

Hot Bath...Temp.—Fahr. 100 deg. to 106 deg.  
 Warm „ „ „ 92 „ „ 98 „  
 Tepid „ „ „ 85 „ „ 92 „  
 Cold „ „ „ 33 „ „ 65 „

(This last should be gradually reduced with ice.)

¶ The warm or tepid sponge is most commonly used, the nurse proceeds with two sponges, and hot and cold water at hand so that during the sponge she may replenish the water and keep it at the required heat.

¶ In the case of a patient's temperature being much elevated, the water in the small bath will be raised in temperature after the sponging has

done, without exposure, and then left and right leg, the length of time spent on each limb being about equal. The nurse must constantly consult the patient's colour and pulse, and if the sponge is ordered for fifteen minutes duration, four of these may be spent on the back and spinal column, the passive sponge being placed on the nape of the neck.

If the patient becomes cyanosed or shivers the bath should be stopped and warmth applied and, if necessary stimulants administered. The drying having been done as the sponge proceeds, the blankets may be quickly changed



INFANT'S BATH.

been carried on for a few minutes—*this is a point worth noticing.*

Having made preparations and registered temperature, pulse, and respiration, the nurse begins to sponge by placing one *passive* sponge on the temple and gently washing the face downwards, when the other side has been done, the chest is next treated, slightly dried, quickly covered, and the left arm exposed, the passive sponge is frequently saturated with water and placed in the axilla, bend of elbow, wrist and palm of hand, one by one, as the active sponge gently sponges each part, the abdomen is next

for dry ones, and warm clothes put on. The length of time of the sponge varies according to age and condition. Ten minutes after the sponge the temperature should be taken, it should have certainly fallen two degrees or more—but not lower when taken in the axilla than 100 degs. Fahr., an external and internal temperature differing about a degree and a sub-normal temperature being undesirable.

It should be remembered that a temperature taken in the mouth when the patient is in a febrile condition, may be inaccurate, the mouth may be in a foul condition and the temperature

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