**HEALTH RISK SCREENING TOOL**

# COVID-19 and the HRST: Scoring Impacts

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# Before We Get Started…



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JNM
Journal of Nursing Measurement

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▶ A study focused on the HRST was just published in the peer reviewed *Journal of Nursing Measurement* and is being released today!

▶ "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."

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# Today We'll Discuss…

▶ **The latest on COVID-19**
  - ▶ Dr. Craig Escudé

▶ **How to use the HRST Reporting Suite to capture important information**
  - ▶ Brandon Lancaster

▶ **COVID-19 and HRST Scoring Impacts**
  - ▶ Sherry Neal

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# COVID-19

What We Know As of Today

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# What we know Today

▶ SARS-CoV-2 Coronavirus - COVID-19
▶ Coronaviruses first discovered in the 1960s likely around for hundreds or thousands of years
▶ Coronaviruses are responsible for 15-30 percent of common colds
▶ Some strains like COVID-19 and SARS can be more dangerous
▶ There are viruses that have higher rates of death like Ebola 50%, SARS 9.6%, MERS 20-40%
▶ There is no vaccine for COVID-19
▶ Immunity against coronaviruses may not be long-lasting

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# Transmission of COVID-19

▶ Person to person
  ▶ Even if not showing symptoms
  ▶ Respiratory droplets

▶ Contact with contaminated surfaces
  ▶ General preventative measures

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4/20/20

## How long can it live on surfaces?

- ▶ Up to 4 hours on Copper
- ▶ Up to 24 hours on cardboard
- ▶ Up to 2-3 days on plastic and stainless steel
- ▶ Up to 3 hours in aerosols

Take home?
CLEAN - SANITIZE - PREVENT

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## General Prevention

- ▶ Wash you hands for 20 seconds and use hand sanitizers 60% alcohol
- ▶ Keep hands away for face, especially eyes, nose and mouth
- ▶ Avoid close contact with others who are ill or infected
- ▶ Stay home if you are ill
- ▶ Cover your cough or sneeze
- ▶ Regularly clean and disinfect objects like light switches, keyboards, cell-phones, eyeglasses, etc.

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# Risk of Serious Health Effects

▶ CDC
- ▶ Age over 65
- ▶ Lung disorders
- ▶ Heart disease
- ▶ Immune deficiencies
- ▶ Severe obesity

▶ Some with IDD
- ▶ Decreased respiratory capacity
- ▶ Asthma
- ▶ Frequent pneumonia
- ▶ Chronic silent aspiration

May be more susceptible to severe illnesses from COVID-19

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# Where to get information

▶ Trusted sources for the latest information
- ▶ Center for Disease Control
- ▶ National Institute of Health
- ▶ World Health Organization

▶ Other organizations that you have trusted before
- ▶ ANCOR –ANCOR.org
- ▶ Administration for Community Living- ACL.gov
- ▶ American Academy of Developmental Medicine and Dentistry – AADMD.org/prepare
- ▶ Developmental Disabilities Nurses Association- DDNA.org
- ▶ National Association of Direct Support Professionals –NADSP.org
- ▶ Health Risk Screening, Inc – hrstonline.com

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# Risk of Losing Supports

▶ Family members and Support Staff
- ▶ Become ill, themselves
- ▶ Have an ill family member
- ▶ Have no childcare
- ▶ Become overworked

▶ Agencies
- ▶ Lose operating funds
- ▶ May not be able to stay open
- ▶ May not be well-staffed
- ▶ May not be able to return after pandemic

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# General Preparedness

▶ Monitor for signs and symptoms –notify healthcare providers if present

▶ Ensure adequate supply of a persons' prescription medications

▶ Ensure adequate supply of "cold" medications

▶ Have usable thermometers and other equipment available (Pulse Oximeter)

▶ Utilize delivery services for groceries and other household items

▶ Wear masks in group settings

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## General Preparedness

- ▶ Have a list of emergency contacts updated and available
- ▶ Identify an area where a person might be quarantined if needed
- ▶ Present a calm and controlled appearance and environment
- ▶ Create or update a Health Passport HRSTonline.com
- ▶ The Health Passport is rolling out within the HRST application this week!

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## General Preparedness

- ▶ Model good hygiene
- ▶ Educate people with appropriate levels of information
- ▶ Teach people you support about good hygiene measures
- ▶ Consider pets in homes
- ▶ Create quarantine kits

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# Quarantine Kit Suggestions

▶ Masks

▶ Eye goggles/protective gear

▶ Gloves

▶ Gowns

▶ Disinfectant spray

▶ Alcohol wipes

▶ Antibacterial soap

▶ Additional Sanitizer wipers as well for surfaces

▶ Air mattresses/bed sheets

▶ Snacks

Thanks to FREE in NY for sharing this list -  familyres.org

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# General Preparedness

▶ Ensure, whenever possible, that people maintain their usual routines

▶ Ensure access to medical care – consider telemedicine

▶ Take care with what is watched on television when people may become overly anxious or agitated from what is seen on the news

▶ Stay informed of what's happening using trusted sources

▶ Utilize tools you already have to identify who is at most risk - Health Risk Screening Tool

  ▶ HRSTonline.com

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# HRST Report Suite

Drilling Down to the Information
that Matters

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# Reporting in the HRST

▶ The HRST contains a vast amount of
valuable data for the people you serve.

▶ Understanding how to properly utilize the
Standard and Custom Reporting functions
in the app will allow you to leverage and put
that data to good use.

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# Report Types

▶ **Standard Reports**
  ▶ Available by default in the HRST system
  ▶ Have predefined conditions
  ▶ Serve to report specific data that is widely useful to users as a whole

▶ **Custom Reports**
  ▶ Designed by you, the user
  ▶ Draws on fields throughout the system
  ▶ Can be used to create complex, specific reports

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# Accessing Reports - Standard

▶ **Standard Reports**
  ▶ Can be accessed from the Reports menu item while on specific pages.

  ▶ Can be pulled in two different ways:

  ▶ Group
     ▶ Group Reports are pulled from pages where multiple records of data are view. For example, the Persons Served list page

  ▶ Individual
     ▶ Individual Reports are pulled from individual records. For example, an individual's record.
     ▶ Results can be viewed in-app or exported to Excel or PDF

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# Standard Report Example

▶ BMI Info
  ▶ Shows current height, weight, and calculated BMI for persons served
    ▶ Persons who are obese are prone to experience a more severe illness related to COVID-19

▶ Vital Signs Info
  ▶ Shows vital signs measurements for persons served

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# Accessing Reports - Custom

▶ **Custom Reports**
  ▶ The Custom Reports builder and My Custom Reports can be accessed from Reports menu item from any page
  ▶ Results can be viewed in-app or exported to Excel or PDF

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# Custom Report Example

▶ An example of a Custom Report that might indicate who are the most susceptible to a serious infection or have a greater likelihood of having serious consequences will have the following criteria:

  ▶ Item A. Eating is greater than or equal to a score of 3 AND
  ▶ Item P. Nutrition is greater than or equal to a score of 3 AND
  ▶ Item Q. High Risk Treatments equals a score of 4 AND
  ▶ Item T. Professional Health Care Services is greater than or equal to a score of 3

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# Scheduling Reports

▶ **Reports Scheduler**

  ▶ Can be configured from the results page for both Standard and Custom reports
  ▶ Can be set to deliver Daily, Weekly, or Monthly
  ▶ Can be configured to deliver a PDF or an Excel file
  ▶ Existing Scheduled Reports can be managed from the Reports menu item by selecting Reports -> Scheduled Reports

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# COVID-19 and the HRST

Scoring Impacts

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# How can COVID-19 affect scores?

▶ Depending on the severity of the condition it can affect all 22 rating items

▶ Let's look at a couple from each of the 5 categories and how being diagnosed with this disease can change scores

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# Category 1 – Functional Status

► Item A – Eating
  ► Difficulty coordinating breathing and swallowing
  ► Fatigue may affect ability to feed self or eat without interventions
  ► Fever may reduce appetite
  ► Score could be 0-4
  ► Partially fed by tube
    ► Inability to obtain adequate nutrition orally

  ► NPO, tube feeding due to
    ► Inability to eat safely, aspiration
    ► On a ventilator with no other means of nutrition

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# Item E – Clinical Issues

► If no symptoms but asked to stay at home like general population, there will be no change in Item E

► Item E - any symptoms
  ► Increase in healthcare visits
    ► Office or telehealth visits to healthcare practitioners
    ► ER visits
    ► All days of any hospitalization(s)
    ► Lab testing
    ► X-rays

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# Item E

▶ Count all days in isolation (if have disease)
  ▶ Increase in mental health issues
    ▶ Depression
    ▶ Exacerbation of self-abuse or aggression
  ▶ Increase in seizures

▶ Remember it is the number of days that are affected, not the number of issues
  ▶ A person that is diagnosed with COVID-19 will be in isolation, so every day of isolation will count
  ▶ If a person is in isolation, has a seizure, has a telehealth visit and has increased aggression, it will count as one day affected

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# Category 2 - Behavior

▶ Item I – Behavior Support-Chemical
  ▶ Increase in use of PRN psychotropic medication for increase in self-abuse, aggression, anxiety, sleep or other behavioral or mental health issues

▶ Item J – Psychotropic Medication
  ▶ May have a temporary increase in current routine, scheduled medication or the addition of a new medication to control anxiety, sleep disturbances, behaviors, depression

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# Category 3 - Physiological

▶ Item N – Skin Breakdown
- ▶ Lethargy and body aches may cause the person to lie for long period in the same position
- ▶ Surgical opening for a gastrostomy tube (G-tube)
- ▶ Self-abuse
- ▶ Persistent diarrhea that often occurs with new tube feeding or due to reduced ability to fight off other infections such as Clostridium Difficile (C. Diff)

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# Item Q

▶ Item Q: situations that may apply
- ▶ Tracheostomy suction daily for 14 consecutive days
- ▶ Ventilator dependent for 7 consecutive days
- ▶ Nebulizer treatments daily for 30 consecutive days
- ▶ Daily or more frequent deep suction for 14 consecutive days
- ▶ Sliding scale insulin
- ▶ IV or PICC access daily for 7 consecutive days
- ▶ 1:1 staffing for behavioral purposes for 14 consecutive days

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# Category 4 - Safety

▶ Item R – Injuries
  ▶ Falls
  ▶ Self-abuse
  ▶ Aggression
  ▶ Pulling out endotracheal tube
    ▶ Impacts Item H. Behavioral Support – Physical

▶ Item S – Falls
  ▶ Weakness or delirium
  ▶ Bed or chair
  ▶ Intentional

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# Category 5 – Frequency of Services

Item T – Professional Healthcare Services
▶ Increase in healthcare visits
  ▶ Office or telehealth visits to healthcare practitioners
  ▶ Lab testing
  ▶ X-rays

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# Category 5

► Item U - ER Visits

  ► ER is often where the person goes for diagnosis

  ► Count ER equivalents such as an urgent care walk-in clinic, etc. where they can provide the same services as an ER

► Item V – Hospitalization

  ► Through ER

  ► Direct admission

  ► If discharged from acute care hospital and then admitted to an ICF or Rehab facility, Item T will score for 2 hospitalizations

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# When should you re-rate the HRST?

► When the person is discharged from a higher level of care facility to home

► When the person is considered to no longer have the disease

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# Re-rating

- ►Review all 22 rating items
- ►Obtain as many hospital records as you can
  - ► Admission and discharge summaries
  - ► Medication administration records
  - ► Tracking sheets for bowel movements, seizure activity, repositioning, wound care, etc.
- ►The hospital information will enable you to capture all the hospital activities and treatments that can increase areas of risk

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# Additional Resources

- ► HRS is proud to be your go-to source for information on the impact of COVID-19 on the IDD community.

- ► For information please visit our website at HRSTonline.com to access up-to-date information and upcoming webinars.

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# We are here to help!

▶ Use the support email addresses you were given

   OR

▶ Click "Contact Support" on the HRST log in page

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