Malignant Hyperthermia (MH)

Assess signs and symptoms of MH:
- **Early signs and symptoms:**
  1. Tachycardia/Tachypnea
  2. Abrupt increase in ETCO2
  3. Masseter muscle rigidity
  4. Hyperthermia (temperature greater than 38.8°C)
  5. Metabolic-respiratory acidosis
  6. Hyperkalemia
  7. Hypotension
  8. Rhabdomyolysis/muscle pain
  9. Cardiac arrhythmias
  10. Hypoxia
  11. Profuse sweating
  12. Mottling of the skin
  13. Unstable arterial pressure

-Late signs and symptoms:
  1. Acute renal/circulatory failure
  2. Dark colored urine due to myoglobinuria
  3. Disseminated intravascular coagulation
  4. Elevated blood creatinine phosphokinase levels/blood myoglobin levels
  5. Rhabdomyolysis/muscle pain
  6. Hyperkalemia
  7. Hyperthermia (temperature greater than 38.8°C)
  8. Hypotension
  9. Cardiac arrhythmias

###INITIAL EVALUATION

MH team lead (anesthesia) assembles crisis team
- Assigns MH roles
- Assists with drawing arterial blood gases (ABG) as needed

- If MH suspected, page Anesthesia and call/alert Pharmacy STAT
- Bring MH cart to bedside

- Monitor in current location and make arrangements for patient to transfer to higher level of care, if needed.
- Notify ICU/PICS regarding possible transfer

###ACUTE PHASE

Cooling team member
- Start cooling process only if patient’s temperature exceeds 39°C (102.2°F)
- Brings cold saline and ice, packs saline IV bags in ice for infusion
- Prepares ice packs
- **Surface cooling measures:**
  - Ice packs to body surfaces
  - Cooling blankets, sets temperature at 32°C if available
- **Internal cooling measures:**
  - Nasogastric tube for cold saline stomach lavage
  - Indwelling Foley catheter for cold saline irrigation
- Continuously monitors patient’s temperature
- Discontinue cooling measures when temperature decreases to 38°C (100°F)

Dantrolene team member
- Calculate patient’s weight in kg
- Administers dantrolene 2.5 mg/kg IV; continuously repeat dose until symptoms subside or a cumulative dose of 10 mg/kg is reached

Medication team member
- Assist with mixing dantrolene
- Administers dantrolene 2.5 mg/kg
- Mix and administer other medications
- Repeat until signs of MH are reversed as requested per anesthesia

Primary care nurse
- Maintain documentation of all drugs given, procedures done, and patient continued assessment
- Infuse cold intravenously saline
- Insert NG tube for iced saline lavage
- Assist MH team leader
- Labs; blood gases, electrolytes, creatine kinase, myoglobin, coagulation studies, additional labs

###Anesthesia

- Anesthesia control room
  713-792-2524
  (M-F 6 am - 9 pm)
- Anesthesia airway pager
  713-404-1515 (after hours and weekends)
- ACB Anesthesia
  713-834-6520

###MH cart locations:

- Main building
  - Main OR
  - G5 PACU
  - P3.3028
- Mays building
  - ACB PACU room ACB 4.1951
  - Anesthesia storage room ACB 4.2517
- Proton center
  - PTB2.075 (kit above crash cart)

- Transfer patient to higher level of care
- Notify ICU/PICS regarding possible transfer
- Follow up with safety intelligence (SI) report
- Report to Malignant Hyperthermia Association of the United States (MHAUS)
- **MH hotline 800-644-9737**
- Patient education regarding MH and future precautions.
- Ongoing evaluation for signs and symptoms of MH (see box A)
SUGGESTED READINGS


This practice consensus algorithm is based on majority expert opinion of Malignant Hyperthermia work group at the University of Texas MD Anderson Cancer Center. It was developed using a multidisciplinary approach that included input from the following:

Balthazar, Raina MSN, RN
Branch, Jermeca MSN, RN
Brydges, Garry DNP, MSN, CRNA
Garcia, Wendy BS
Bruno, Jeff PharmD
DeJesus, Yvette MSN, RN
Diaz, M. Chris MSN, RN
Dozier, Dawn RPh, PharmD
Eguia, Staci MSN, RN
Gettys, Suzanne PharmD
Hartley, Rebekah BSN, RN
Holdman, Shonice BA
Jameel, Firoze MSN, RN
Jawe, Neetha MSN, RN
Kister, Janelle BSN, RN
Kopecky, Cori MSN, RN
McDaniel, Robert PharmD, BCPS, CMQ
Mireles, Maria PharmD
Plexman, Karen MSN, RN
Potts, Kimberly BSN, RN
Rice, Jenise MSN, RN
Rigby, Darryl BSN, RN
Roes, Leonard RPh, PharmD
Salazar-Abshire, Maritza M.Ed, RN
Shah-Mohammadi, Ali-Reza PharmD, MS, FISMP, CMQ
Spencer, Gloria EdD, MSPH, RN
Trowbridge, Gloria BSN, RN
Westaway, Clint MSN, APN

† Core Development Team Leads
* Clinical Effectiveness Development Team