## PRACTICAL PEARL: Recurrent Fevers

| **Introduction** | • Most recurrent fevers in pediatric age group are benign and are linked to viral illness acquired at home, daycare or school.  
• Rare causes include cyclic neutropenia, familial periodic fever syndromes (PFAPA most common in toddlers and early school age children) and other auto-inflammatory diseases.  
| **Initial Evaluation and Management by Primary Care** | • Consider and assess for usual causes of recurrent viral illnesses  
• If fevers are without other signs of URI or GI illness, obtain CBC with diff, UA and LFTs, and obtain ESR and CRP with fevers  
• Have the family chart a fever diary to record height of temperature, days of fever, and accompanying symptoms |
| **When to Refer** | If a pattern of fevers is noted, especially without signs of typical viral or bacterial infection:  
• Fever with recurrent mouth sores  
• Regular monthly fever episodes  
• Red flags: fever with enlarging lymphadenopathy, recurrent neutropenia, failure to thrive, opportunistic infections such as recurrent thrush |
| **How to Refer** | Call 794-KIDS to contact Pediatric Infectious Diseases and to arrange an appointment |
| **What to Expect From Baystate Children’s Hospital Visit** | Clinical evaluation which may occur with consultation:  
• More laboratory bloodwork  
• Immune function or genetic studies  
• Radiographs or ultrasound  
• Reassurance in the setting of a well child |