



**Utilizing the Monthly Data Tracker to Identify and Communicate Early Health and Behavioral Issues**

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**Training Objectives**

1. Orientation to the HRST
2. Define the Monthly Data Tracker (MDT)
3. Identify the importance of the MDT
4. Identify who completes the MDT
5. Determine when the MDT is completed
6. Learn how to complete the MDT



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**Orientation to the HRST**



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### 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 (TBI)
- Any Vulnerable Population

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### How does the HRST work?

The HRST is a simple 22 item scale designed to find out which individuals 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.

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### The HRST Categories and Items

**I. Functional Status**

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

**II. Behaviors**

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

**III. Physiological**

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

**IV. Safety**

- R. Injury
- S. Falls

**V. Frequency of Service**

- T. Professional Health Care Services
- U. ER Visits
- V. Hospitalizations

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### 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 assessments or evaluations 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




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### The Need for Health Risk Screening in the I/DD Community

- Early detection and action saves lives!
- Quality of life is directly related to quality of health
- Those who serve the person most directly often have little to no clinical training on identifying the emergence of health related risk or destabilization




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### The Need for Health Risk Screening - continued

Major signs of risk can go unappreciated or masked by I/DD attributes (i.e. behaviors, inability to communicate verbally)

Communication between care providers is sometimes lacking




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### HRST's Benefits / Outcomes

- Detects health destabilization EARLY
- Empowers care providers to respond appropriately to identified health risks
- Determines overall level of health risk based on objective criteria
- Helps reduce preventable deaths

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### Understanding Risk Level

Numerical totals of Rating Items are assigned HEALTH CARE LEVELS associated with DEGREES OF HEALTH RISK:

- 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**

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### Low Risk Features:

- Level 1
  - No or MINOR health care concerns over the past year
  - No destabilization in the past year
- Level 2
  - Minor issues that have been stable over the past year
  - Healthy person who had an injury or illness needing medical attention

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### Moderate Risk Features:

- Level 3
  - One or more issues needing management in the past year
  - Healthy person with a health care crisis in the past year
- Level 4
  - Multiple issues needing management in the past year
  - Destabilization of one or more health issues



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### High Risk Features:

- Level 5
  - Multiple issues needing frequent professional intervention
  - MAJOR health event in an otherwise healthy individual
- Level 6
  - Life is centered around managing their health issues
  - Individuals can go from a 1 to a 6 with a single event
  - Item Q is scored 'Yes'



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### Understanding the MDT



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### What is the Monthly Data Tracker (MDT)?

- The Monthly Data Tracker (MDT) is a simple, one page tracking document used to collect and communicate HRST information to the Rater (*a person who has been trained to complete changes in the web-based application*) so that the web-based application can be kept current
- One years' data is collected on one document
- The MDT is kept with the individual to easily and quickly note changes

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### Why Complete the MDT?

- Once data is collected into the document, it is communicated and shared with the 'Rater'
- The 'Rater' then changes items in the web-based application so that it can be kept up-to-date and accurately reflect the individual and their current health risk level at all times
- The MDT is simply a **communication tool** between persons that support the individual
- Helps note early emerging health patterns and trends affecting the person

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### Who Completes the MDT?

The person completing the MDT can be referred to as the 'Reporter'

The 'Reporter' can be anyone who directly supports the person

It is important for the 'Reporter' to quickly recognize and record changes with the individual on the MDT

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### When is the MDT Completed?

- Monthly
- Any time there is a change in a person's usual patterns and trends
- Shared with the 'Rater' as changes occur so that the web-based application can be updated

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### Best Practices

- Update the MDT as soon as applicable or as soon as changes occur
- When items on the MDT change, ensure the 'Reporter' makes the 'Rater' aware so that the HRST web-based application can be updated as soon as possible
- REMEMBER – the MDT is simply a **means to communicate** important information between persons that support the individual

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### IMPORTANT!

It is the responsibility of the trained HRST Rater to confirm and validate the information entered on the MDT prior to updating the web-based application

The 'Rater' may need to verify or clarify information placed on the MDT to ensure that the web-based application is updated appropriately

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## Completion of the Monthly Data Tracker

Let's review a sample

What do all the numbers and marks mean?



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## Summary

The MDT is a communication tool that assists in the accurate scoring of the HRST

It is printed out and filled in by hand

It is updated by the 'Reporter' any time there is a change to any of the items listed

It shared with the 'Rater' at least monthly

It allows 'Raters' to see trends, detect root cause, and identify specifically when health destabilization started



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## How can I get it?

Email the Clinical Director at [mdclinassist@hrstonline.com](mailto:mdclinassist@hrstonline.com)

Download the handout attached to this webinar

Request a copy from an HRST Rater



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### Additional Resource

An abbreviated version of this training can be found at:

<http://hrstonline.com/support/mdt/mdt.htm>



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### Questions?



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