DIET DURING FEVERS
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Introduction

- Fever- causes, development, symptoms and the dietary management.

- It is an elevation of temperature above the normal and results from an imbalance between the heat produce in the body and the heat eliminated from the body.
Fever

• It is an elevation in body temperature above the normal which may occur due to exogenous and endogenous factors.

• In normal adults, the average oral temperature is 37°C (98.6°F).

• Fever of an unknown origin (FUO) is defined as

A febrile illness lasting more than 3 weeks, with temperatures exceeding 38.3°C on several occasions, and lacking a definitive diagnosis after 1 week of evaluation in the hospital.
A fever might be caused by

- **Endogenous factors:** Antigen-antibody reaction, malignancy & graft rejections.

- **Exogenous factors:** Bacteria & Fungi & Virus

- **Certain inflammatory conditions** such as rheumatoid arthritis — inflammation of the lining of your joints (synovium).
• **Some medications**, such as antibiotics and drugs used to treat high blood pressure or seizures.

• **Some immunizations**, such as the diphtheria, tetanus and acellular pertussis (DTaP) or pneumococcal vaccines

• Heat exhaustion, extreme sunburn
Development of fever due to exogenous agents

Infection due to bacteria or fungi

Activation of phagocyte in bone marrow

Release of pyrogen (fever inducing hormone)

Synthesis of prostaglandins

Thermoregulatory centre in the anterior hypothalamus

Increase in temperature
It is a complex physiologic reaction to disease involving a cytokine-mediated rise in body temperature.

Types of fevers

- Drug-Associated Fever
- Transfusion-Associated Fever
- Infections
Common fevers are almost always classified broadly into three elementary categories;

- Bacterial Infections
- Viral Fevers
- Parasitic Fevers
Types of fevers

Influenza
Malaria
Typhoid Fever
Measles
Chicken Pox
Rheumatic Fever
Meningitis
Dengue fever
Small pox
Chikunguniya
Viral hepatitis
Duration of fevers

- (Acute infection)
  - Cold, tonsillitis, influenza, Chicken pox, scarlet fever
- Malaria
- (last from several days to months)
  - T.B and typhoid

Short

Intermittent

Long
Symptoms of fever

- Rise in temperature of body heat
- Perspiration or Shivering
- Restlessness and agitated temper
- Pain and soreness all over the body but some limbs may be extra painful and sore
- Thirst
- Loss of Appetite
Dietary modification in fevers

ENERGY: Increased by 50% if the temperature is high and tissue damage is high can be able to ingest 600-1200 kcal daily.

CARBOHYDRATES: Glycogen stores are replenished by readily absorbable glucose
• PROTEIN: A high protein diet supplying 1.25-1.5g protein/kg body wt should be fed. Protein supplements can be incorporated in the beverages

FATS: Judiciously increased. Avoid fried foods

VITAMINS: All vitamins may be given as supplements to the patient
MINERALS: Sufficient intake of: Sodium, potassium should be given liberally.

FLUIDS: Since loss of body fluids through perspiration & excretory wastes is high, plenty of water, coconut water, fruit & vegetable juices & soups are advised.
- TEXTURE & CONSISTENCY OF THE DIET: Soft texture & fluid to semi solid consistency are desirable to promote appetite & help the patient to consume a diet which is nutritionally adequate

These feeding should be small & as frequent as possible. Generally, 6-8 feedings should be sufficient.