

Health Risk Screening Tool Protocol

The Health Risk Screening Tool (HRST) is used to determine where an individual is currently or most likely to be vulnerable in terms of the potential for health risks and destabilization. The greatest vulnerability to health risk could be exhibited or experienced among those individuals whose services are periodic or less intense than for someone who needs daily nursing care. The HRST assigns scores to 22 rating items. The total points result in the assignment of a Health Care Level (HCL) that indicates an associated degree of health risk. HCL's can span from 1 to 6; with Level 1 being the lowest risk for health concerns and Level 6 being the highest risk. It is important to understand that the HRST measures health risk not disability.

Important:

The HRST has been shown to be prognostic of longevity and mortality. It is vitally important that anyone using the HRST pay attention to increases in any of the 22 rating items and the HCL. Action should be taken immediately regarding increases. To minimize the chance of scoring or HCL increases, it should be the goal to preventatively support individuals at their current risk level with the goal of lowering that risk when at all possible.

Uses of HRST

- Early identification of health risks reduces and prevents complications or unnecessary death
- Assist the team in responding to identified health risks appropriately
- Identify the need for increased monitoring of a person's health
- Identify additional service and training needs to minimize identified risks
- Assist staff and physicians in determining root cause

Residential Provider Responsibilities

Complete the HRST

- Raters must complete the HRST online rater training.
- Residential service providers shall complete the HRST for inclusion as part of the person centered service plan (PCSP) development. The HRST shall be completed online at: <https://kydd.hrstapp.com/>.

Timeline for Completion and Upload of HRST

- The **initial** HRST shall be completed by a trained licensed (Licensed Practical Nurse or Registered Nurse) HRST rater for each waiver participant **within 30 days** of the initiation of SCL residential services.
- The HRST shall be **updated** by any trained (licensed or non-licensed) HRST rater **at least annually in time to be used as part of the person centered service plan (PCSP) development.**

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- The HRST shall be **updated** by the residential provider **within 10 business days of any significant change** in a person's health, functional or behavioral status including but not limited to:
 - Medication or Diagnosis change
 - Hospitalization
 - Emergency room/critical care visit
 - Significant behavioral change
 - Communication by person of changes to how they feel
 - Applicable changes to any of the 22 rating items
- The residential provider shall **upload** each completed HRST into MWMA **within 7 business days of its completion and notify the Case Manager.**

Case Management Responsibilities

- Case Managers are required to take two eLearn courses: *An Orientation to the HRST for Case Managers* and *Using the HRST Considerations to Reduce Risk*. To access these required courses, please email kysupport@replacingrisk.com as outlined in the **HRST Training and Communications** section of this protocol
- During the person centered service plan development or modification, the Case Manager shall facilitate the person's team in identifying monitoring and staff training requirements that are required in order to mitigate risk and in meeting the person's needs. The Case Manager uses the HRST Service and Training Considerations to identify other potential services and staff training that may be needed. The team decides applicability, priority, and follow up to the Considerations.
- If the HCL increases, the team shall reconvene to determine actions that need to be taken to address the rise in health risks. If warranted, the Case Manager shall submit a modified person centered service plan in MWMA.
- The Case Manager shall use the HRST Scoring Summary during monthly visits to ensure appropriate monitoring and that staff training is occurring to oversee health and safety.
- Any deviation from the identified action approved by the person's team shall be noted in the case management summary and on the tracking report.
- The Case Manager shall request explanation for deviation and shall take appropriate action to notify the person's team members and follow up.
- The Case Manager shall request Supports Intensity Scale (SIS) reassessment through completion of the Annual Review Protocol (ARP) as appropriate if there is a significant change in the person's needs not reflected in the current SIS.

DDID Nurse Responsibilities

- DDID nurses shall successfully complete the HRST online rater training and the HRST Clinical Reviewer training in order to complete clinical reviews of the HRST

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- DDID nurses shall complete a clinical review for **all initial** HRSTs within 30 days of completion.
- DDID nurses shall complete clinical reviews of HRSTs HCL score of three (3) or higher within 30 days of the initial **HCL score of three (3) or above and annually thereafter.**

HRST Training and Communications

- Email kysupport@replacingrisk.com to request an account and/or training. It is important to include this information:
 - First and Last Name:
 - Degree Credentials (e.g. RN, LPN, BS, BA):
 - Your role (rater, case manager, DSP, etc):
 - Phone and Email:
 - Attest that the email provided is an individual (not group) email address:
 - Employing/Contracting Provider:
 - Provider Number (to ensure accuracy of provider assignment):
 - Desired account (regular or training only):
- The HRST knowledgebase contains general documentation related to the use of the HRST, and can be accessed with or without a user account at: <https://support.replacingrisk.com/portal/en/kb/intellectability>
- Kentucky specific documentation, including this protocol, can be located in the Client Documentation section of the HRST. It can be accessed with or without a user account at <https://kydd.hrstapp.com/documents.php>.
- Direct Support Professionals (DSP) are encouraged to view the brief 10-minute video training in the knowledgebase link regarding using the HRST Monthly Data Tracker. When changes on the Monthly Data Tracker are noted, the DSP should alert the HRST Rater so that the HRST can be updated accordingly.
- Everyone with an HRST account has access to additional training by clicking on the graduation cap icon toward the top right of their screen.
- All HRST users are encouraged to read the monthly newsletter that is sent to all users

Assistance and Additional Information

- HRST information is available for downloading and printing, with a person's consent, and taken to their health care appointments to use in the ongoing review of the persons health history.
- DDID regional nurses, along with HRST personnel, are available to provide technical and clinical assistance.
- HRST users can receive clinical support from the HRST clinical team by emailing: kyclinassist@replacingrisk.com
- HRST users can receive technical support from the HRST technical team by emailing: kysupport@replacingrisk.com