



Adjuvant Non Pharmacotherapy With Tepid Sponging With Bath Warm Water To Reduce Duration & Severity of Viral Fevers

KEYWORDS

tepid sponging , bathing warm water ,viral fevers

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ABSTRACT

Tepid sponging therapy is practicing since olden days can be useful to reducing temperature . Fomentation means a warm application of water ,the therapeutic application of warmth and moisture as to relieve pain . 50 patients with clinical history that suspect of viral fevers after continuous tepid sponging for not less than 20 minutes warm sponging with bathing warm water done . Among them 18 out of 25 persons fever course shortened by 2-3 days . Recovery came with mild skin rashes in 10 patients out of 18 patients ,compared to non warm sponging group of 25 .

Objective :

To compare the efficacy of warm sponging as adjuvant therapy with regular medication and non sponging group in fever patients with temperature of 100° F to 104° F .

To shorten the duration & severity of fevers especially of suspected viral fevers including dengue like fevers .

Materials & methods :

50 patients of fever aged from 4 years to adults were selected from out patients & in patients .

Out of them 25 were advised tepid sponging with bathing warm water for 1-2 days of not less than 20 minutes duration and a minimum at 4—6 hourly intervals. Other 25 patients were offered only a pharmacotherapy with antipyretic analgesics.

It showed each episode temperature came down by 1° C especially with 20-- 30 minutes duration of tepid sponging ,in adjuvant to routine medication (antibiotic , antipyretic + analgesic only for 24 hrs as bid dosage) . sponging done as much as body surface area of the body to get good results .

Results :

There happened a significant reduction in the temperature of 1° C for every 20 minutes of tepid sponging done with warm water for every 20-30minutes in 18 out of 25 patients . This tepid sponging is done in adjuvant to the pharmacotherapy.the duration of fever has significantly decreased by 2 to 4 days in tepid sponging group compared to non tepid sponging group.

	Tepid sponging group	Non tepid sponging group
Reduction in temperature	1° C for every 20-30 minutes of sponging	No such response
Decrease in duration of fever	2-4 days	No such response

Discussion :

Fever has always been a matter of great concern among the doctors, health care personnel's.

The effectiveness of tepid sponging as a treatment along side antipyretic varies between studies, with some finding that it is of no benefit[2] and others suggesting that it is helpful[3] There were studies with tepid sponging with luke warm/ room temperature water mild to moderate improvement present with the studies conducted earlier. In our study we used warm water at bathing warm temperature .Studies by others suggests that

1. Anjali jayjit Edbor et al : Addition of tepid sponging to paracetamol was highly effective in early reduction of temperature with minimal discomfort[4] .

2 .Leung luk et al: warm bathing is 97% effective , tepid sponging is 63 % effective[5]

3. Claire ives et al: Antipyretic and sponging vs sponging alone 5 studies found 3 reported with statistical significance combination better [6] .

4 . M.R. Athira rani et al : A statistically significant difference in the proportion of target temperature reduction between warm sponging and tepid sponging by 49.25% ,22.39 % respectively [7].

In our study it is extremely helpful in viral fevers especially of dengue . Hot water tepid sponging facilitates anti inflammatory and probably reduction of viraemia by cleaning of the whole body(skin) which is the largest organ in the body .

Conclusion :

Tepid sponging with bath warm water for not less than 20 minutes of 4 to 6 hourly intervals facilitates significant shortening & reduction of temperature by the difference of 1° C . There is good results especially in cases of viral fevers those who have high fever including dengue even by reduced , the chances of development of systemic inflammatory response syndrome thus saving the patient at less expenditure ,easily practicable work.

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