

EFFECTIVENESS OF WARM SPONGING AMONG CHILDREN WITH PYREXIA IN SELECTED HOSPITAL, SALEM

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INTRODUCTION: Fever is the childhood problem. A wide range of childhood illness is accompanied by fever. Fever is said to occur in children when the body temperature is above 37° C. High fever can cause seizure in young children. In this context, complementary therapy like warm sponging has more useful. Warm application causes the congested blood to flow towards distant parts of the body and is brought to the dilated vessels. When warm water sponging applied for 15-20 minutes, the blood vessels in the feet starts expanding and gets improved circulation, neutralizing acid and killing bacteria, and relieving aches, tiredness and fever. The improved blood circulation resets the hypothalamic set points by heat transfer from higher heat area to lower heat area..**Yann-Fen** Chao, (2009)

Key words: Warm sponging, level of temperature, children with hyperthermia.

OBJECTIVE: The objective of the study is to evaluate the effectiveness of warm sponging on level of temperature among children with hyperthermia.

DESIGN: A quantitative approach using quasi experimental pre and post test design with control group.

SAMPLE:: 60 hyperthermia children were selected by using non-probability purposive sampling techniques from selected hospital 30 l.

INTERVENTION: Warm sponging is given for a period of 15 minutes at one time. **TOOLS:** Standardized digital thermometer was used to assess the level of body temperature.

RESULTS: Age, 100% of the children belong to 4-9years.Regarding gender 18 (60%) children were males and 12(40%) were females. Regarding the duration of hospitalization 6 (20%) of children were hospitalized for 1 days, 12(40%) of children were hospitalized for 2 days. 6(20%) of children were hospitalized for 3 days. 6(20%) of children were hospitalized for more than three days. Regarding type of ward 15(50%) of children were admitted in general ward, 15(50%) of children were admitted in private ward. Regarding BMI category 27 (90%) of children were under weight, 3(10%) of children were normal weight. Regarding

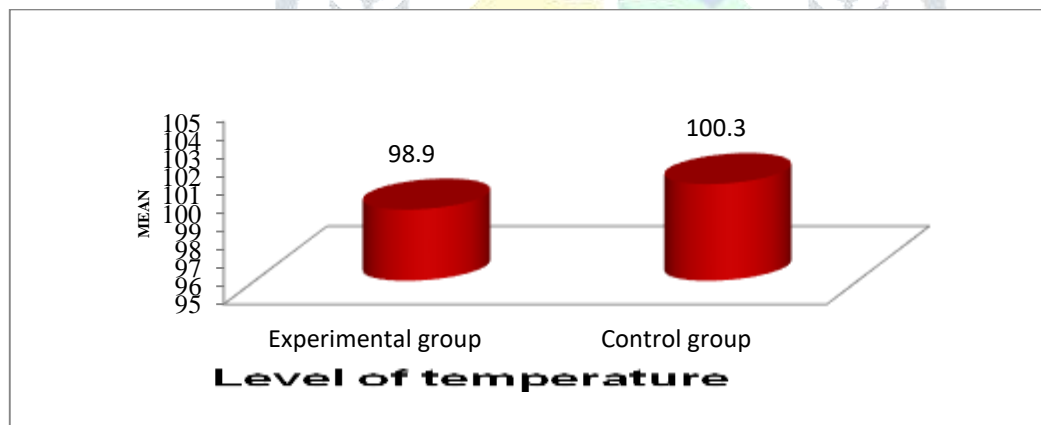
use of antipyretics all 30(100%) of children had the antipyretics treatment. Regarding use of antibiotics 20(67%) of children got antibiotics treatment 10(33%) of children were not getting antibiotic treatment.

Frequency and Percentage Distribution on Level of Temperature among Children with Hyperthermia in Experimental Group

N=30

S.No	Level of temperature	Pre-test		Post-test	
		N	%	N	%
1	Normal	0	0	19	63
2	Low pyrexia	3	10	11	37
3	Moderate pyrexia	27	90	0	0
4	High pyrexia	0	0	0	0

Table 2.1 shows that among children with hyperthermia in experimental group 27(90%) had moderate pyrexia and 3(10%) had low pyrexia during pre-test. Majority of the children 11 (37%) had low pyrexia and 19(63%) had normal temperature during post-test.



Analysis among experimental and control group test found significant at $p < 0.05$ level.

CONCLUSION: Warm sponging is effective on reducing level of body temperature for children with hyperthermia.