

SEROTONIN SYNDROME

Team Leader: Pamela Uhrich, RN, MSN, CPAN, CAPA
University of Iowa Hospitals and Clinics, Iowa

My goal is to present a poster on serotonin syndrome. I would like to take this opportunity to study this subject in depth.

Background: Serotonin is the overstimulation of 5-HT_{1A} and 5-HT_{2A} receptors. It presents as anxiety, agitation, restlessness, diaphoresis, tachycardia, hyperthermia, HTN, tremors, rigidity, myoclonus or hyperreflexia. These are common symptoms seen in the post recovery area.

Objective: To educate the perianesthesia nurse on the serotonin syndrome.

Process of Implementation: A literature search will be completed with special emphasis on case studies. The information will be divided into cause, mechanism, presentation, and management.

Statement of Successful Practice: The perianesthesia nurse will be able to recognize the symptoms and be able to provide supportive measures.

Implications for Advancing the Practice of Perianesthesia Nursing: Awareness of serotonin syndrome in the post-operative patient population.