

PYREXIPHOBIA

Table 1: Controversy

Galilio invented thermometer in 17th century

Santorius- first to use thermometer in clinical practice.

Thomas Sydenham- Fever is a protective Mechanism.

Claude Bernard- Increased temp. of 6 degree c. , at
autopsy brain damage.

Wagner von Jauregg 1917 used fever as a therapeutic
agent for neurosyphilis.

Table 2: Fever associated symptoms

Anorexia

Diminished activity

Fretfulness

Flushed face

Excessive sweating

Restlessness

Shivering

Convulsions

Delerium

Table 3: Parents concepts of causes of fever :

Infection- Correct

Exposure to a cold environment- No

Coryza(common cold)- No

Teething- No

Exposure to sunlight- Yes

Warm drink- Yes

Table 4: Benefits of fever

Increased production of interleukin-1

Increased infl. Response

Activate T lymphocytes and B lymphocyte

Stimulate Macrophage

Increase immunoglobulin

Less allergy

Therefore: **Fever < 40 degree c is beneficial as it enhances defense mechanism.**

Table 5: Parents concept of ill effects of
Fever :

Unrealistic:

Death

Paralysis

Mental retardation

Epilepsy

Meningitis

Blindness

Brain damage

Coma

Real :

Convulsions

Delerium

Dehydration

Table 6: Indications for lowering temp :
Discomfort, delirium, excessive lethargy
Very young age
Under nutrition
Prolonged febrile episode
Heart failure
Respiratory failure
Bronchiolitis (if fever)

Table 7: Methods of reducing body temp.

Physical : Sponging (? cold ? Tepid)

Clothes(? decrease ? increase)

Fan or air conditioner (on or off

Chemical : Antipyretic drugs- aspirin-

Paracetamol, ibuprofen

Drawbacks: Temp. chart?

Loss of benefit

Do not shorten duration

Of illness, may prolong it

Recommendations:

Improve medical and health education to allay anxiety. Body temperature does not go up relentlessly but kept less than 40-42c, and no tissue injury. Any after effect is due to the illness and not fever per say.