Laryngeal Mask Airway

Preparation for the procedure

1. Sanitise hands and apply nitrile gloves and face shield.
2. Select the appropriate LMA size, remove the LMA from its sterile packet and attach a 50 ml syringe to the cuff inflation port.
3. Hold the LMA by the tube and place cuff face down against a flat surface to completely deflate the cuff by drawing back on the syringe.
4. Detach the syringe and pull back the plunger to the required volume for reinflation post insertion.
5. Lubricate the anterior and posterior surfaces of the mask tip and 5-7cm of the posterior distal end of the tube with water-based lubricant.

Performing the procedure

1. The clinician is positioned behind patient’s head and maintains the head in either the “neutral position” (by placing small pillow or folded towel under the patient’s occiput), or in the “sniffing position” (by extending the head and flexing the patient’s neck).
2. Grasp the LMA firmly between fingers and thumb of the left hand using a pen-like grip, with the index finger placed anteriorly at the junction of the tube and cuff. The opening should be facing the patient’s chin with the distal aperture facing towards the tongue.
3. Advance the mask over the top of the tongue, pushing the back of the mask against the hard palate. A gentle rotation of approx +/- 20° of the tube around its long axis when entering the pharynx may assist to correctly seat the LMA.
4. Maintain firm but not forceful downwards pressure until the cuff has almost disappeared and forward movement stops.
5. Inflate cuff with the correct volume of air. Do not restrain the LMA during the inflation – the LMA may adjust position automatically.
6. Attach a ventilation device and gently ventilate the patient whilst observing rise and fall of the chest. Use capnography if available.
7. Auscultate the anterior chest and also auscultate the abdomen to rule out gastric inflation.
8. Securely by using a tube-holding device or insert a bite block between rear teeth and secure the LMA using 2.5 cm Transpore tape.

References

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