**Introduction**

- Untreated hypothermia can lead to multiple complications including: infection, poor wound healing, cardiac events and death.
- The American Society of Peri Anesthesia Nurses (ASPN) has put forth guidelines for pre-warming surgical patients to maintain normothermia. However, the literature is scarce and does not establish a best practice.
- This quantitative, retrospective study was conducted to confirm the practice of using warm cotton blankets pre-operatively to maintain normothermia throughout the surgical experience.

**Significance**

- Up to 70% of patients who undergo anaesthesia experience some form of hypothermia.
- Even mild hypothermia can increase the risk of surgical site infection and compromise wound healing.
- This is one a Surgical Care Improvement Project measure (SCIP) first introduced in 2003.

**Method**

- Quantitative Descriptive Study, using retrospective chart review.
- Data collected on three types of surgeries.
- Primary variable Pre-op and post-op temperature.
- Secondary variable, age, gender, length of anesthesia, operation category and temperature difference pre-op versus post-op.
- Covariates include age and length of anesthesia.

**Results**

- Sample 3873 patients
- Average pre-op temperature : 97.9°F
- Average post-op temperature : 97.8°F
- There were 29 cases of temperature <96.8°F in the PACU. 3-Divinci Robotic, 5 Total Joints, 21 Open Abdominal. (19 of the 21 were Caesarean Sections).
- Data analysis concluded with a pre-operative temperature of 97°F or below, the patient has a 5% risk of exhibiting hypothermia.
- Suggesting with 95% certainty patients with a temperature pre-operatively of 97°F will maintain normothermia.

**Conclusion**

- ASPAN guidelines encourage the practice of pre-warming patients.
- The data shows the use of warm cotton blankets pre-operatively is sufficient to maintain normothermia.

**Recommendations for Research**

- Further research is key to providing stronger evidence for this practice.
- Analysis is essential related to normothermia of caesarean section patients.
- Future study could include a wider demographic.

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Introduction
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Method
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Conclusion
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