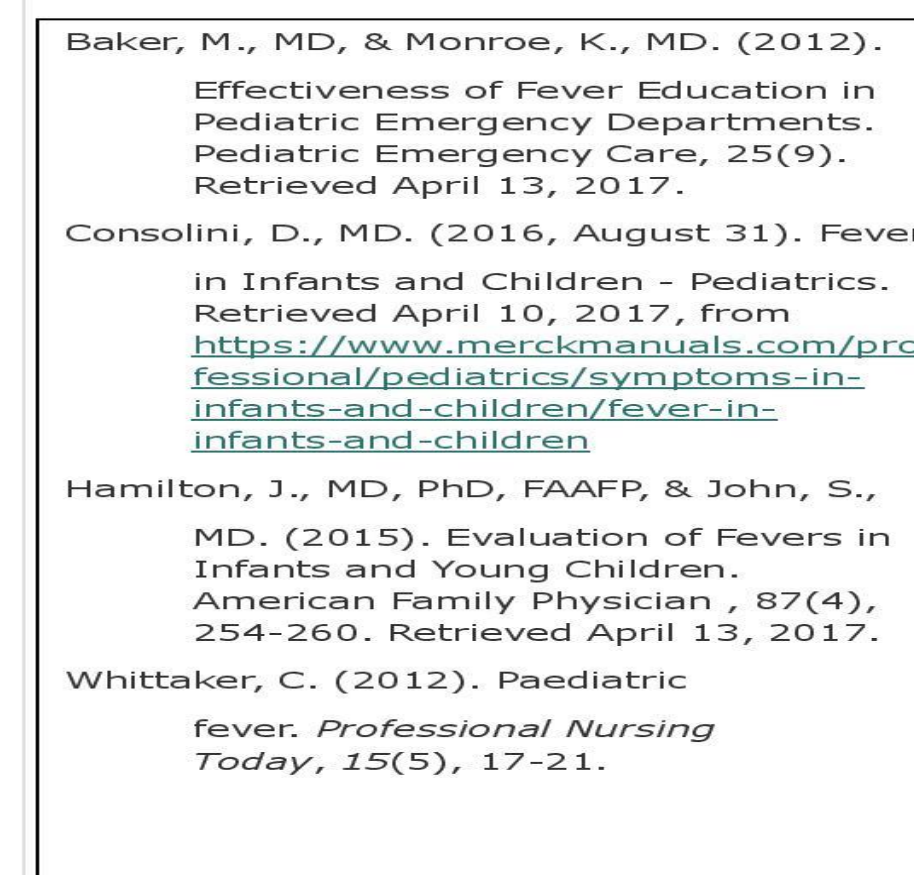
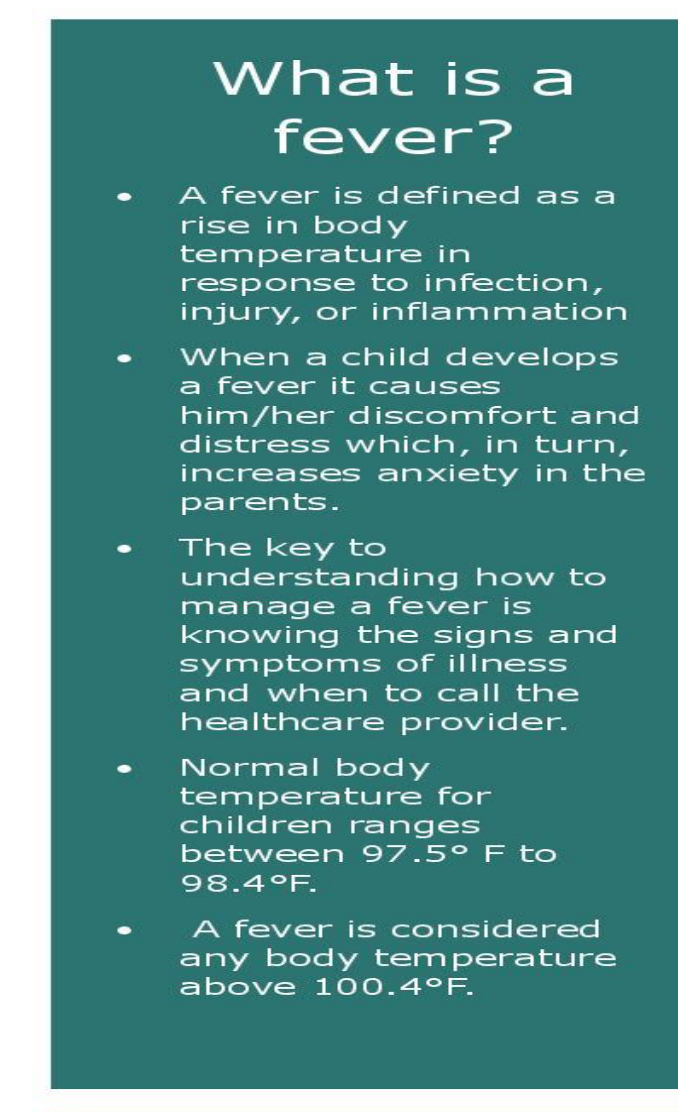
The goal of this project was to provide an educational resource for parents of children in order to help caregivers differentiate an emergent versus a non-emergent fevers. Providing information regarding signs and symptoms of fever and appropriate home care may minimize emergency room visits for non-life-threatening fevers.

Nursing Role/Responsibilities:

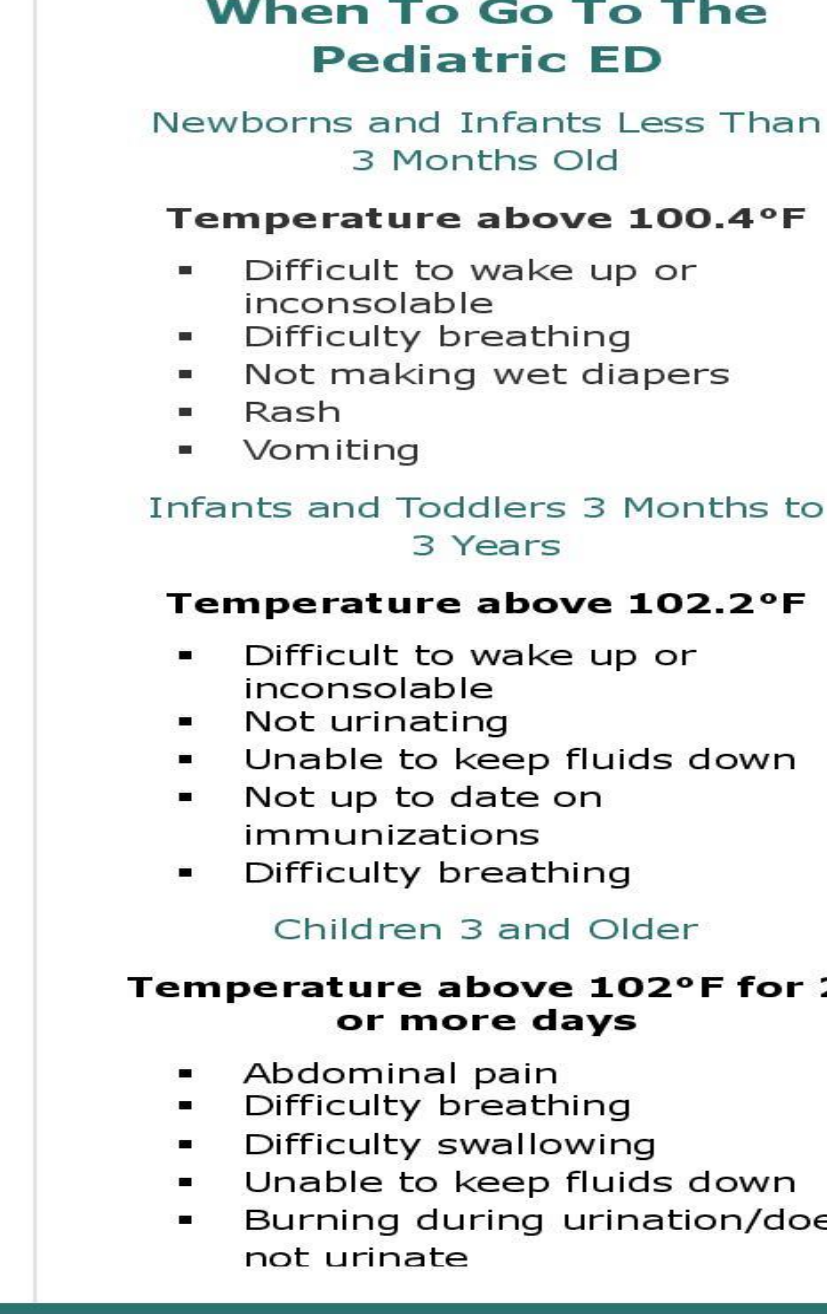
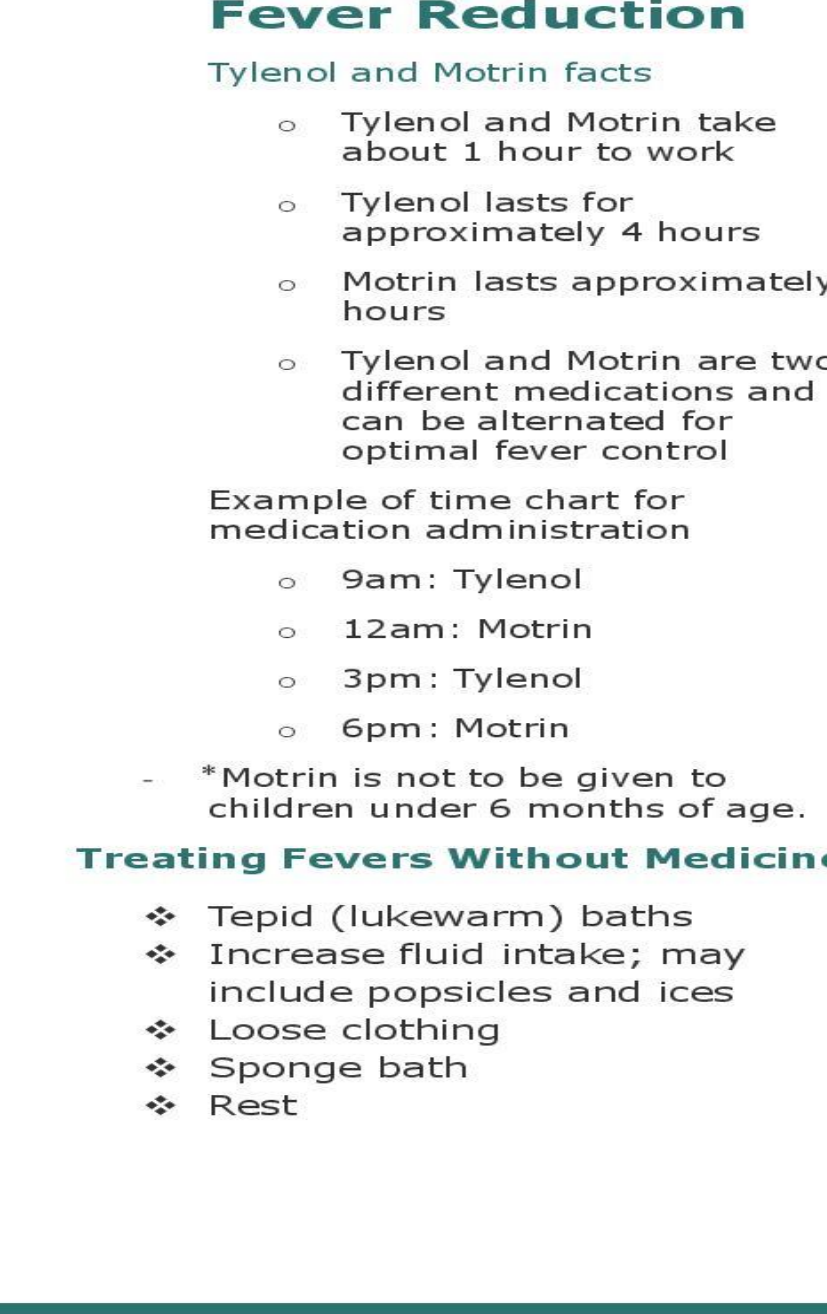
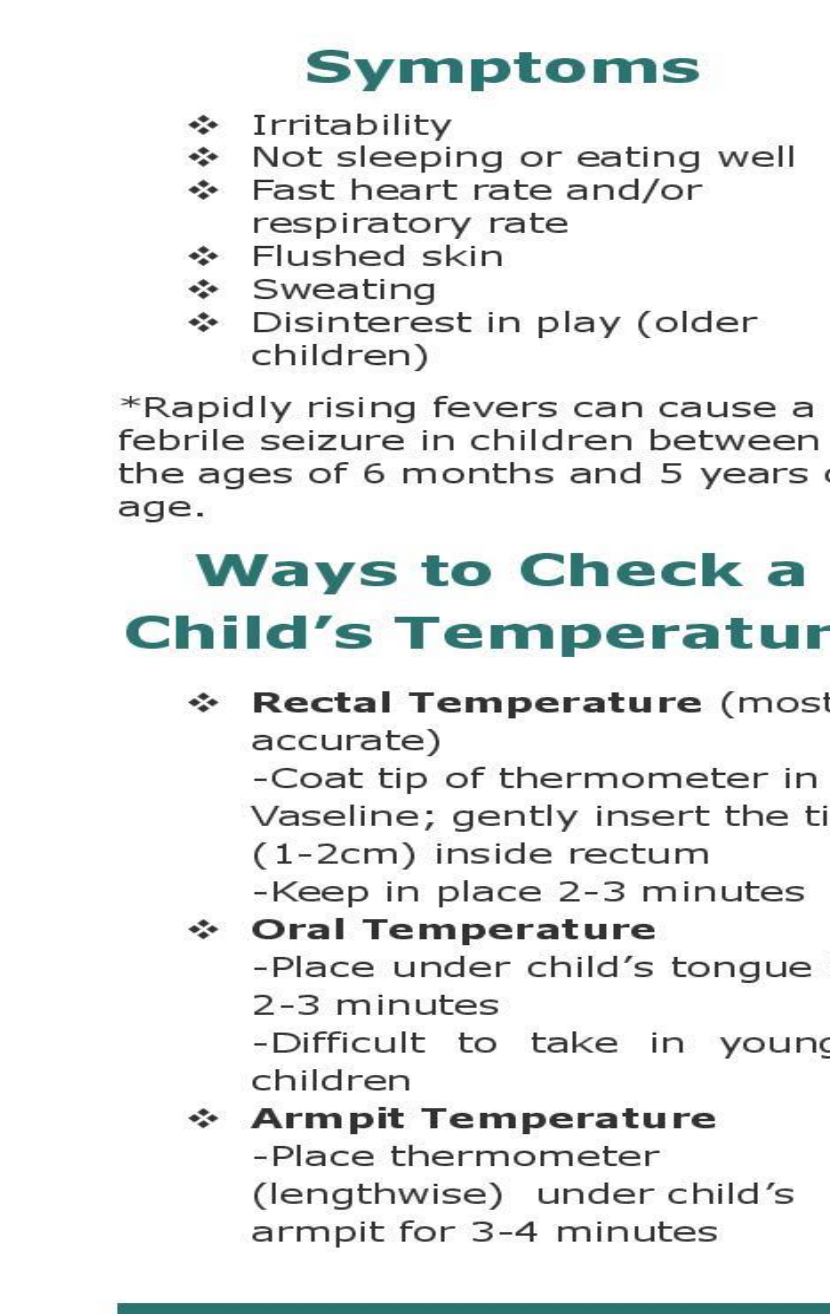
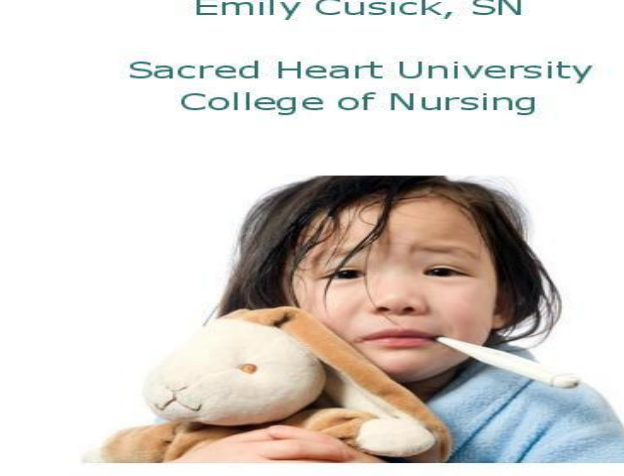
As a nurse, the responsibilities for this project revolve around providing education for the parents. This pamphlet will be something that the nurse will have to explain thoroughly upon discharge. Nurses play a vital role in education, as patients look to the nurse for assistance when they do not understand what the doctor says. With the education provided, the parents will be able to use this pamphlet as a reference in case they are in a similar situation at another time in the future. The nurse also plays a role in safety aspect, especially when it comes to medication use. Although nurses do not prescribe medications, they provide the education. For example, with fevers it is crucial to teach the parents about the differences between acetaminophen and ibuprofen.

Implementation of Project:

Fever education was implemented in the form of a pamphlet. The pamphlet provided information about a fever including what a normal temperature is compared to a febrile temperature, methods of taking a temperature, and associated symptoms that may accompany a fever. Furthermore, this pamphlet provides information on fever interventions; both medication regimes and non-pharmacological methods. Most importantly, it discusses how to know when a fever has turned into an emergent situation.



Pediatric Fever Education



Patient-Centered Care:

The role of the nurse in implementing patient-centered/family-centered care begins with parent education. This teaching tool facilitates learning by providing parents with information to promote care of a fever at home using medications and non-pharmacological interventions. However, because there is a possibility of a febrile illness becoming emergent, it also discusses when a visit to the Emergency Department becomes necessary.

Evaluation:

Time constraint did not permit evaluation of this teaching tool. However, the nurses were receptive to distributing the teaching tool in an effort to educate parents regarding appropriate care of the child with a fever.

Conclusion:

Parent education is of utmost importance in regards to caring for children with a fever and decreasing anxiety is just one measure. Providing this resource to them allows the parents to feel as though they are somewhat in control during a stressful situation, as it provides them with more knowledge. The basic education in this pamphlet is meant as a tool to instruct parents on options to treat a fever and when to seek medical care in the emergency department.

References:

Available upon request.