IntellectAbility

REPLACING RISK WITH HEALTH AND WELLNESS

We provide tools and training to those who support people with vulnerabilities helping them replace risk with health and wellness.

IntellectAbility

REPLACING RISK WITH HEALTH AND WELLNESS

HRST

HEALTH RISK SCREENING TOOL

Academy

IDD SUPPORTER EDUCATION

Person Centered Services

A SHIFT IN SUPPORTER PERSPECTIVE

Productions

CUSTOM COURSE DEVELOPMENT

HRST

HEALTH RISK SCREENING TOOL

Agenda

- Health Risk Screening Tool (HRST)
  - Purpose
  - History
  - Importance
  - Demo
  - Uses

What Is the HRST?

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

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

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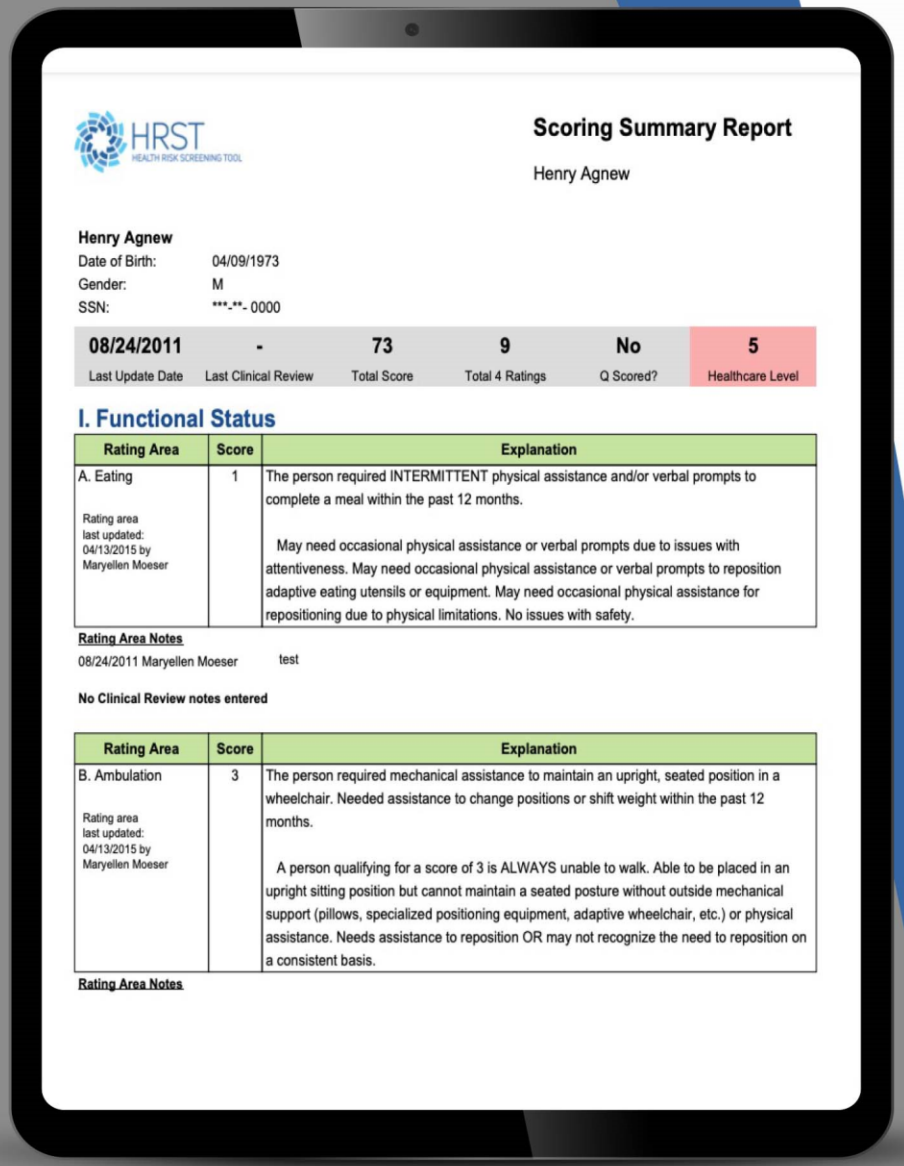
REPLACING RISK WITH HEALTH AND WELLNESS



HRST
HEALTH RISK SCREENING TOOL

Scoring Summary Report

Henry Agnew

Henry Agnew
Date of Birth: 04/09/1973
Gender: M
SSN: ***-**- 0000

08/24/2011	-	73	9	No	5
Last Update Date	Last Clinical Review	Total Score	Total 4 Ratings	Q Scored?	Healthcare Level

I. Functional Status

Rating Area	Score	Explanation
A. Eating Rating area last updated: 04/13/2015 by Maryellen Moeser	1	The person required INTERMITTENT physical assistance and/or verbal prompts to complete a meal within the past 12 months. May need occasional physical assistance or verbal prompts due to issues with attentiveness. May need occasional physical assistance or verbal prompts to reposition adaptive eating utensils or equipment. May need occasional physical assistance for repositioning due to physical limitations. No issues with safety.

Rating Area Notes

08/24/2011 Maryellen Moeser test

No Clinical Review notes entered

Rating Area	Score	Explanation
B. Ambulation Rating area last updated: 04/13/2015 by Maryellen Moeser	3	The person required mechanical assistance to maintain an upright, seated position in a wheelchair. Needed assistance to change positions or shift weight within the past 12 months. A person qualifying for a score of 3 is ALWAYS unable to walk. Able to be placed in an upright sitting position but cannot maintain a seated posture without outside mechanical support (pillows, specialized positioning equipment, adaptive wheelchair, etc.) or physical assistance. Needs assistance to reposition OR may not recognize the need to reposition on a consistent basis.

Rating Area Notes

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 program supervisors or direct care staff
- Nursing oversight is triggered when necessary

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HEALTH RISK SCREENING TOOL

What can it be used for?

- Quantifies health risk based on objective criteria
- Aids in mitigating identified risk
- Enables ongoing monitoring of the person throughout their time in services
- Ensures continuity of care
- Facilitates effective communication with community clinicians

HRST
HEALTH RISK SCREENING TOOL

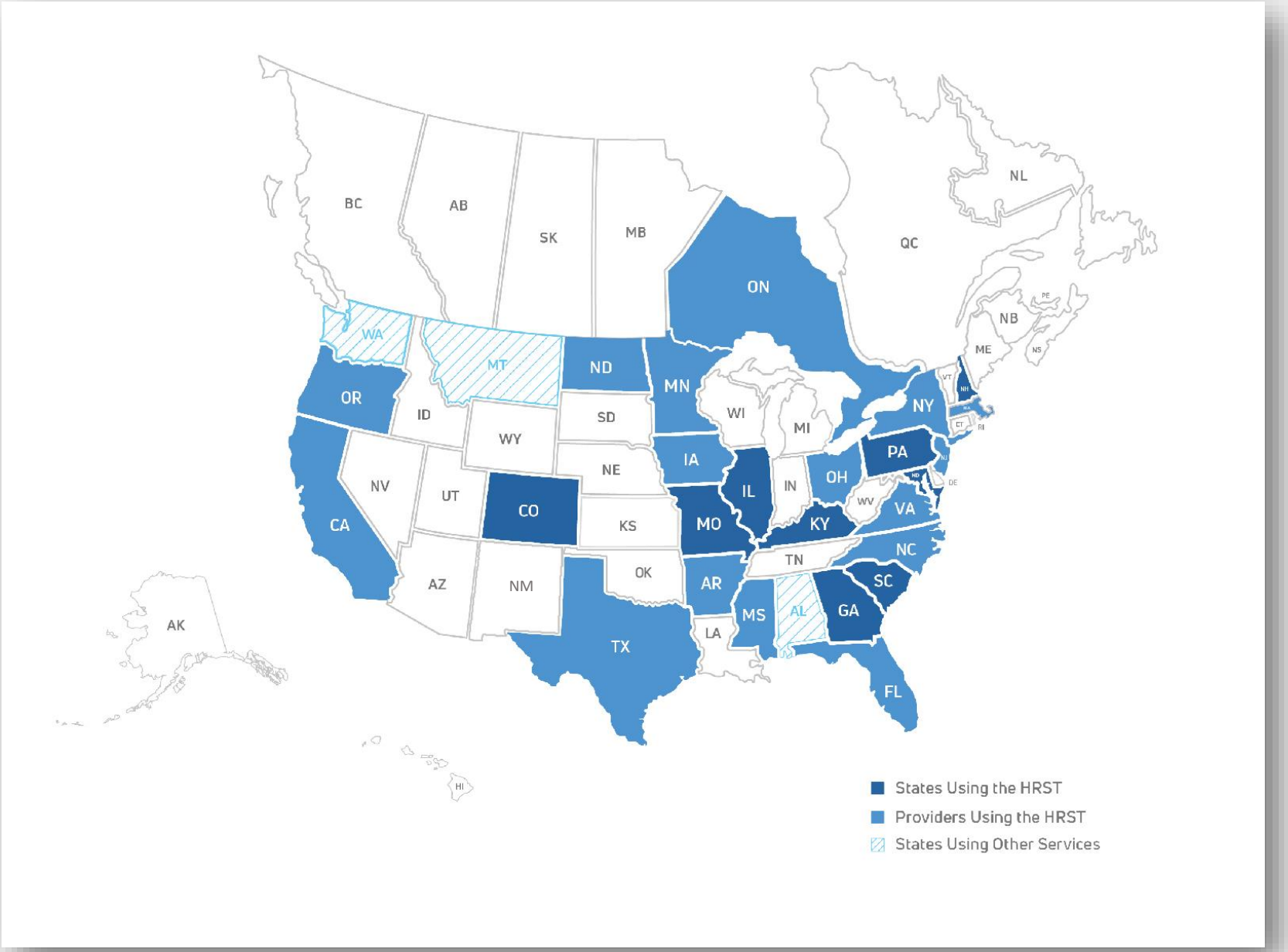
History of the HRST

HEALTH RISK SCREENING TOOL

- 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

HRST

HEALTH RISK SCREENING TOOL



Importance of Health Risk Screening in the I/DD Community

- Serving those with I/DD in the community is a new endeavor
- Those who serve the person most directly often have little to no training on identifying the emergence of health-related risk or destabilization
- Early detection and action saves lives!
- Major signs of risk can go unappreciated or masked by I/DD attributes, such as an inability to communicate
- Poly-pharmacy dynamics in the community

HRST
HEALTH RISK SCREENING TOOL

How Does It 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 and Items

I. Functional Status

A. Eating
B. Ambulation
C. Transfer
D. Toileting
E. Clinical Issues Affecting Daily Life

II. Behaviors

F. Self-Abuse
G. Aggression
H. Behavior Support Physical
I. Behavior Support Chemical
J. Psychotropic Medications

III. Physiological

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

IV. Safety

R. Injuries
S. Falls

V. Frequency of Services

T. Professional Healthcare Visits
U. Emergency Room Visits
V. Hospitalizations

HRST
HEALTH RISK SCREENING TOOL

The HRST Categories and Items

1
0
0
1
2

I. Functional Status

A. Eating
B. Ambulation
C. Transfer
D. Toileting
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HRST
HEALTH RISK SCREENING TOOL

The HRST Categories and Items

4

I. Functional Status

1
0
0
1
2

A. Eating
B. Ambulation
C. Transfer
D. Toileting
E. Clinical Issues Affecting Daily Life

II. Behaviors

F. Self-Abuse
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R. Injuries
S. Falls

V. Frequency of Services

T. Professional Healthcare Visits
U. Emergency Room Visits
V. Hospitalizations

HRST
HEALTH RISK SCREENING TOOL

The HRST Categories and Items

I. Functional Status — 4

- 1 A. Eating
- 0 B. Ambulation
- 0 C. Transfer
- 1 D. Toileting
- 2 E. Clinical Issues Affecting Daily Life

II. Behaviors — 0

- 0 F. Self-Abuse
- 0 G. Aggression
- 0 H. Behavior Support Physical
- 0 I. Behavior Support Chemical
- 0 J. Psychotropic Medications

III. Physiological — 14

- 3 K. Gastrointestinal
- 0 L. Seizures
- 0 M. Anti-Epileptic Medications
- 0 N. Skin Integrity
- 3 O. Bowel Function
- 1 P. Nutrition
- 0 Q. High-Risk Treatments

IV. Safety — 0

- 0 R. Injuries
- 0 S. Falls

V. Frequency of Services — 5

- 2 T. Professional Healthcare Visits
- 3 U. Emergency Room Visits
- 0 V. Hospitalizations

HRST
HEALTH RISK SCREENING TOOL

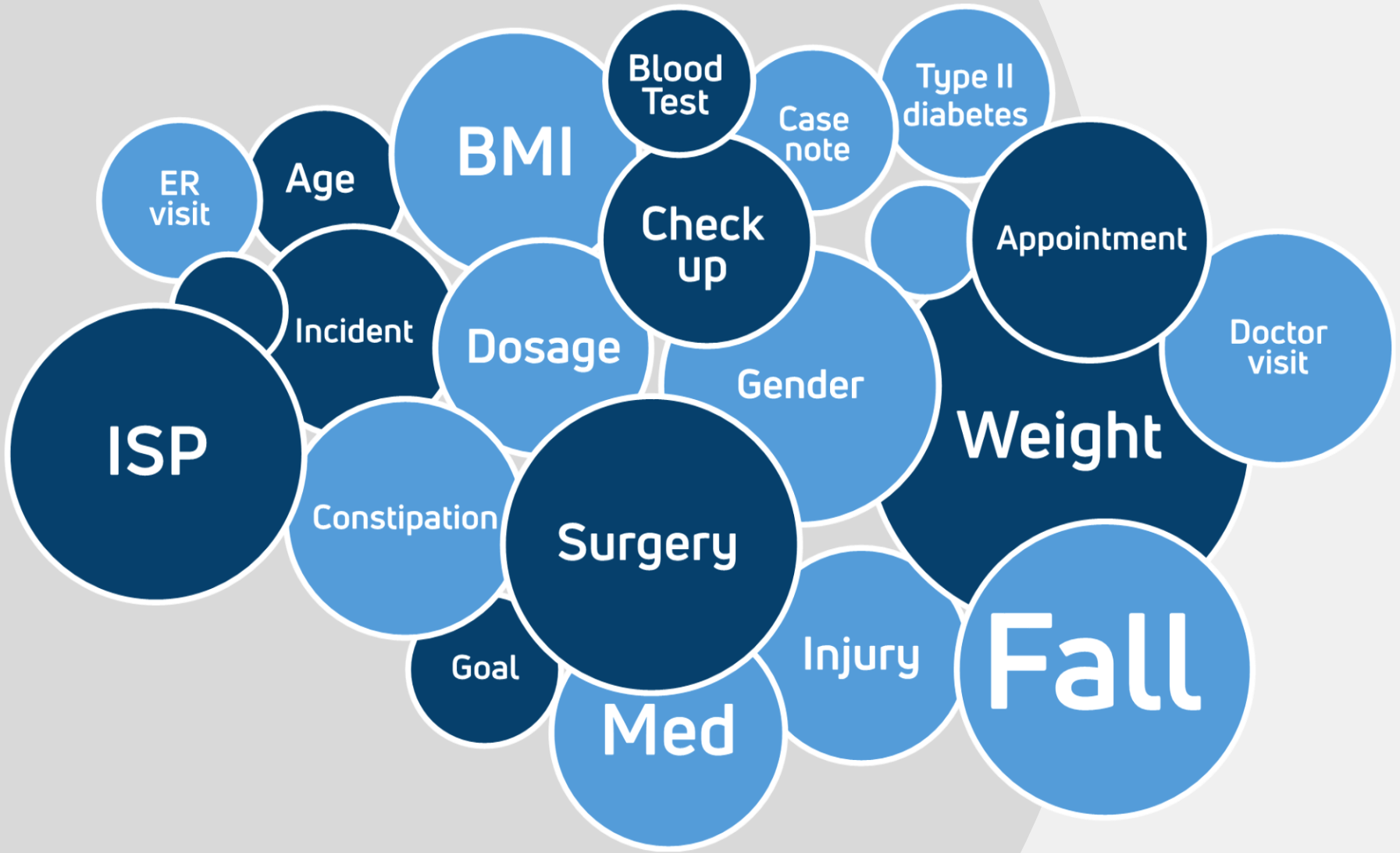
The HRST Health Care Level (HCL)

Level 1
Level 2

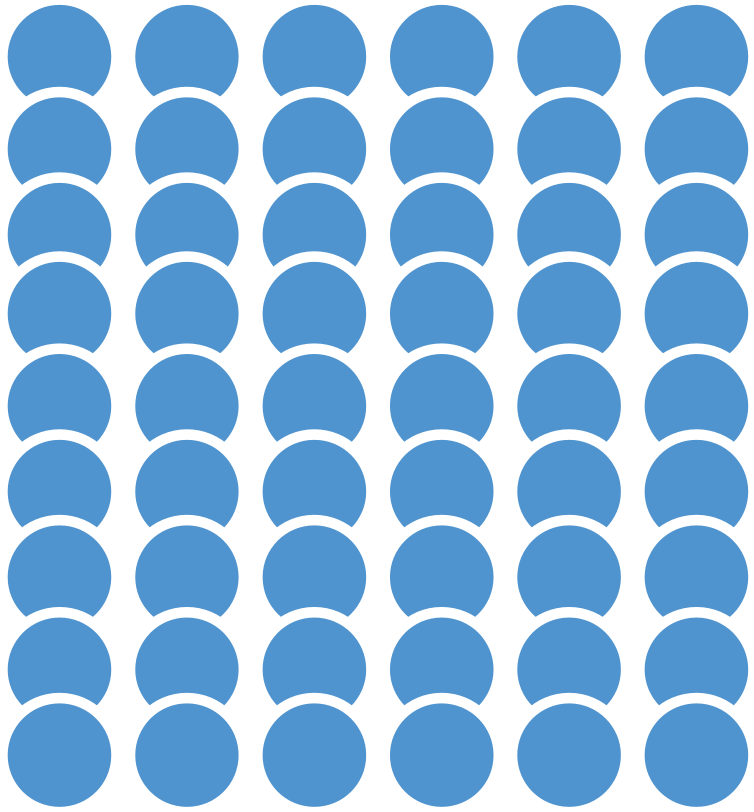
Level 3
Level 4

Level 5
Level 6

Transforming
Data into Action

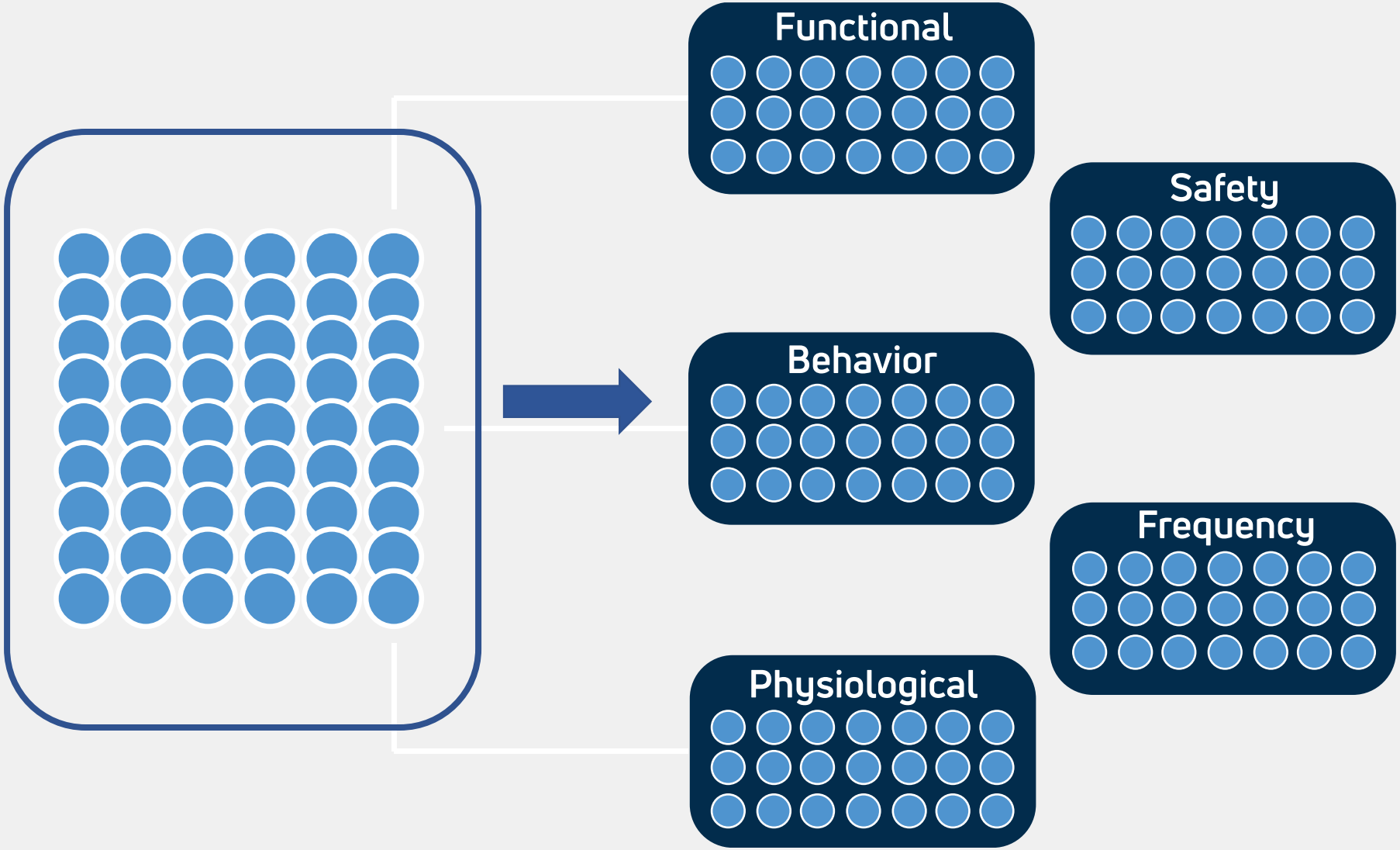

Blood Test
Case note
Type II diabetes
BMI
ER visit
Age
Check up
Appointment
Incident
Dosage
Gender
Doctor visit
ISP
Weight
Constipation
Surgery
Injury
Fall
Goal
Med

So Much Data!



Data Aligned

Data Aligned Into Categories



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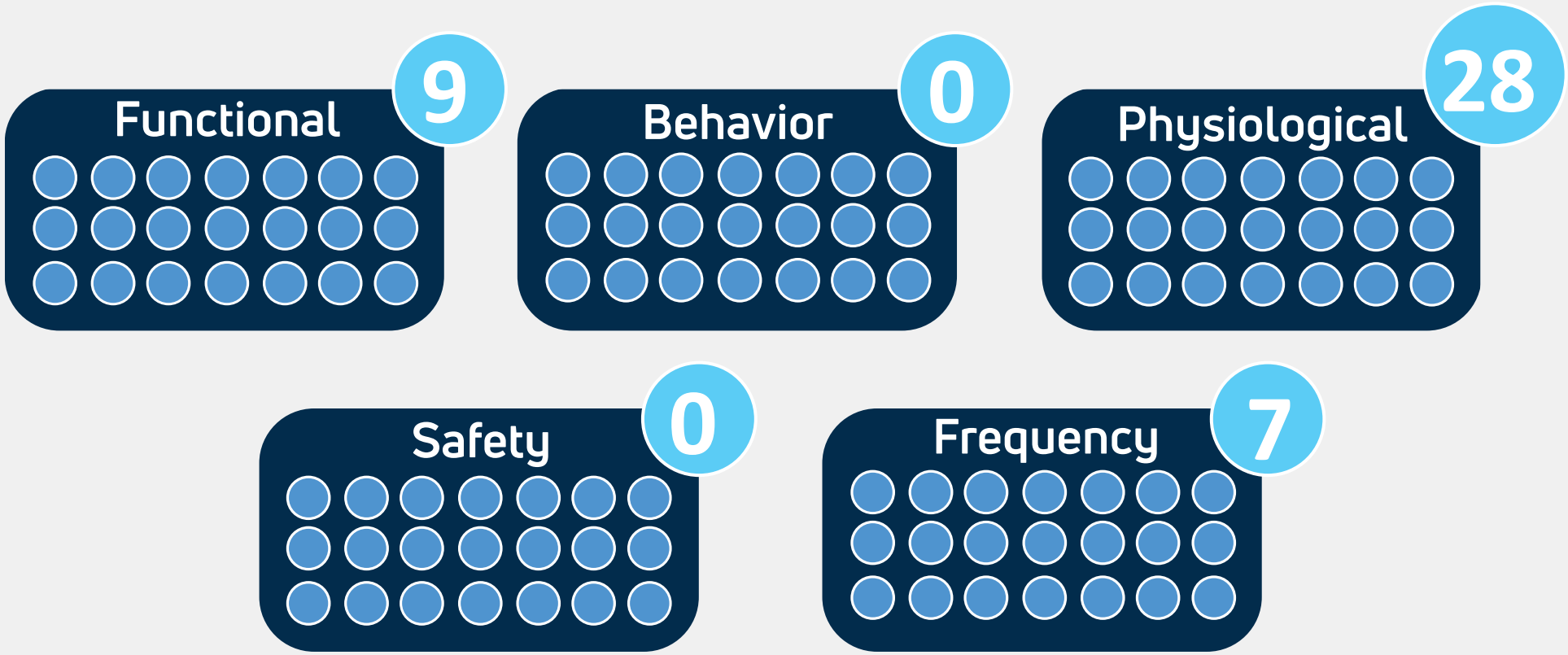
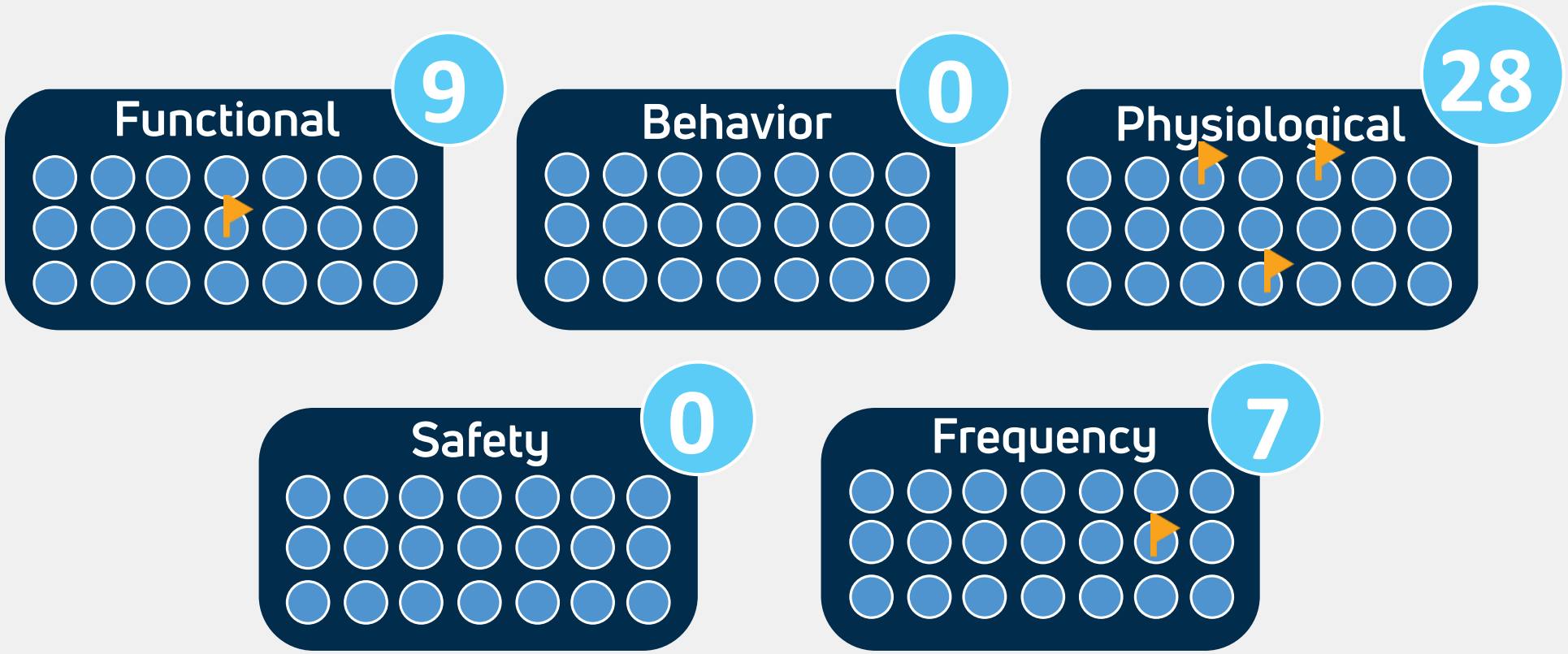
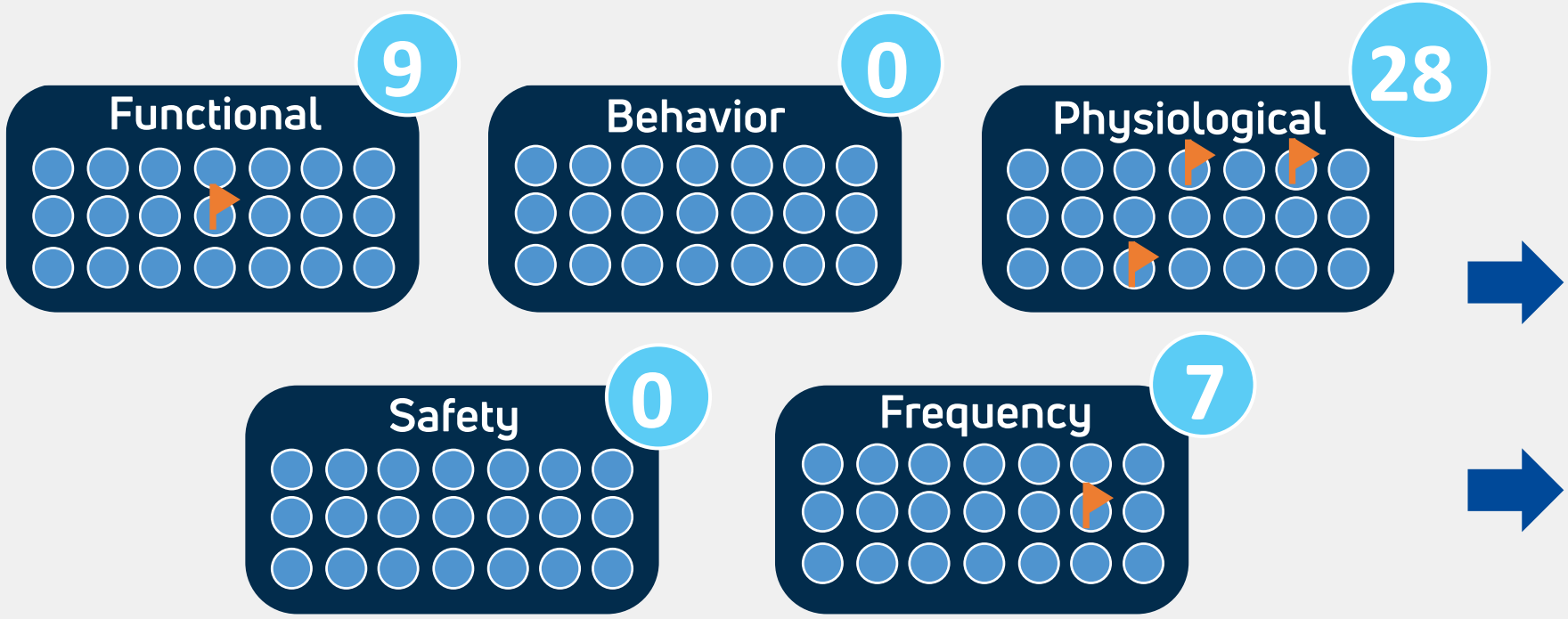
Data Aligned With Category Score



Data Aligned With Category Score



Data Aligned Into Considerations



Service Considerations

Training Considerations

Service Considerations

Service Considerations

Service Considerations

Service Considerations

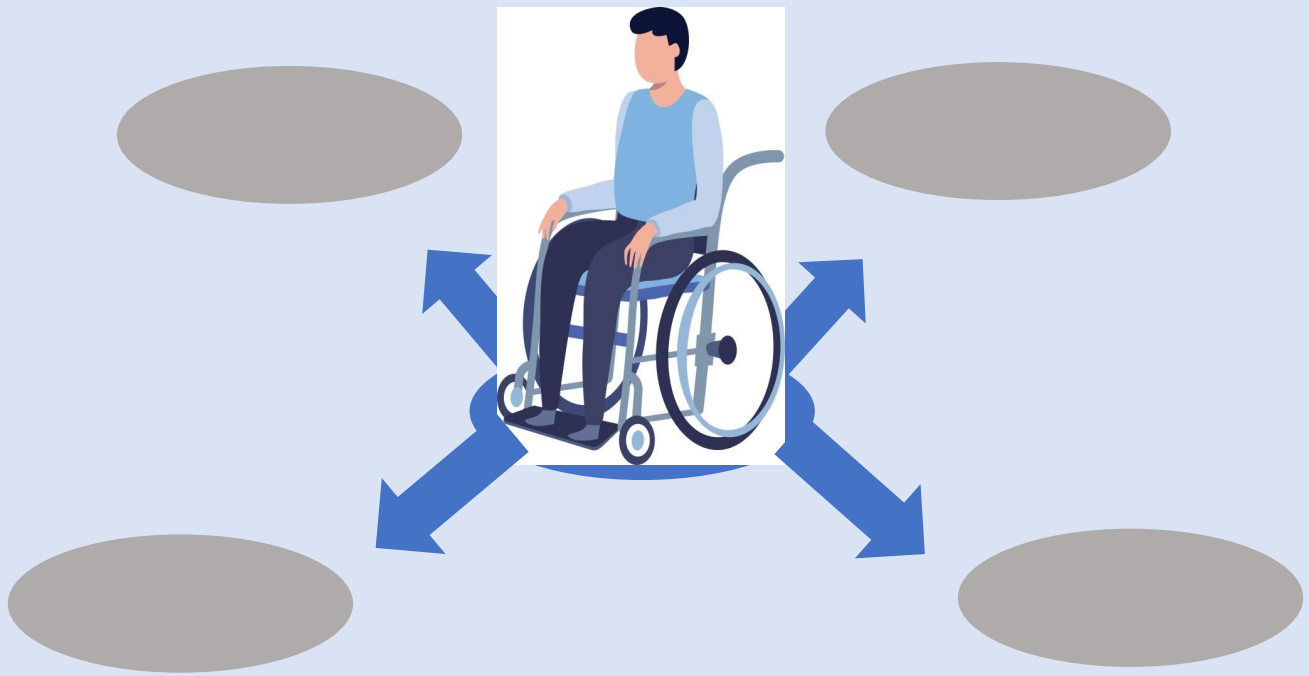
Training Considerations

Training Considerations

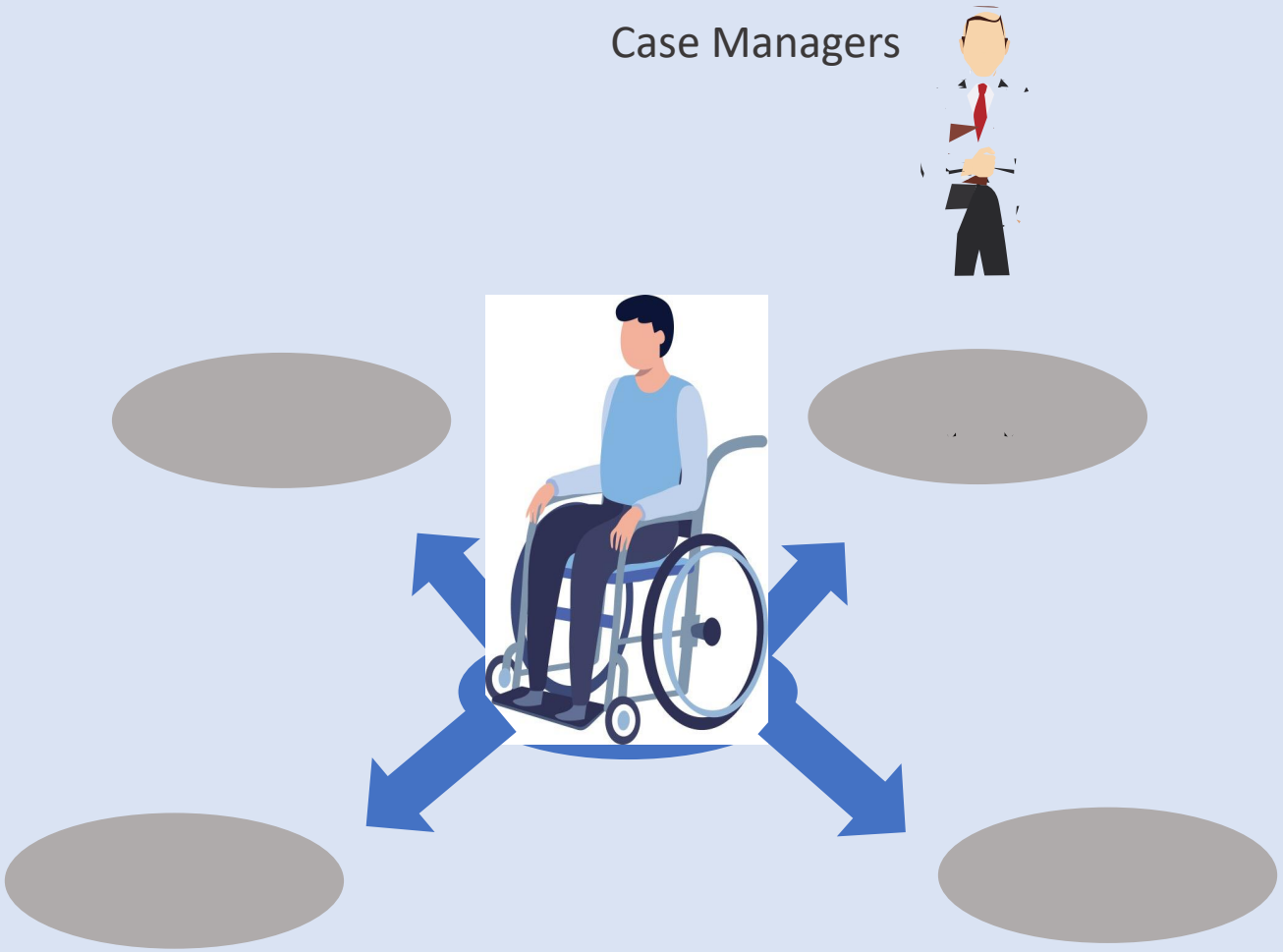
Training Considerations

Training Considerations

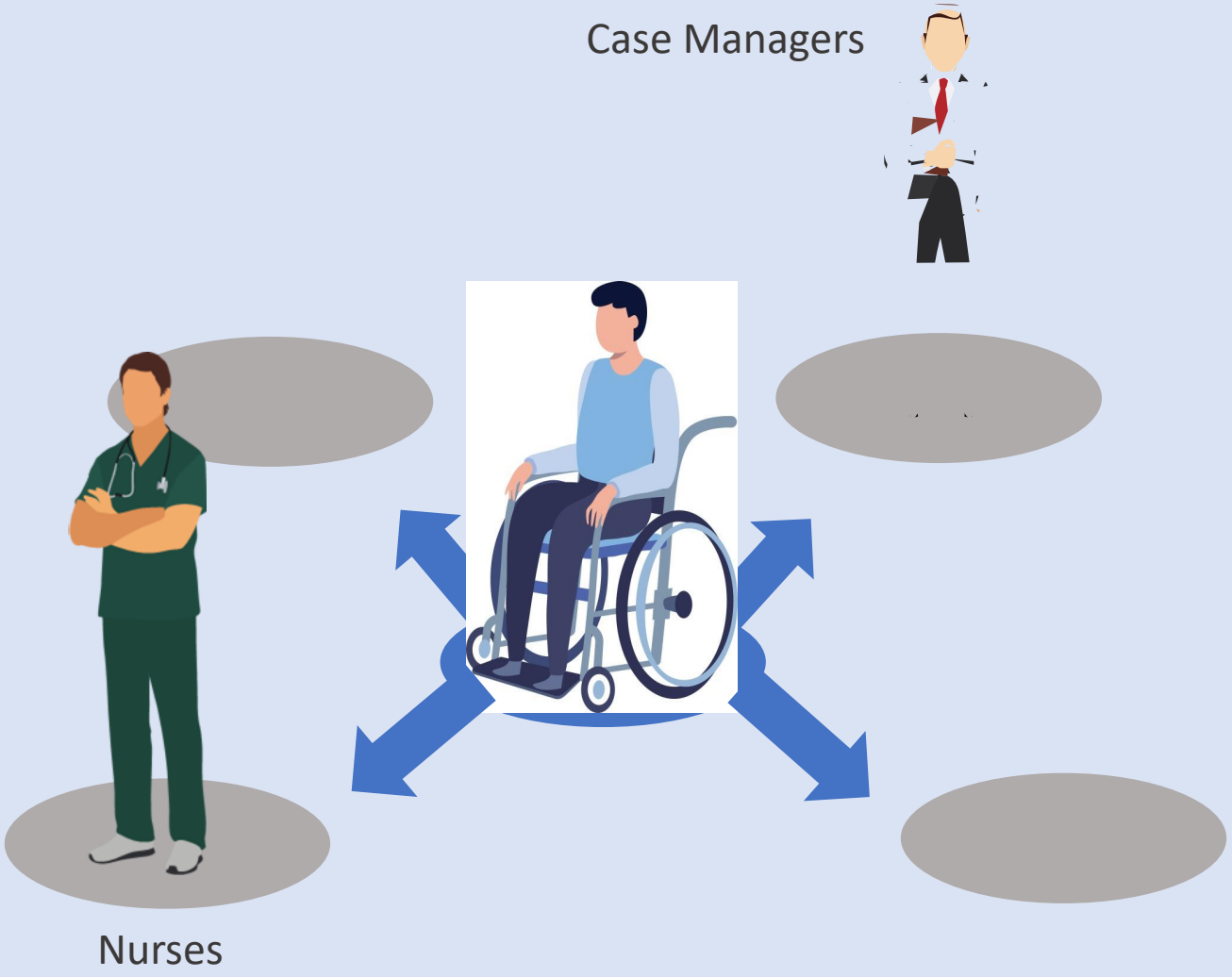
HRST and the Support Team



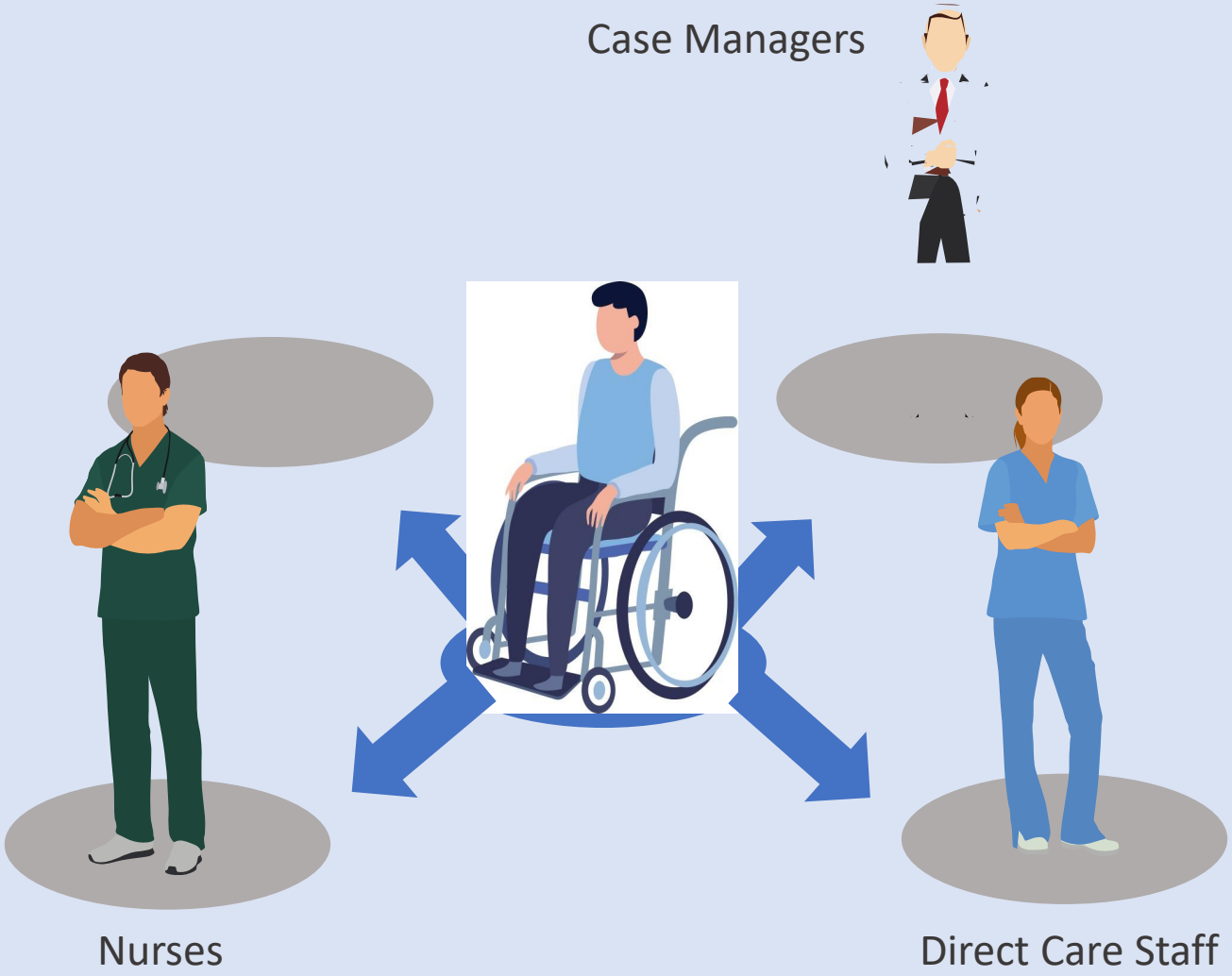
HRST and the Support Team



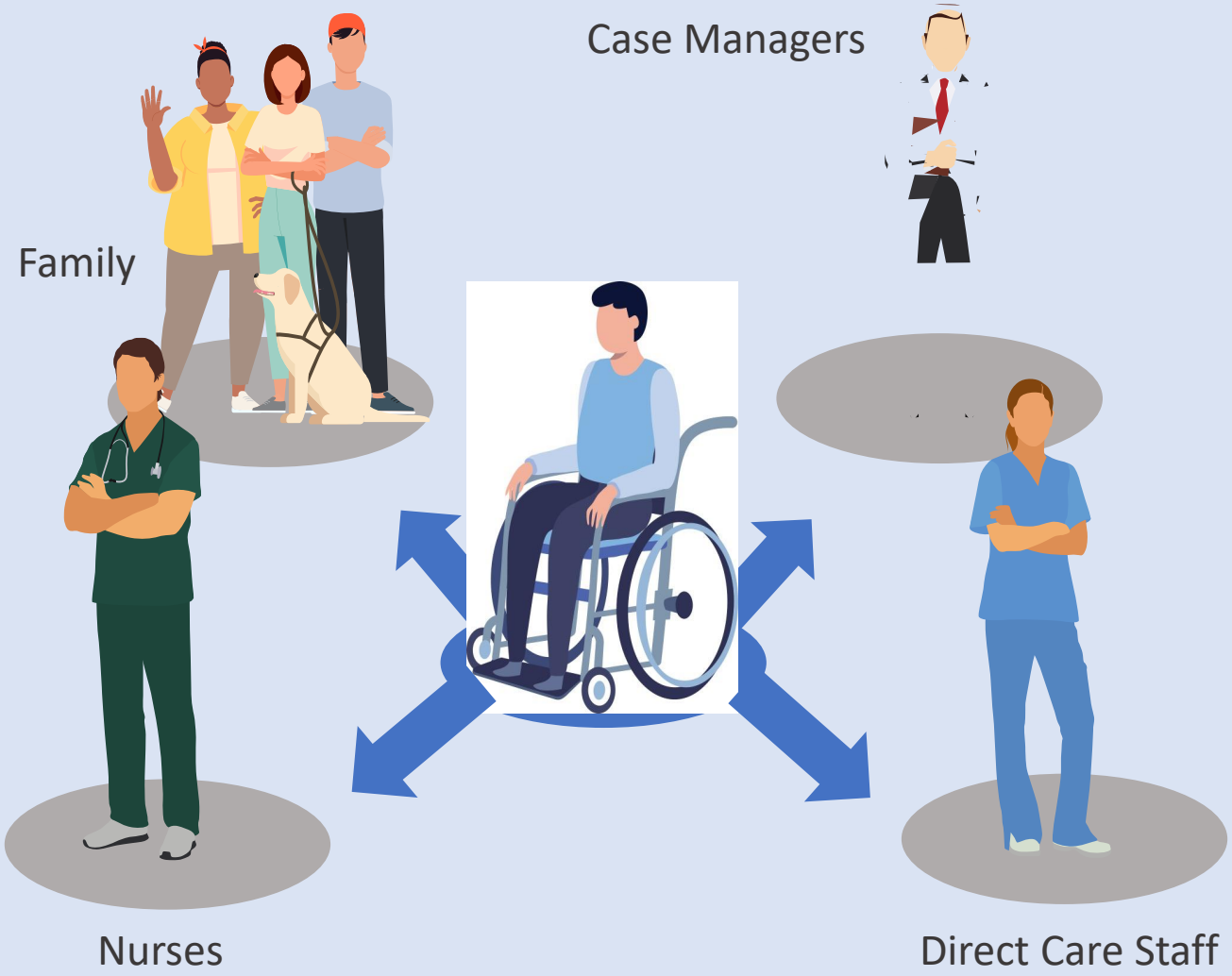
HRST and the Support Team



HRST and the Support Team



HRST and the Support Team



Common Questions

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

HRST
HEALTH RISK SCREENING TOOL

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.)

HRST
HEALTH RISK SCREENING TOOL

What Does it Look Like?

Reporting Features

Reliability

Reliability

- Designed and applied over the last 21 years
- Tested, revised, and extensively field tested
- Internal Consistency Reliability

Data Set	Alpha
March 2011	.828
Sept. 2011	.833
March 2012	.836

Above 0.9	Excellent
Between 0.8 - 0.9	Good
Between 0.7 - 0.8	Acceptable
Between 0.6 - 0.7	Questionable
Between 0.5 - 0.6	Poor
Below 0.5	Unacceptable

- Test-Retest Reliability

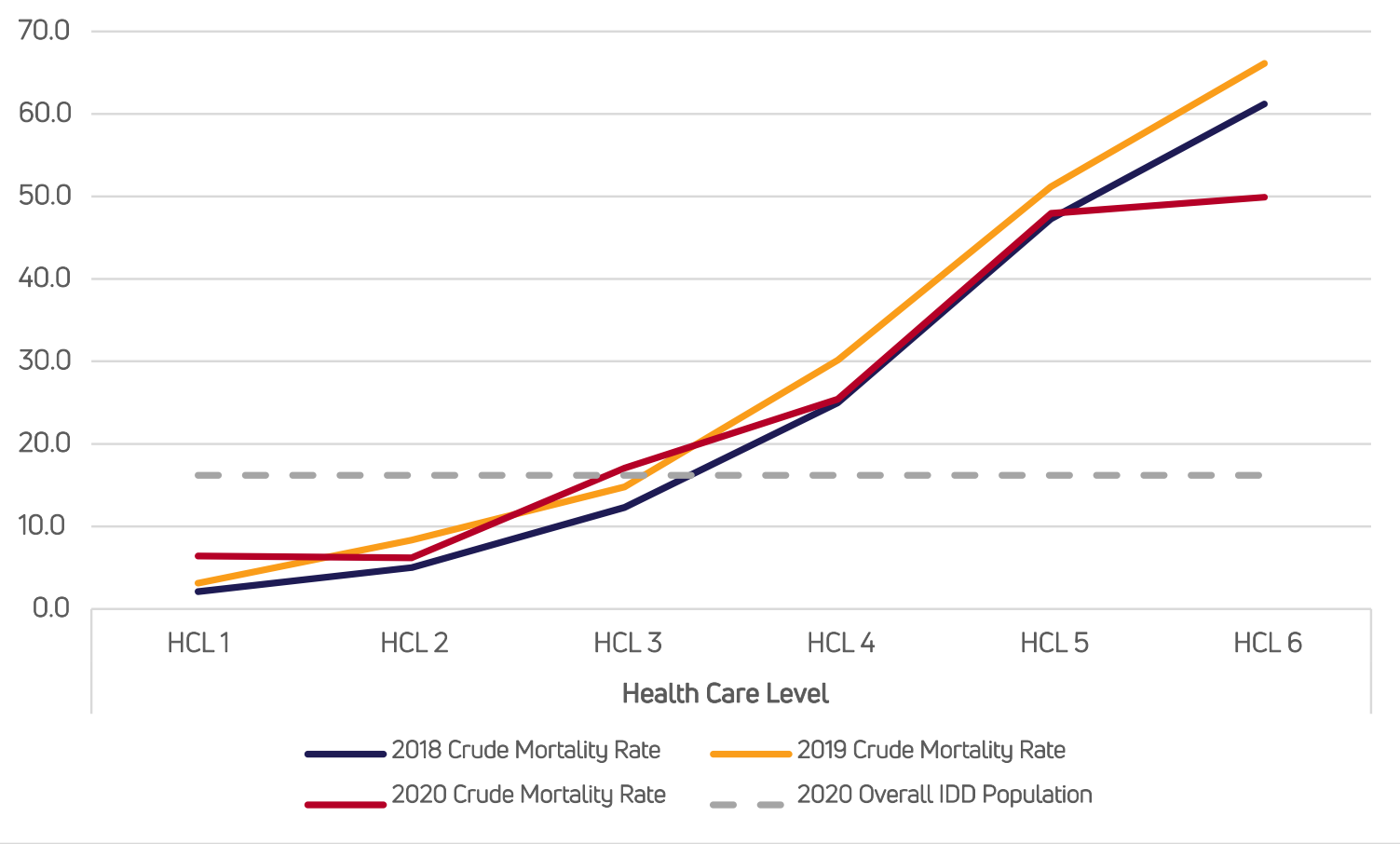
Months Apart	Months Compared	Correlation
6 months apart	March 2011 - Sept. 2011	.958
6 months apart	Sept. 2011 - March 2012	.962
12 months apart	Sept. 2011 - March 2012	.921

Validated by Independent Research

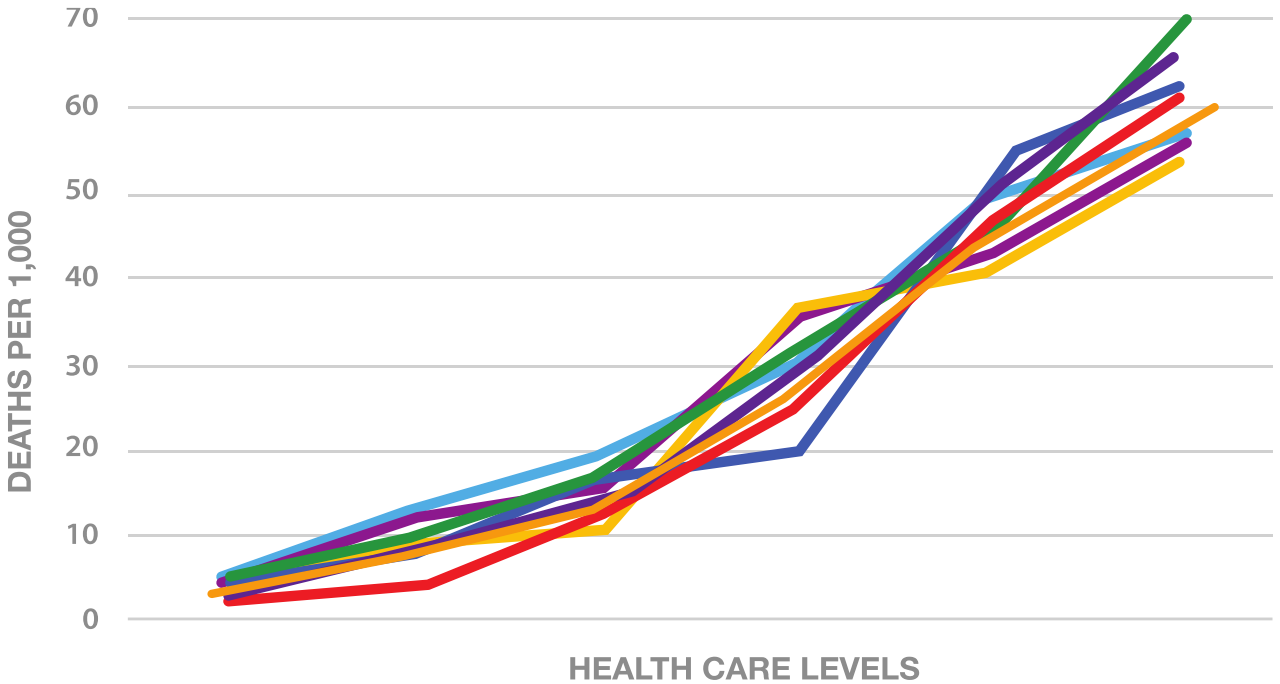
Independent Research

- GA DBHDD
  - J. R. Gravitt – Director, Office of Performance Analysis
- Annual Mortality Reports 2013-2019
  - Focus was on I/DD population, fully screened using the HRST
  - Support correlation between HRST Health Care Level and mortality dynamics

Mortality Rate by HRST HCL 2018-2020

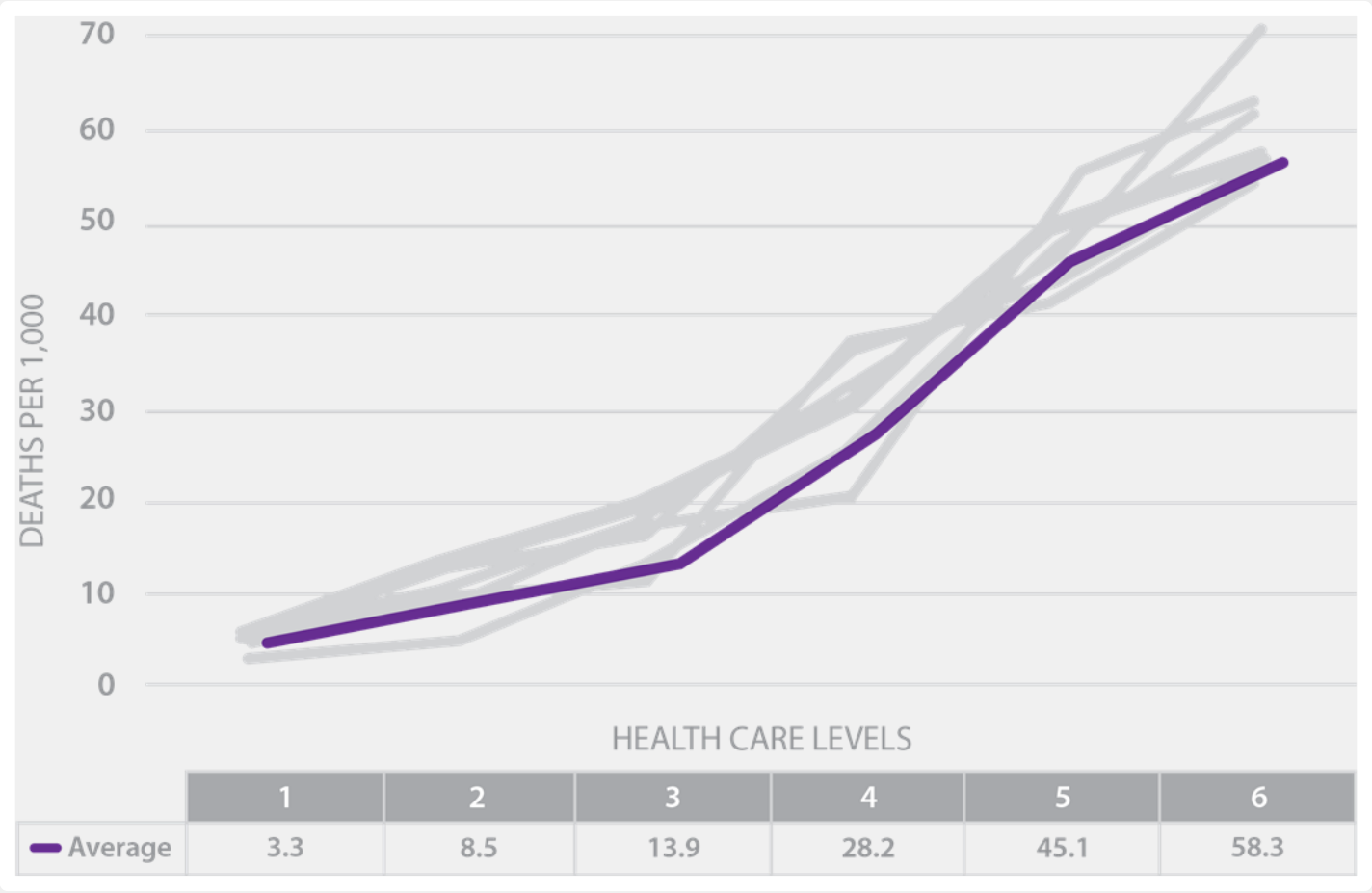


Mortality Rate by HRST HCL 2013-2020



	1	2	3	4	5	6
2013	2.4	9.7	15.6	24.8	40.8	47.7
2014	3.4	9.0	12.1	29.2	35.7	46.7
2015	3.1	9.1	10.7	36.2	40.4	53.5
2016	4.0	8.5	15.8	20.4	54.4	62.7
2017	5.1	9.9	15.9	31.9	45.9	70.1
2018	2.1	5.0	12.3	25.0	47.3	61.2
2019	3.1	8.3	14.8	30.2	51.2	66.1
2020	6.4	6.2	17.1	25.4	47.9	49.9

Mortality Rate by HRST HCL



	1	2	3	4	5	6
Average	3.3	8.5	13.9	28.2	45.1	58.3

HRST
HEALTH RISK SCREENING TOOL

Journal of Nursing Measurement

- 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."**

Use of HCL

Use of HCL

- Risk stratification
- Enables ongoing monitoring of the person throughout their time in services
- Objectively determines who needs or does not need clinical services
- Determination and assignment of caseload
- Provides the organization a way to monitor locations/groups for quality assurance/improvements

Outcomes

- 10% of persons served saw a decrease in HCL
- 9% decrease in ER/Urgent Care visits
- 20% decrease in preventable healthcare medications
- 25% decrease in Falls

- **$13,812 saved in ER visits alone**

Questions?

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