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Recording of Body Temperature

Experiment 10 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To measure body temperature by the assigned non-invasive route and document the conditions.

Principle

Temperature devices measure through a route-specific technique. Oral, axillary, tympanic and forehead readings are not interchangeable; time, recent activity and device positioning affect interpretation.

Requirements

- Approved digital thermometer, compatible disposable cover and manufacturer instructions.
- Consenting volunteer or simulation, cleaning materials and record sheet.

Procedure

1. Prepare

Check device function and the selected route. Explain the procedure and use the compatible disposable cover.

2. Check influences

Record recent exercise, bathing or hot/cold intake when relevant. For oral measurement, observe the waiting interval specified by the device/laboratory.

3. Measure

Position the device using its route-specific instructions and wait for its defined completion signal. Avoid oral measurement when contraindicated.

4. Record

Document value, °C or °F, route, time and device. Repeat only when an identified problem justifies it.

5. Clean

Dispose of the cover and clean the device according to instructions before reuse.

6. Interpret

Compare with the clinical/laboratory standard for that route; do not automatically add or subtract a fixed value to convert between routes.

Observations and Record

Date / time	Route and device	Temperature / relevant condition
_____	_____	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- Conversion: °F = (°C × 9/5) + 32. Therefore 37.0°C = 98.6°F. This converts units, not measurement routes.

Result

Record the observed outcome and calculated value, with units. State whether the stated laboratory specification was met; do not copy the worked example as your result.

Precautions

- Use a non-invasive method selected by the instructor; do not perform rectal measurement in this class activity.
- Avoid mercury thermometers and follow device-specific infection-control instructions.

Viva Questions and Answers

1. Why state the route?

Expected values and measurement technique depend on the route.

2. Is 37°C a compulsory value for everyone?

No. Normal temperature varies with person, route and time.

3. Does a unit conversion correct poor technique?

No. It only changes the numerical unit.

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