

# The Malignant Hyperthermia Susceptible Student Guide for Teachers

\_\_\_\_\_ is a student with Malignant Hyperthermia Susceptibility  
(Student Name)

## 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 MHS.

**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. For more information about malignant hyperthermia call: 1-800-986-4287 or visit [www.mhaus.org](http://www.mhaus.org)

If you recognize any of the above symptoms:

1. Notify Nurse at \_\_\_\_\_
2. Reassure child and stay calm
3. Cool body with ice packs if possible
4. Offer water if child can swallow
5. Call parent

Parent Preferences: (Add any special parental preferences for field trips, Physical Education, fire drills, or other daily activity)

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