

Q/

How can I heal shivering in my child?



ASK THE DOCTOR

You asked and **Dr Vincent Karuhanga** is here to respond to all your questions.

Send your questions to: hearttoheart@ug.nationmedia.com

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ANNET WAKIKATU

“Kitengo” refers to that shaking or shivering associated with fever. Shivering occurs due to rapid contraction and relaxation of muscles in a bid to make some heat usually at the beginning of a fever due to an infection. Sometimes one may shiver because of being exposed to coldness but many cowards may shiver with extreme fear. Shivering with a fever is commoner in young children because they tend to develop higher fevers than adults and this may happen even in less serious illnesses (but it can also happen in adults).

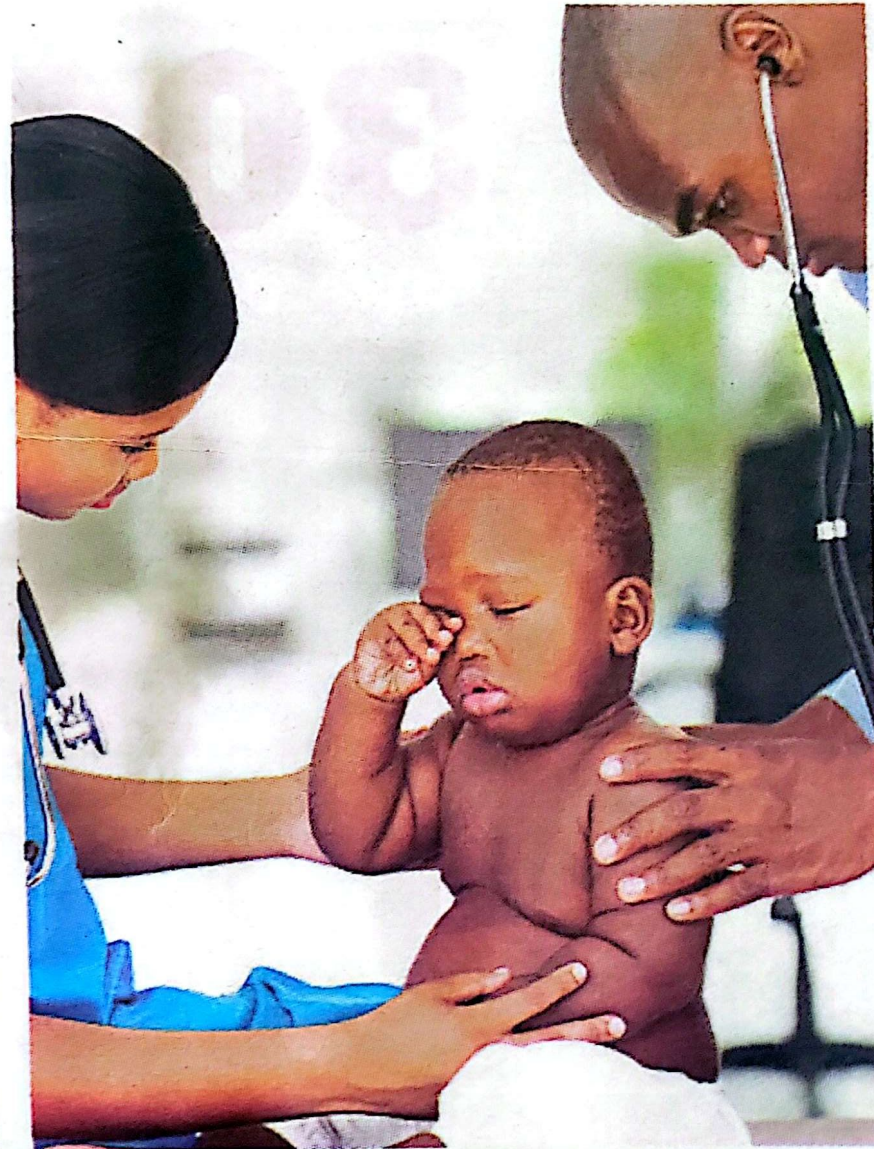
A parasitic infection like malaria, bacterial like typhoid, viral like a common cold may all lead to a shiver. Unfortunately, shivering in children is locally treated by putting them on a mat and using a cold mop which may not only worsen the shivering but may also risk a lung infection called pneumonia if there is a respiratory tract infection.

If the child is also vomiting rectal panadol can help out together with a lukewarm but not a cold mop. People should be careful with covering a baby with a thick blanket (because they feel cold during a shiver) a rapid rise in temperature may lead to febrile convulsions or fits.

Even when shivering stops, the patient should still see his doctor for investigations and treatment because shivering is only telling you that there is an ailment requiring addressing.

FIRST AID

Avoid bundling: Removing blankets and dressing your child in light clothing can help reduce fever since heat is lost through the skin. Sponging your child’s skin with lukewarm water or putting your child in a warm or tepid bath can help.



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