

## Malignant Hyperthermia Student Care Plan for Schools

Name \_\_\_\_\_ Student ID# \_\_\_\_\_  
 Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_

### Malignant Hyperthermia Susceptibility (MHS)

MHS is an inherited disorder of skeletal muscle calcium regulation in which uncontrolled episodes of greatly increased metabolism may occur. Such episodes can be triggered by exposure to hot environments, strenuous exercise, potent inhaled anesthetics and some other chemicals -e.g., Ethers. The triggering events result in increased intracellular calcium in skeletal muscles. This increases metabolism in muscle, glycogen is used up, and production of heat and lactate increase. If not treated quickly, an episode of acute MH will lead to death.

#### **Signs and Symptoms:**

**Early signs of a MH episode have included** – headache, fever greater than 101F, muscle cramping, photosensitivity, thirst, muscle tiredness and/or dark coloration to face/eyes. These are not specific signs. They occur in many conditions that are NOT MH.

**Late signs of an acute episode of MH include** – tachycardia, tachypnea, hypercarbia, generalized muscle rigidity, core temperature greater than 103F, diaphoresis, mottled skin and dark colored urine. It is URGENT to actively cool a person with these signs of MH and to give dantrolene as soon as possible when rigidity and temperature greater than 104F are present. There are a few other medical emergencies that may also have these signs. Therefore a person with these late signs of MH must be evaluated by a physician as soon as possible. The MH hotline is available to medical providers for assistance with emergencies like this. The MH hotline, supported by MHAUS, has a toll free number, 1-800-644-9737. For more information about malignant hyperthermia call: 1-800-986-4287 or visit [www.mhaus.org](http://www.mhaus.org)

Medication at home:

Medication at school:

#### **Daily Intervention Suggestions:** (preferences for daily care of student)

1.

2.

3.

#### **Treatment for Emergencies:**

1. Reassure the child and contact the family
2. Encourage cool fluids by mouth if able to swallow
3. Initiate cooling the body with ice packs around the neck, under the arms and near the pulse at the top of the legs. (Consider emersion in a cool bath if feasible.)
4. Call 911 if temperature is greater than 101F and/or any of the late signs of MH are present or if so directed by parent.
5. Call MH Hotline at 1-800-644-9737
6. If Cardiac arrest occurs, follow ACLS guidelines and presume the cause of the arrest is hyperkalemia.

**If 911 is activated – Notify the Responders that:**

1. This child is MH Susceptible
2. No succinylcholine or halogenated anesthetics can be given.
3. Measure core temperature and if the child is hot, apply external cooling measures as for heat stroke and give cold NS IV.

**In the event of an emergency never leave student alone – call for help.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Must be reviewed at least yearly by RN

RN Review Date: \_\_\_\_\_



Reviewed and approved by MH Experts from Malignant Hyperthermia Association of the United States  
Editing this form may result in misinformation. Contact MHAUS with any questions.

**Malignant Hyperthermia Association of the United States (MHAUS)**  
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Hotline: 1-800-644-9737

The Mission of MHAUS is to promote optimum care and scientific understanding of MH and related disorders