

Check and Challenge: Malignant Hyperthermia and implementation of updated Association guidelines



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Introduction: Malignant Hyperthermia is defined as a progressive life threatening reaction occurring during general anaesthesia. The use of dantrolene has significantly improved treatment for MH, but mortality remains at around 4% in the UK. The Association of Anaesthetist published new guidelines in 2020, updating recommended standards of care, and advising the use of activated charcoal filters once MH is identified.

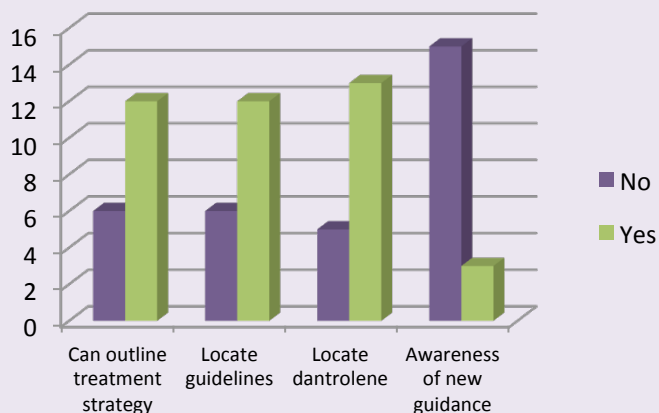


Aim: To ascertain knowledge amongst anaesthetists of the recognition and treatment of malignant hyperthermia and update to recent national guidelines.

Method: An anonymous survey was performed amongst anaesthetists in Dorset County Hospital over a 48 hour period, to ascertain the awareness of the management of malignant hyperthermia, location of emergency guidelines and location of dantrolene. They were also questioned on knowledge of the recent update to association guidelines.

Results: A total of 18 anaesthetists completed the survey. Of these 67% were able to outline an appropriate treatment strategy and locate the emergency guidelines. 72% were able to identify the nearest location of dantrolene. 17% (3/18) were aware of the new guidelines.

Survey Results:



Conclusion: This audit highlighted that although knowledge on management of MH and location of treatment is good, there remains room for improvement. There was poor awareness of the new MH guidelines amongst the department. These results were presented at the monthly departmental meeting, alongside an informative session to increase awareness of recent guideline changes, including the utilisation of activated charcoal filters and location of these within DCH theatres. Updated guidelines have been redistributed, and a re-audit is planned for April 2021.



References: P. M. Hopkins, T. Girard, S. Dalay, B. Jenkins, A. Thacker, M. Patteril and E. McGrady. *Malignant Hyperthermia 2020: Guideline from the Association of Anaesthetists*. October 2020