

# **Maintaining Your Baby's Temperature in the Special Care Baby Unit (SCBU)**

Information for parents, relatives and carers

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## **Temperature control**

During their stay on SCBU your baby's temperature should be monitored regularly to reduce the risk of hyperthermia (too hot) and hypothermia (too cold). The nurse looking after your baby will be able to advise you on the best times to take your baby's temperature.

You should measure the temperature of your baby before uncovering or undressing them, leaving hats on where already in situ ensuring no heat is lost prior to the temperature measurement. The optimum temperature range for a baby is 36.7°C to 37.0°C. you must inform the nurse looking after your baby if it is outside this range.

## **How to use a digital thermometer**

Press the on/off button to activate the thermometer. The thermometer will bleep and show a digital display of 188.8°C, this shows the thermometer is functioning properly. The thermometer will then show the last recorded temperature for a few seconds before performing a self-calibration, it will then display 37°C for about one to two seconds.

When the digital display reads LO°C the thermometer is ready to use. Place the thermometer under the armpit (axilla) of the baby and using the baby's arm hold it firmly in place in contact with the baby's skin. The thermometer will bleep in around 60 seconds and display a digital temperature for you to record. Record the result in the appropriate place on the feed chart. **Inform a nurse if:**

1. The thermometer is not working
2. Temperature is outside range
3. You are unable to get a temperature reading on your baby

## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact member of the SCBU team.

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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