

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