Taking and recording temperature
Normal temperature in humans is 36.4°C – 37.3°C.
Thermoregulation

Is ability to maintain normal body temperature.
The hypothalamus gland, located at the base of the brain, controls internal body temperature.
In hot conditions:

- Sweat glands under the skin secrete sweat
- The hairs on the skin lay flat
- Vasodilation occurs
In cold conditions:

- Sweat stops being produced
- The minute muscles contract
- Arterioles constrict
- Muscles receive messages from hypothalamus to cause shivering.
Hypothermia

- It is a condition in which core temperature drops below that required for normal metabolism and body functions which is defined as 35.0 °C.
Symptoms of mild hypothermia:

- Shivering
- Hypertension
- Tachycardia
- Tachypnea
- Vasoconstriction
Hyperthermia

It is an elevated body temperature due to failed thermoregulation.
Pyrexia

It is a controlled hyperthermia, which is a common medical sign characterized by an elevation of temperature above 37.5 °C
Fever is a common symptom of many medical conditions:

- Infectious disease
- Various skin inflammations
- Immunological diseases
- Reaction to incompatible blood products
- Cancers
How to take a temperature?

- Orally
- Auxiliary
- Rectal
- Tympanic
Rectal temperature

Taking rectal temperature is no longer advisable, as there is a risk of bowel perforation.
Any questions?
References: