

## Chapter 24: Measuring Height, Weight, and Vital Signs

Taking Temperature With an Electronic Thermometer			
		Name:	
		Date:	
<i>Remember to promote:</i>			
<b>Dignity • Independence • Individualized Care • Preferences • Privacy • Safety</b>			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client. The client should not have had anything to eat (including chewing gum), drink, or smoke for at least 20 minutes before the procedure.			
3. Perform hand hygiene.			
4. Collect the following:			
<input type="checkbox"/> Electronic or digital thermometer			
<input type="checkbox"/> Probe, if used—make sure you use the correct probe for the site.			
<input type="checkbox"/> Disposable plastic cover for thermometer or probe			
<input type="checkbox"/> Tissues			
<input type="checkbox"/> Towel (for axillary temperature)			
5. Plug the probe (if used) into the thermometer.			
6. Provide for privacy.			
Procedure	S	U	Comments
7. Perform hand hygiene.			
8. Position the client for oral, axillary, or tympanic temperature.			
9. Insert the probe or thermometer tip into a disposable cover.			
10. <b>For oral temperature:</b>			
a. Ask the client to open the mouth and raise the tongue. The thermometer will be placed under the tongue.			
b. Place the tip of the thermometer or			

probe at the base of the tongue (FIGURE 24.8).			
c. Ask the client to lower the tongue and close the mouth. The mouth must remain closed. Remind the client not to talk or bite down on the thermometer or probe or talk while it is in place.			
<b>11. For tympanic temperature:</b>			
a. Ask the client to turn the head so that the ear is in front of you. You need to be able to see the ear canal. If the client complains of a sore ear, do not insert the thermometer into that ear.			
b. Pull the ear up and back to straighten the ear canal (FIGURE 24.9). (In the case of children, pull the ear down and forward.)			
c. Insert the probe gently to avoid damaging the ear canal. The probe should seal the ear canal.			
<b>12. For axillary temperature:</b>			
a. Help the client remove the arm from the sleeve. Do not expose the client.			
b. Dry the axilla with the towel.			
c. Place the tip of the thermometer or probe in the centre of the axilla, pointing upward. Make sure the tip of the probe is in contact with the client's skin.			
d. Ask the client to place the arm over the chest to hold the thermometer or probe in place (FIGURE 24.10). Hold the arm in place if the client cannot do it. With children, it may be helpful to hold the child while taking the temperature, both to keep the thermometer in place and to comfort the child.			
<b>13. Turn on the thermometer.</b>			
<b>14. Keep the probe or thermometer in</b>			

place until you hear a tone or see a flashing or steady light, which indicates that the procedure is finished.			
15. Remove the probe or thermometer.			
16. Read the temperature on the display.			
17. Help the client put the arm back into the sleeve (for axillary temperature).			
18. Record the client's name and temperature on your notepad or assignment sheet. Note the temperature site.			
19. Use tissue to remove the plastic cover from the thermometer, or press the eject button to remove the plastic probe cover.			
20. Discard tissue and plastic cover.			
21. Perform hand hygiene.			
<b>Post-Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
22. Provide for safety and comfort.			
23. Place the call bell within reach.*			
24. Follow the care plan for bed rail use.*			
25. Remove privacy measures if used.			
26. Clean and store the equipment, according to employer policy. Return electronic thermometer to the battery charging unit.			
27. Perform hand hygiene.			
<b>Report and Record</b> your actions and observations, according to employer policy. Include the following:			
<input type="checkbox"/> Temperature ( <i>Note: Abnormal temperatures should be reported immediately.</i> )			
<input type="checkbox"/> Site ( <i>A for axillary, T for tympanic, O for oral</i> )			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			