**ASSESSMENT OF TEMPERATURE**

**Introduction :-** Good Morning to everyone. Today I am going to demonstrate on procedure assessment of temperature.

Temperature is a degree of heat maintained by the body. It is the balance between the heat produced and heat lossed

Normal oral temperature is 98,6 degree F , axillary temperature is 97,6 degree F and Rectal Temperature is 99,6 degree F

Body temperature is of two types core temperature and surface temperature. Core temperature is most important including deep tissues such as temperature of cranial , thoracic and abdominal cavities.

Normal body temperature depends on when, where, and in whom it is measured. Body has regulatory system that keeps the core temperature normal.

**Types of thermometer**. :-

Clinical thermometer

Digital thermometer

Rectal thermometer

Tympanic thermometer

Skin thermometer

**Care of thermometer**

1. Grasp the thermometer securely by the upper end of the stem
2. Shake it down by quick movement of the wrist
3. Be carefull that thermometer will not fall down
4. Thermometer is never washed with hot water because heat expands the mercury
5. The used thermometer should be washed with soap and water and should be disinfected with solution

**Oral temperature**

Temperature checked by oral cavity

**Purposes**

* To determine the body temperature of the patient
* To aid in making diagnosis

**Preliminary assessment**

* To determine the need to measure clients body temperature
* Assemble equipements
* Identify the patient, greet the patient and explain the procedure to the patients
* Place the client in comfortable position
* Assess the site most appropriate for temperature measurement
* Wait 20 to 30 minutes before measuring oral temperature if client has ingested hot

**Equipement**

* Oral clinical thermometer
* Swab in a container
* Kidney basin
* Watch with second hand
* Graphic TPR Chart
* Paper bag

**Procedure**

* Hold the thermometer with finger tips
* If the thermometer stored in a disinfectant solution,rince in cold water before using
* Take swab and wipe thermometer bulb towords fingers in rotating fashion and dispose the swab.
* If using clinical thermometer read mercury level by holding thermometer horizontally and gently rotating at eye level. Mercury level is raised then shake the thermometer till the mercury level below the normal
* Ask the client to open mouth and gently place the thermometer uder the tongue in posterior sublingual, lateral to center of lower jaw
* Ask the client to hold thermometer with lips closed. Causion against biting down on thermometer
* Leave thermometer in place for 2 minutes
* Carefully remove thermometer and read thermometer by holding it horizontally

**After care :-**

* Clean the thermometer with soap swab, wait swab and dry swab in rotating fashion from stem to bulb and place the thermometer in place
* Record the temp on chart
* Wash hands
* Report any unusual variation to the senior staff nurse