

IntellectAbility's Health Risk Screening Tool



Use the HRST to  
replace risk with  
health and wellness

## What is the HRST?

"The HRST goes far beyond routine documentation software. It evolves with the person as they travel through life. It is a living, breathing, person-centered health-risk tool that provides actionable steps that save lives."

-IntellectAbility President, Craig Escudé, MD, FAAFP, FAADM

The Health Risk Screening Tool (HRST) is the leading screening tool for intellectual/developmental disability (IDD) risk management and support. It is a HIPAA-compliant, web-based rating instrument developed to detect health destabilization in vulnerable populations and ensure that proper care and support are provided at all times.

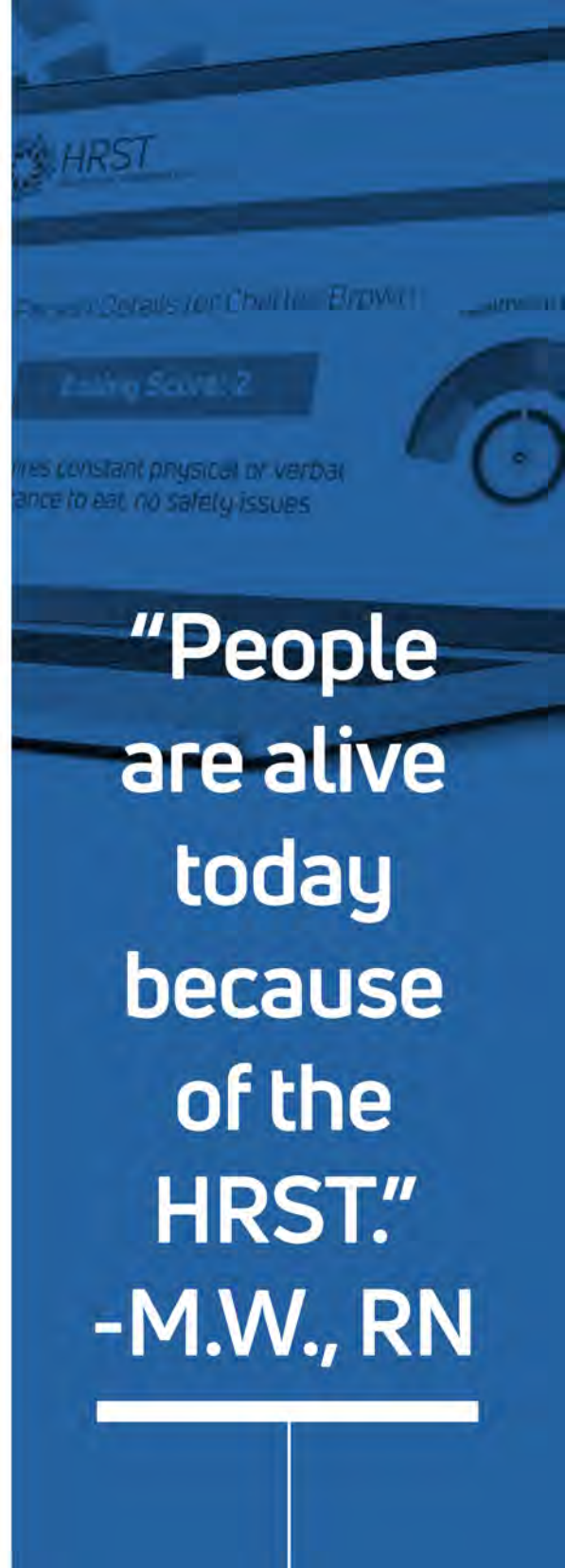
The HRST monitors for health risks associated with various intellectual, developmental, and physical disabilities which specifically affect systems of the body and the person's ability to engage in life. This allows clinicians to make real-time care decisions that other health screening tools might not support.

### **The HRST is:**

- Field-tested
- Validated
- Reliable
- User-friendly for direct support staff
- A tool that can be accessed online 24/7 to provide essential healthcare information

### **The HRST Saves Lives by:**

- Detecting health destabilization early in at-risk populations
- Identifying health conditions that lead to preventable morbidity and mortality
- Providing specific and actionable Service and Training Considerations that guide direct support staff training and person-centered service planning
- Provides web-based, real-time health risk data accessibility



**"People  
are alive  
today  
because  
of the  
HRST."  
-M.W., RN**

## Interoperable and Customizable

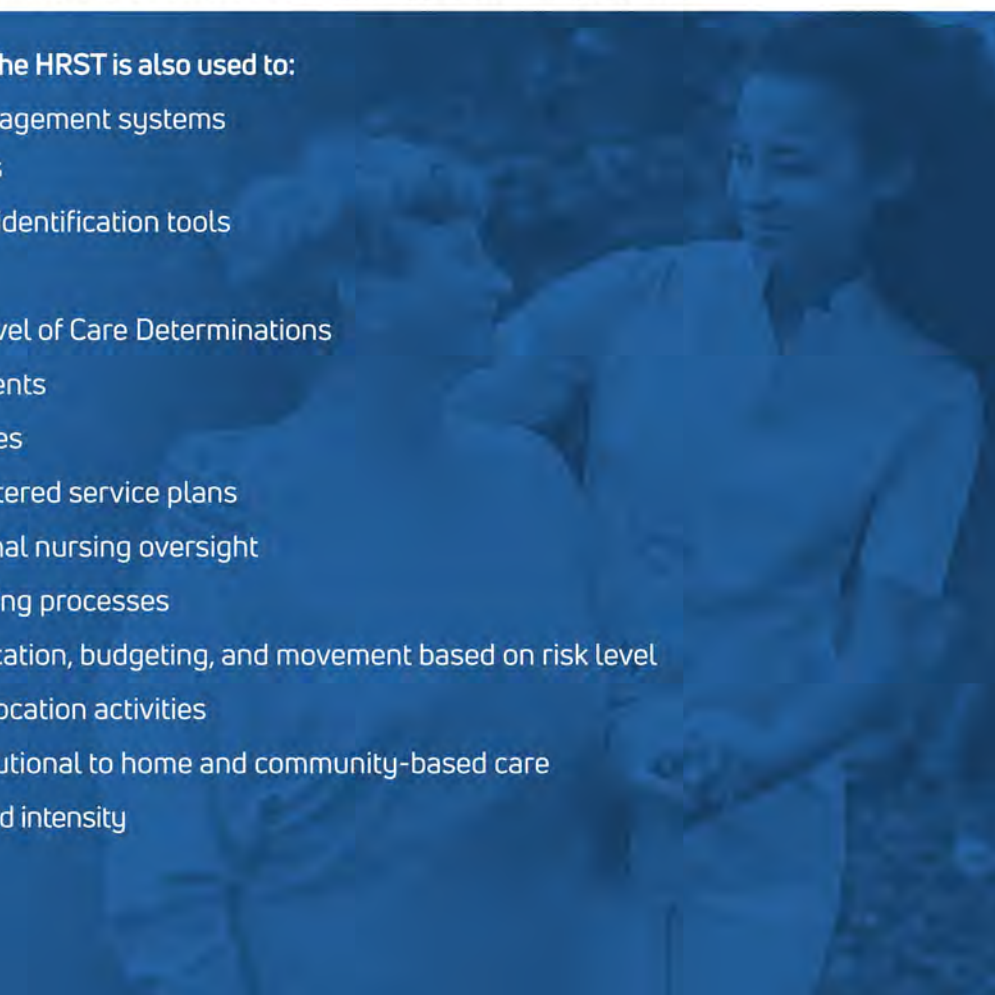
With its ability to connect to other electronic information systems, the HRST's robust, person-centered health risk data can provide users with valuable information at a glance. It is customizable to fit the organization's needs and can be integrated with other systems to import and export data including demographics, medications, diagnoses, and other important information.

## Use the HRST to Identify Health Risk

Supporters of people with IDD aren't born with the ability to recognize health risks in people who may not use words to communicate.

Because of this, risks go unrecognized, resulting in delays in care, unnecessary suffering, and death. The HRST enhances supports for providers and supporters by identifying often-missed health risks and providing action steps to mitigate those risks. It provides support teams and healthcare providers with Clinical Briefs and Service and Training Considerations to help inform treatment decisions and educate healthcare supporters and providers.

In addition to identifying health risks, the HRST is also used to:

- Integrate with web-based case management systems
  - Establish baseline health risk status
  - Integrate with other online support identification tools
  - Improve coordination of care
  - Inform Annual Assessments and Level of Care Determinations
  - Inform electronic Nursing Assessments
  - Inform Mortality Reporting processes
  - Incorporate web-based person-centered service plans
  - Identify people who require additional nursing oversight
  - Integrate with sentinel event reporting processes
  - Prioritize Waiting List resource allocation, budgeting, and movement based on risk level
  - Inform rate setting and resource allocation activities
  - Promote safe transitions from institutional to home and community-based care
  - Determine clinical support staffing and intensity
- 

# Who Benefits from the HRST?

**First and foremost, people with IDD.** The HRST also benefits people with other health vulnerabilities, including aging, dementia, and traumatic brain injuries. In today's environment of severe direct support staffing shortages, the HRST is an essential tool. Providing 24/7 web-based access to health risk information, it immediately becomes a low-cost, high-value tool for your organization.

**State IDD/Medicaid Administrators** implement the HRST to manage the health of the IDD population and to ensure a valid and reliable process for identifying health risks that are often overlooked and can lead to preventable illness, unnecessary emergency department visits, hospitalization, and death. And under an approved Medicaid state plan, a state Medicaid agency may be able to claim the 50% administrative match for the HRST. Other states have incorporated billing for the HRST into their 1915(c) Waivers.

**Managed Care Organizations** can use the HRST for improved coordination of care, to facilitate case manager oversight of health and safety, awareness of health risks, and to inform resource allocation.

**Provider Agencies** use the HRST to monitor and address health risk on a day-to-day basis and to identify specific and actionable Service and Training Considerations and interventions to guide direct support staff training and person-centered service planning.

**"We implemented HRST two years ago, and it has been our foundation through this pandemic, and for that we are so grateful. Keep leading us!" - Provider Agency CEO**

**Helping  
thousands  
with IDD live  
better lives**

**26**

States Use Our Program

**80K**

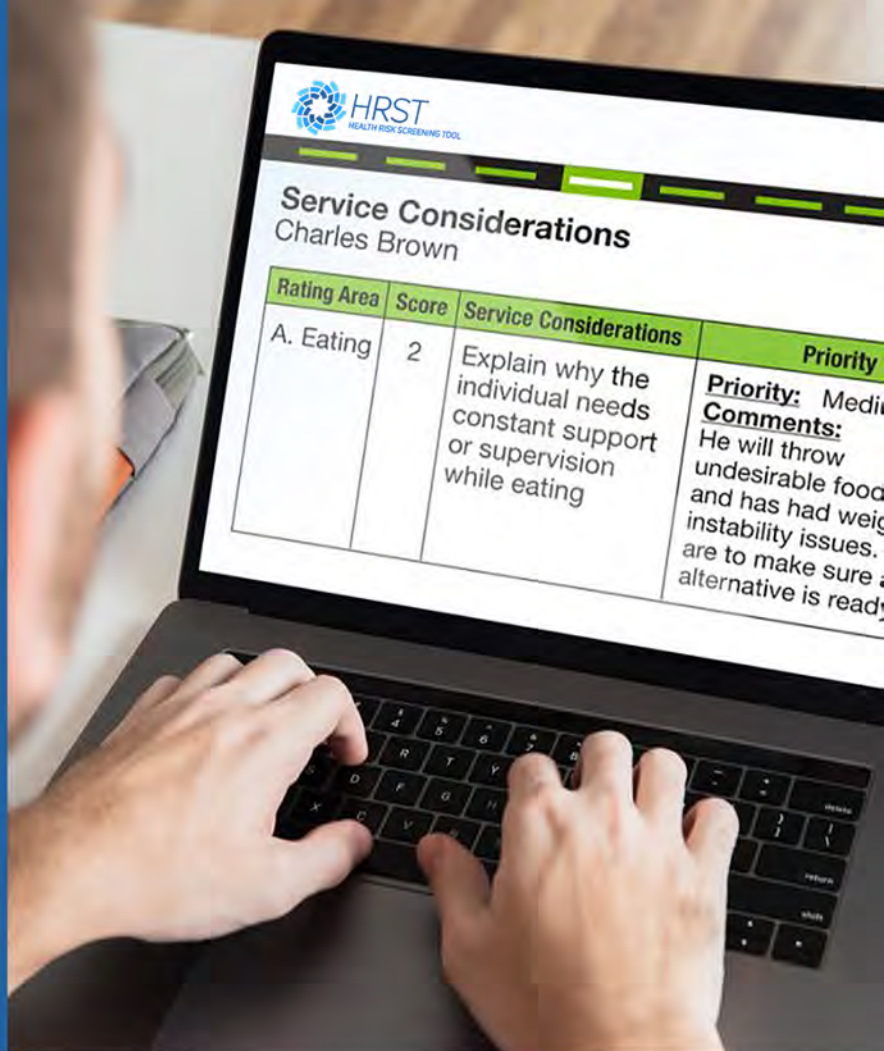
Currently Being Monitored  
by the HRST

**2,000+**

Private Provider Agencies  
Using the HRST

# How the HRST Works

- 1 The HRST uses a simple 22-item scale designed to discover who is at the greatest risk of illness and health destabilization. Rating Items encompass 22 specific areas of risk including risks associated with eating, ambulation, self-abuse, aggression, bowel function, skin integrity, nutrition, falls, and 14 other areas.
- 2 The user answers a series of objective Yes/No questions related to each of the 22 Rating Items, resulting in a score assigned to each.
- 3 Based on the numerical total of the 22 Rating Items, a Health Care Level is assigned. Health Care Levels can range from 1-6.
- 4 The HRST then responds by producing action steps that empower support staff in the form of special attention and prevention.



## Validated and proven predictor of mortality.

“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,  
Vol. 28, No. 1, April 2020



# Person-Centered Planning – The HRST can help!

“The Final Rule includes changes to the requirements regarding person-centered service plans for HCBS waivers under 1915(c) and HCBS state plan benefits under 1915(i). The person-centered service plan must be developed through a person-centered planning process. It includes individually identified goals and preferences related to relationships, community participation, employment, income and savings, healthcare and wellness, education, and others.” - CMS.

**The HRST is a person-centered instrument.** It is not geared toward a group of persons. It is completed on each person individually and reflects the health status and risks of each person screened.

The Health Risk Screening Tool can help meet the CMS requirement of having a Person-Centered Healthcare and Wellness plan. The HRST identifies true, person-centered health risks specific to each person, making it easy to create a plan meeting these requirements.

- Objectively screen and minimize health risks
- Balance health and welfare to support a well-lived life
- Amplify the Person-Centered Planning process
- Enhance the effectiveness of the person’s support plan

**Identifying health risks is only half of the battle.** Once risks are identified, the HRST gives you two important resources to lessen the risk and improve the health and wellness of the people you support. The Service and Training Considerations are automatically generated by the HRST once a person is screened, making the Healthcare and Wellness plan creation simple.

- Person-Centered Service Considerations direct you to services that a person may need to lower risk. These might include physician evaluations, pharmacist reviews of medications, PT/OT services, etc.
- Person-Centered Training Considerations provide direction for training support staff on specific ways they can reduce health risks.

“Person-Centered Planning had its roots in the 1980s. The concept of Normalization and a rating item from the PASS system called Model Coherency form the basis for Person-Centered Planning, which should always begin by asking the question ‘What is the greatest threat for this person if risks aren’t addressed?’ Person-Centered Planning is exactly what it seems: This planning is about Joe or Sally and only about them.”

– **Karen Green McGowan, RN, and HRST & IntellectAbility Founder**



# HRST

HEALTH RISK SCREENING TOOL

Contact us today for a free demonstration.  
Scan the QR code to download this brochure.





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