

PRACTICAL PEARL: Recurrent Fevers

Introduction	<ul style="list-style-type: none">• 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.• Recurrent Fever review: https://academic.oup.com/jpids/article/5/3/249/2580071
Initial Evaluation and Management by Primary Care	<ul style="list-style-type: none">• 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	<p>If a pattern of fevers is noted, especially without signs of typical viral or bacterial infection:</p> <ul style="list-style-type: none">• 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	<p>Clinical evaluation which may occur with consultation:</p> <ul style="list-style-type: none">• More laboratory bloodwork• Immune function or genetic studies• Radiographs or ultrasound• Reassurance in the setting of a well child