Activity 1: Using a SOP

**Standard operating procedure for:**

**Taking the temperature of a service user**

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| **Purpose:**  |
| To accurately take the temperature of a service user. |
| **Scope:** |
| To be used by healthcare professionals when the body temperature of a service user is to be accurately determined. |
| **Responsibilities:**  |
| All aspects of this SOP are to be undertaken by the healthcare professional responsible for taking the service user’s temperature.Other healthcare professionals may be responsible for interpreting a temperature reading. |
| **Safety notes:**  |
| Appropriate PPE must be worn |

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| **Equipment:**  |
| * Tympanic thermometer
* Surgical gloves
* Surgical masks
* Isopropyl (rubbing) alcohol / soap
 | * Probe cover
* Apron
* Eye protection
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| **Procedure:**  |
| 1. Wash hands according to the NHS handwashing procedure.
2. Put on an apron and tie at the waist.
3. Put on a surgical mask – fit mask around nose, cover mouth and chin (required if bodily fluids are involved).
4. Put on eye protection.
5. Put on a pair of surgical gloves.

**Preparing the equipment:**1. Remove the tympanic thermometer from the casing. (The thermometer should be stored at room temperature.)
2. Place a probe cover on the thermometer tip by lining up the probe tip and cover, and pushing the tip into the cover until you hear a click. (For most models this should be possible without touching the probe with your hands.)
3. Inspect the membrane on the end of the probe. If a hole or tear is visible, discard and replace with a new cover.

**Taking the service user’s temperature:**Before carrying out this procedure, ensure that the service user has provided their consent to having their temperature taken.1. Pull the top of the earlobe up and back.
2. Gently insert the tip of the thermometer into the ear canal toward the eardrum. The sensor should be pointing down the ear canal and not at the wall of the ear. (To prevent air temperature from affecting the reading, ensure the probe penetrates at least one-third of the external ear canal and forms a complete seal.)
3. Turn on thermometer.
4. Remove thermometer once it beeps. (The time taken depends on the specific thermometer used but is normally only a few seconds.).
5. Note the temperature measurement.
6. Check the temperature against the normal range for a tympanic thermometer.

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| Age (in years) | 0–2 | 3–10 | 11–65 | Over 64 |
| Normal temperature range | 97.5–100.4°F(36.4–38°C) | 97–100°F(36.1–37.7°C) | 96.6–99.7°F(35.8–37.6°C) | 96.4–99.5°F(35.7–37.5C) |

1. Provide the service user with their temperature. Should the temperature recorded be outside the normal range please report this to the appropriate supervisor and follow the appropriate protocol.

**After the procedure:**1. Dispose of the probe cover.
2. Remove gloves.
3. Clean hands and wrists (and forearms if necessary) with alcohol-based hand rub or gel or use soap and water.
4. Remove apron – do not touch the outside front of the apron, this will be contaminated.
5. Clean hands and wrists (and forearms if necessary) again with alcohol-based hand rub or gel or use soap and water.
6. When 2 metres from the client, carefully remove eye protection by the sidearms or side straps. Discard or disinfect for next use.
7. Clean hands and wrists (and forearms if necessary) again with alcohol-based hand rub or gel or use soap and water.
8. Remove mask – do not touch the front of the mask but remove by the ear loops or ties.
9. Clean hands and wrists (and forearms if necessary) again with alcohol-based hand rub or gel or use soap and water.

Source: [Guide to donning (putting on) and doffing (removing) PPE (non AGP) in adult social care settings (text only version) - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/ppe-guide-for-non-aerosol-generating-procedures/guide-to-donning-putting-on-and-doffing-removing-ppe-non-agp-in-adult-social-care-settings-text-only-version) |
| **Links to Other Policies:**  |
| * NHS handwashing procedure
* Calibrating a digital thermometer (specific to brand of thermometer used)
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