

## **Malignant Hyperthermia Escape Room**

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**Background Information:** Malignant Hyperthermia (MH) is an inherited disorder of skeletal muscle that manifest clinically as a hypermetabolic crisis from general anesthesia. Malignant Hyperthermia is a rare but high risk complication of anesthetic drugs. Limited interaction with this emergency situation leads to a potential knowledge deficit for this patient population. A review of prior state revealed limited engagement in inservice programs.

**Objectives of Project:** The objectives of our program was to set clear expectations for the operating room and perianesthesia nurse to identify patients who may be at risk and clinical symptoms and manifestations of malignant hyperthermia.

**Process of Implementation:** This Escape the Room Competency was designed to help prepare the perioperative interdisciplinary team comprised, of the operating room nurse and perianesthesia nurse, for a patient experiencing a Malignant Hyperthermia Crisis. The operating room nurse identified patients who were at risk for clinical symptoms and manifestations of malignant hyperthermia, demonstrated how to reconstitute Ryanodex, correctly dosed and administered the required medications, and demonstrate effective teamwork for crisis situation and mobilization of resources and equipment contained in the Malignant Hyperthermia Box. Upon completion of the Escape Room, the team of nurses solved 5 puzzles within a 20-minute time frame.

**Statement of Successful Practice:** The interdisciplinary teams demonstrated how to reconstitute Ryanodex, correctly dose and administer the required medications, and demonstrated effective teamwork for crisis situation and mobilization of resources and equipment contained in the Malignant Hyperthermia Box. Feedback from the nurses revealed that the education was positively received and engaging in nature.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Enhancing learning for nurses by offering service-specific training can lead to positive outcomes for nurses, including increased preparedness and self-confidence. An escape room can be an engaging and exciting way for people to work in teams. Escape rooms can help to build key skills within your team, such as collaboration, communication, decision making, and problem solving. They can also be a good way for a team to rehearse its response to high-stakes situations and challenging times.