



Health Risk Screening: ANCOR Office Hours

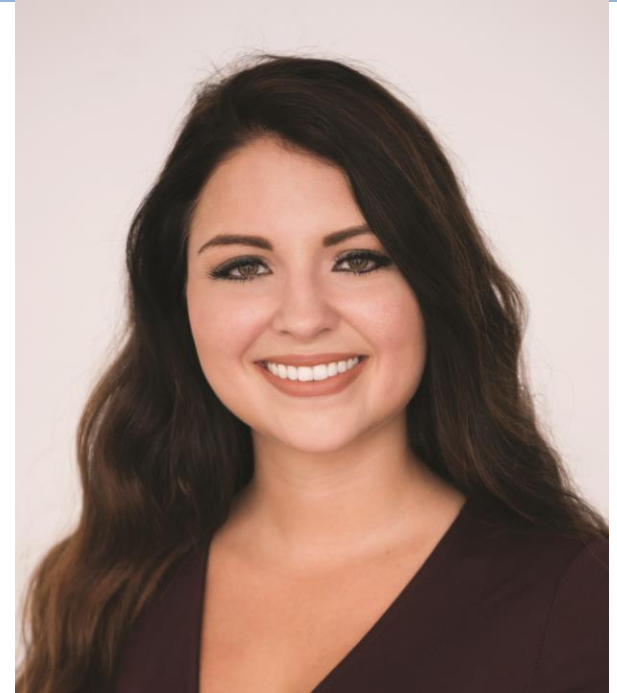
► PRESENTED BY:

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Agenda

- ▶ Discuss HRS COVID-19 resources
- ▶ Provide a brief overview of the HRST and how it identifies those most at risk
- ▶ Review the utilization of eLearn training to provide education from the DSP to MD level

Our Mission

To assist vulnerable persons to achieve a health status and quality of life equal to that of the population at large

COVID-19

- ▶ Webpage with a number of resources
 - ▶ Webinars
 - ▶ Special bulletins
 - ▶ Videos
 - ▶ Health Passport

COVID-19 – HRSTonline.com

Special Bulletins

From our President, Dr. Craig Escudé MD, FAFAP, FAADM



Special Bulletin #1

- Symptoms & Risk
- Prevention
- HRST Reports



Special Bulletin #2

- Telemedicine
- Teaching Resources

Resource Docs

HRST Health Passport

Besides providing basic health information, this document can be utilized to convey important social information that facilitates knowing and understanding a person.

[Download](#)

COVID-19 Webinars

New Watch Now



AAIDD & HRS Webinar

"COVID-19 and People with IDD: Taking Action to Mitigate Risk" Recorded April 8, 2020

[Download CADES procedures Handout](#)

[Download Webinar Slides Here](#)

Watch Now



COVID-19 & People with IDD

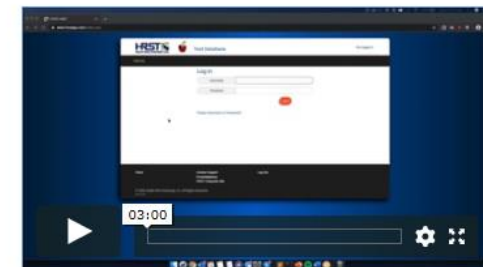
"COVID-19 & People with IDD: Impact, Prevention and Action" Webinar, Recorded Mar. 22nd

[Download Webinar Slides Here](#)

Training Videos



This 22 minute video is a condensed form of the Fatal Five Infection module. It teaches about the severe risks from infections including how to prevent it, how to spot when it happens and what can happen if it is not treated. Infection is focused on as a precursor to sepsis, which is one of the ways an infection can become fatal.



This video shows you how to use the HRST Custom Report Builder as discussed in Special Bulletin #1.

Suggest a Webinar or Training Topic

Upcoming Webinar



Disparities, Perceptions and Misconceptions:
Putting PEOPLE Before their Diagnoses

May 6, 2020
4:00p ET
Register at AAIDD.org

Just Published...



- ▶ A study focused on the HRST was just published in the peer reviewed *Journal of Nursing Measurement*
- ▶ "An Examination of the Validity of the Health Risk Screening Tool: Predicting Mortality in People With Intellectual Disabilities"
- ▶ Conclusions of the study:
 - ▶ "The HRST can predict mortality. Therefore, it can serve as a basis for establishing healthcare needs and determining nursing care acuity."

<https://connect.springerpub.com/content/sgrjnm/28/1/73>



HEALTH RISK SCREENING TOOL

by **HRS**

What is the HRST?

A web-based instrument developed to screen for health risks associated with:

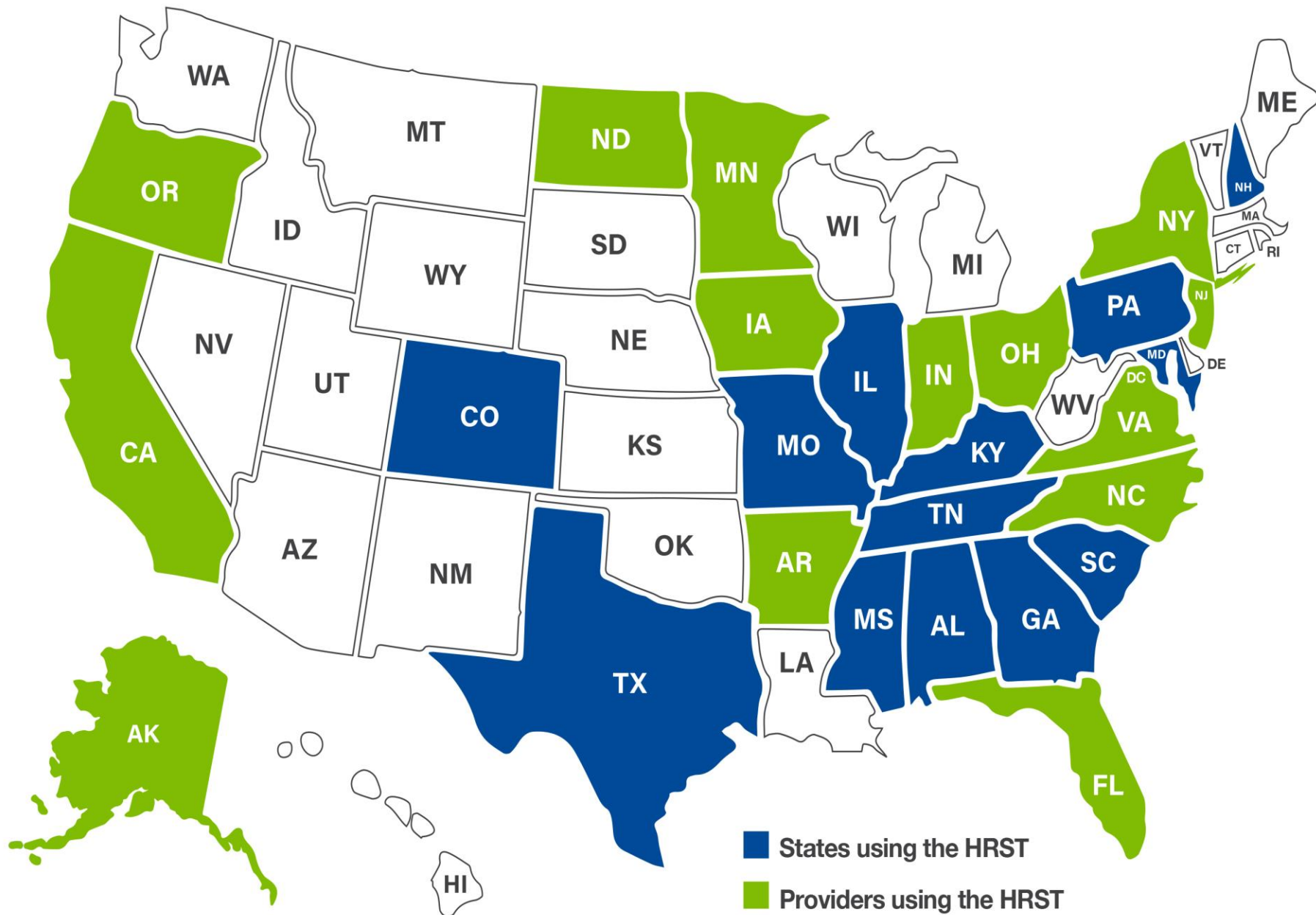
- ▶ Intellectual/Developmental Disabilities
- ▶ Physical Disabilities
- ▶ Disabilities Associated with Aging
- ▶ Traumatic Brain Injury
- ▶ Any Vulnerable Population

The HRST is a **SCREENING** Instrument

- ▶ Should not be confused with a more in-depth assessment process
- ▶ Can be used to determine what types of further assessment or evaluation might be required
- ▶ Developed for use by non-licensed staff, such as case managers, program staff, or direct care staff
- ▶ Nursing oversight is triggered when necessary

History of the HRST

- ▶ Developed in 1992 – federal lawsuit
- ▶ Known originally as “Physical Status Review” (PSR)
- ▶ Extensively field tested on 6000 people
- ▶ Used in numerous states
- ▶ Web-based version released in 2006



How does the HRST work?

- ▶ The HRST is a simple 22 item scale designed to find out which people are at most risk of illness and health destabilization.
- ▶ **The tool then responds by producing action steps that empower support staff in the form of special attention and prevention.**

The HRST Categories & Items

I. Functional Status

- A. Eating
- B. Ambulation
- C. Transfer
- D. Toileting
- E. Clinical Issues

II. Behaviors

- F. Self-Abuse
- G. Aggression
- H. Beh. Support - Physical
- I. Beh. Support - Chemical
- J. Psychotropic Meds

III. Physiological

- K. Gastrointestinal
- L. Seizures
- M. Anti-Epileptic Meds
- N. Skin Breakdown
- O. Bowel Function
- P. Nutrition
- Q. High Risk Treatments

IV. Safety

- R. Injury
- S. Falls

V. Frequency of Service

- T. Professional Healthcare Services
- U. ER Visits
- V. Hospitalizations

The HRST Categories & Items

I. Functional Status

4

- A. Eating
- B. Ambulation
- C. Transfer
- D. Toileting
- E. Clinical Issues

1
0
0
1
2

II. Behaviors

0

- F. Self-Abuse
- G. Aggression
- H. Beh. Support - Physical
- I. Beh. Support - Chemical
- J. Psychotropic Meds

0
0
0
0
0

III. Physiological

14

- K. Gastrointestinal
- L. Seizures
- M. Anti-Epileptic Meds
- N. Skin Breakdown
- O. Bowel Function
- P. Nutrition
- Q. High Risk Treatments

3
0
0
0
3
1
0

IV. Safety

0

- R. Injury
- S. Falls

0
0

V. Frequency of Service

5

- T. Prof. Healthcare Services
- U. ER Visits
- V. Hospitalizations

2
3
0

Last Updated

Last Clinical Review

Total Score

Total 4 Ratings

Q Scored?

Healthcare Level

I. Functional Status

A. Eating

B. Ambulation

C. Transfer

D. Toileting

E. Clinical Issues

II. Behavior

F. Self Abuse

G. Aggression

H. Physical Restraint

I. Chemical Restraints

J. Psychotropic Meds

III. Physiology

K. Gastrointestinal

L. Seizures

M. Anticonvulsant

N. Skin Breakdown

O. Bowel Function

P. Nutrition

Q. Reqs for Lic. Int.

IV. Safety

R. Injuries

S. Falls

V. Frequency of Services

T. Prof. Healthcare Svcs.

U. Emer. Room Visits

V. Hosp Admissions

< Prev

A. Eating

Section last changed -

Next >

Score Explanation (click for more information)

0 Eats independently without texture/consistency alterations or other adaptations for safety

1 Requires INTERMITTENT physical assistance and/or verbal prompts to eat

2 Requires CONSTANT verbal and/or physical assistance to complete a meal. NO safety issues!

3 Requires constant assistance or other mealtime intervention to eat SAFELY OR has a feeding tube but maintains some level of oral intake

4 Receives ALL nutrition/hydration through an enteral tube (gastrostomy, jejunostomy, nasogastric or total paraenteral nutrition - TPN)

In the past twelve months has this person been fed by tube?

☐ Yes☐ No☐ I don't know

Submit

Previous Questions

HRST Health Care Levels

- ▶ Level 1: 0 - 12 Points
- ▶ Level 2: 13 - 25 Points

Low Risk

- ▶ Level 3: 26 - 38 Points
- ▶ Level 4: 39 - 53 Points

Moderate Risk

- ▶ Level 5: 54 - 68 Points
- ▶ Level 6: 69 or greater

High Risk

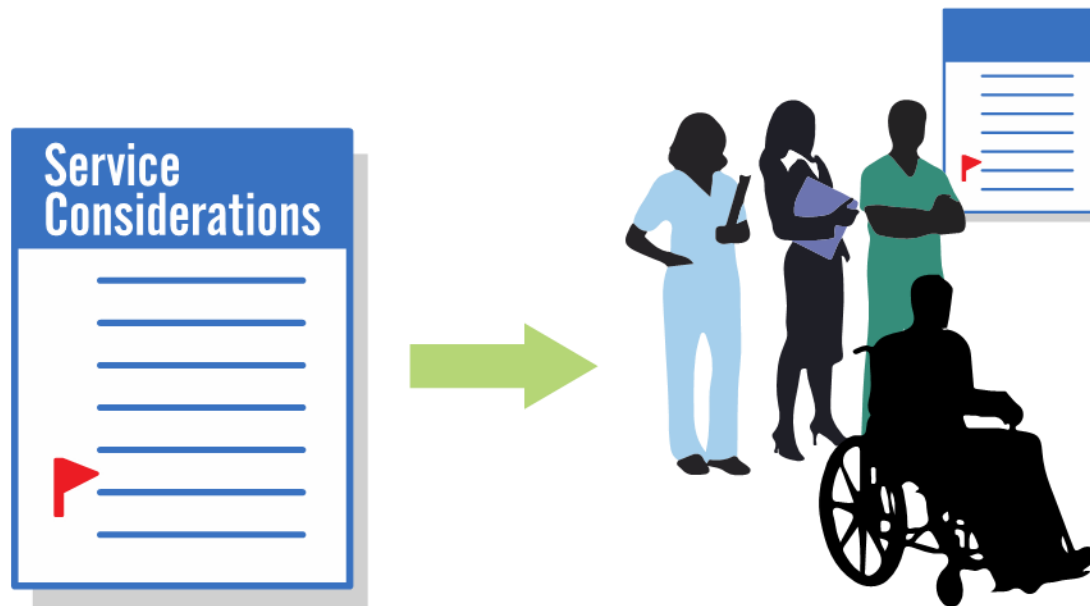
Transforming Data Into **Action!**

The HRST



The HRST

Action



The HRST

Action



The HRST

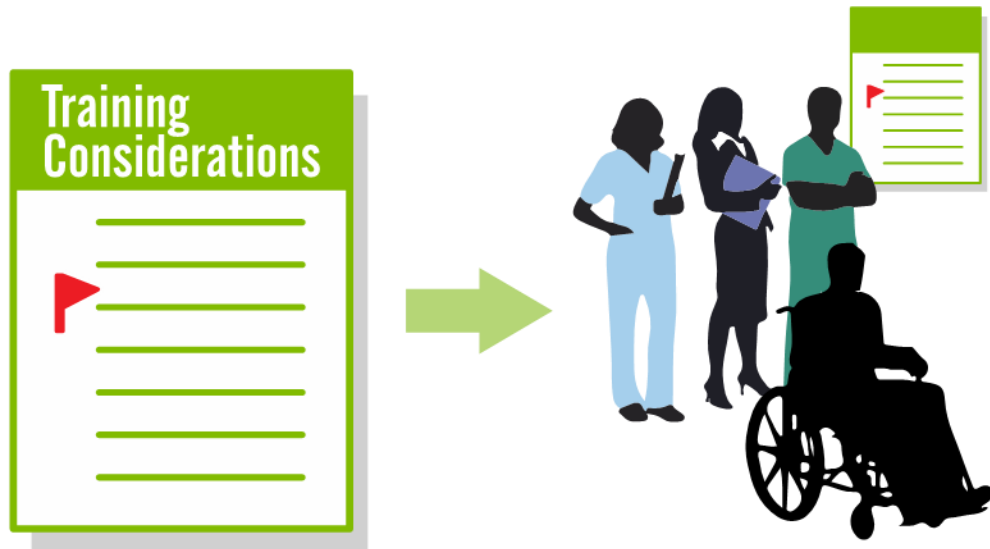
Action

Training Considerations



The HRST

Action



The HRST

Action



How long does it take to complete an HRST screening?

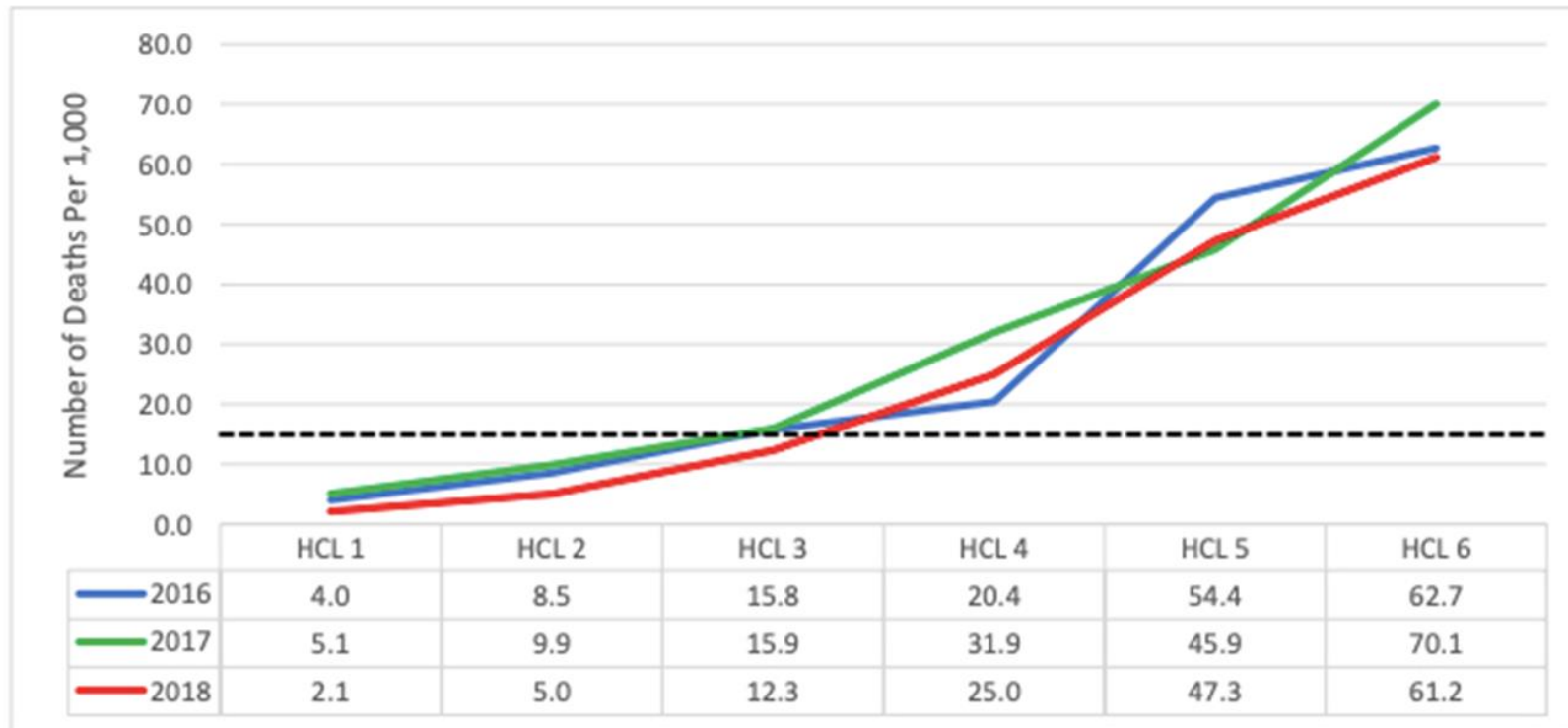
- ▶ For an initial screening, average time takes approximately 30-60 minutes, depending on the complexity of the person
- ▶ Updates often require little time to complete

How often is the HRST Administered?

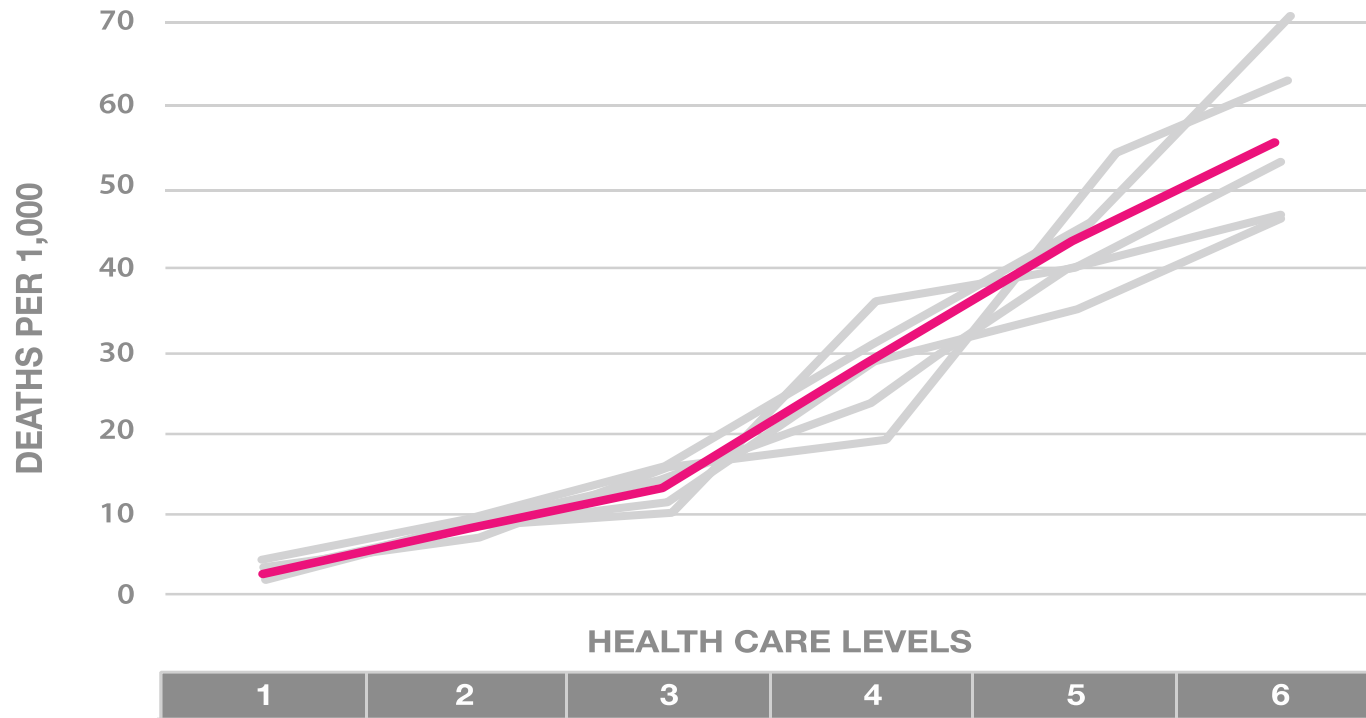
- ▶ At least annually to ensure the person's health is stable
- ▶ Reviewed and updated when the person's health status changes (ER visits, Hospitalizations, new diagnoses or meds, injuries, etc.)

Validated by Independent Research

Mortality Rate by HRST HCL 2018



Mortality Rate by HRST HCL 2018



Journal of Nursing Measurement

- ▶ “The HRST can **predict mortality**. Therefore, it can serve as a basis for establishing healthcare needs and **determining nursing care acuity**.”



Journal of
Nursing
Measurement
Volume 28, Issue 1

Roszkowski, Michael J., et al. “An Examination of the Validity of the Health Risk Screening Tool: Predicting Mortality in People With Intellectual Disabilities.” *Journal of Nursing Measurement*, vol. 28, no. 1, Jan. 2020, pp. 73–94.

Harnessing the Data

COVID-19 Reports

- ▶ Those with HCLs of 5 and 6 are most at risk and should be monitored closely for symptoms
- ▶ Additionally, people who score a 3 or 4 in the following ratings items should be monitored
 - ▶ A. Eating
 - ▶ K. Gastrointestinal
 - ▶ P. Nutrition
 - ▶ Q. High Risk Treatments
 - ▶ T. Professional Visits
- ▶ Identifying those most at risk for significant adverse outcomes as a result of COVID-19 can help agencies prepare additional policies and procedures to protect those most vulnerable

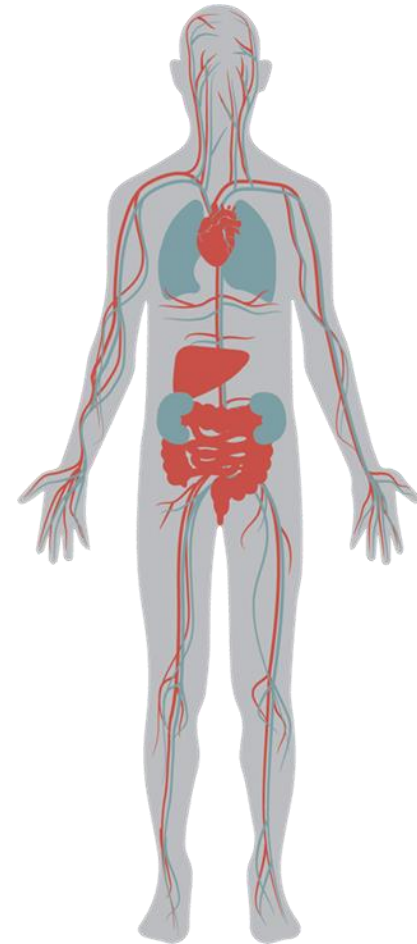
Outcomes

- ▶ 9% decrease in ER/Urgent Care visits
- ▶ 10% of persons served saw a decrease in HCL
- ▶ 20% decrease in preventable healthcare medications
- ▶ 25% decrease in Falls
- ▶ **\$13,812 saved in ER visits alone**

HRS eLearn Offerings

The Fatal Five

- ▶ Topics covered:
 - ▶ Aspiration
 - ▶ Bowel Obstruction
 - ▶ Infection
 - ▶ Seizures
 - ▶ Dehydration
 - ▶ GERD
 - ▶ Knowing When To Act



The Fatal Five

- ▶ Three tracks:
 - ▶ DSP
 - ▶ Nurse
 - ▶ Case Manager



- ▶ Designed to be uploaded into existing LMS (Relias, College of Direct Support, Cornerstone) **or** we have our own LMS we can provide

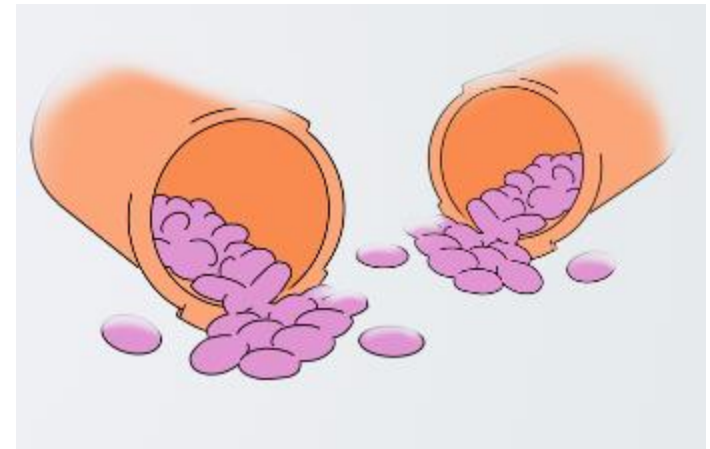
Other eLearn Offerings

- ▶ Physical and Nutritional Supports
- ▶ Choking Prevention
- ▶ Person-Centered Thinking



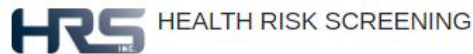
Curriculum in IDD Healthcare

- ▶ IDD Healthcare: Then, Now and Next
- ▶ Healthcare Basics in IDD
- ▶ Common Behavioral Presentations (of Medical Conditions)
- ▶ Dual Diagnosis in IDD
- ▶ Effective Communication
- ▶ Case Studies in IDD Healthcare



For more information...

► Visit us online at www.hrstonline.com



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PIONEERS AND INNOVATORS IN PERSON CENTERED HEALTH



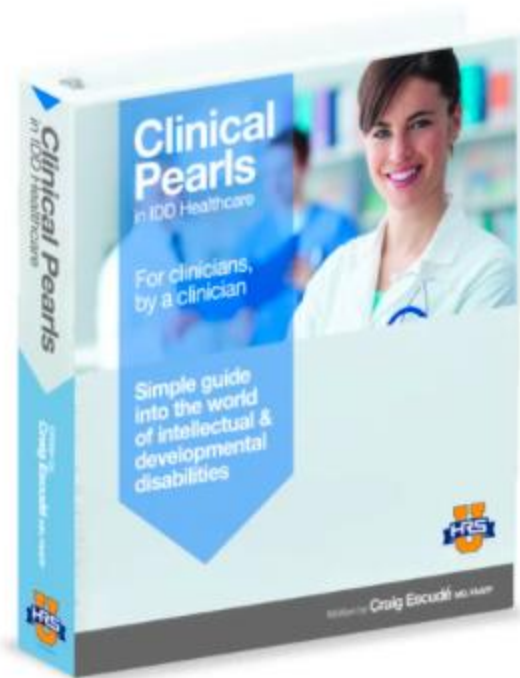
 HEALTH RISK
SCREENING TOOL

 HRS TRAINING

 PERSON CENTERED
THINKING

Questions?

Giveaway!



kindle fire



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