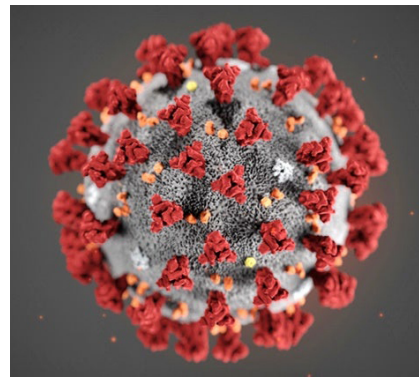


Special Bulletin #1

HRST & COVID-19

Using the HRST scores to identify those at most risk for significant complications from illnesses like COVID-19

We've received a number of requests about utilizing the Health Risk Screening Tool (HRST) to help identify those who may be at most risk of serious consequences from COVID-19. We wanted to share that information with everyone. If you are not currently an HRST user, there is other information that you may find helpful included [here](#).



Coronaviruses are not new. The family of Coronavirus was discovered in the 1960s, but there is evidence that these viruses have existed for hundreds of years before. They are thought to cause about 15-30% of all common colds. Some strains, such as COVID-19 and SARS, can be more dangerous and present with more serious symptoms. However, there are other viruses that have higher rates of death than COVID-19, like the Ebola virus. At this time, there are no vaccines for Coronaviruses.

SYMPTOMS AND RISK

The symptoms of COVID-19 are similar to the flu including fever, cough, and shortness of breath. More than 80% of the people who get COVID-19 have a mild infection. Those with the biggest risk of serious illness or death are people with other pre-existing conditions, those who are elderly and those with weakened immune systems. This is the same group of people who are at higher risk of death from the common flu.

HRST SCORES

There is a tremendous amount of valuable data that has been put into each person's Health Risk Screening Tool database. The following information is to assist you in utilizing that data to determine specific areas of risk related to viruses such as COVID-19.

HRST Health Care Levels

► Level 1	Low Risk
► Level 2	
► Level 3	Moderate Risk
► Level 4	Moderate High Risk
► Level 5	High Risk
► Level 6	Highest Risk

HEALTH CARE LEVELS

People with significant comorbidities are at greater risk from death from all causes including viruses such as the flu and COVID-19. Those with Health Care Levels (HCL) of 5 and 6 are in the high-risk category and should be monitored extra closely for symptoms. Clinicians should be notified at the first sign of illness. Those who have a Health Care Level of 3 and 4 are also at greater

risk, especially those at Health Care Level 4, as they may not appear to be at as high a risk level as they actually are.

SPECIFIC RATING ITEMS

When looking at the 22 individual rating areas, people who score higher (3 or 4) in the following areas may be more susceptible to the effects of a viral illness such as COVID-19:

- **A. Eating**- can be at greater risk because of their increased risk of potential aspiration episodes.
- **K. Gastrointestinal** – scoring may indicate the person engages in PICA related activities and therefore may pose an increased risk as the person may be touching their mouth more with unsanitary objects.
- **P. Nutrition** - people with diabetes will score a 3 or greater. Nutritional compromise is captured here as well
- **Q. High Risk Treatments** - those who score a 4 here are at higher risk for a number of conditions including respiratory conditions and are among the most fragile and susceptible to significant illnesses.
- **T. Professional Visits**- could be at greater risk of contracting the virus if these visits take place at hospitals or clinical offices where they may be exposed to more people with illnesses. This is also true of item E. Clinical Visits, U. Emergency Room visits, and V. Hospital Admissions, but Item T. captures most of these as well.

HRST REPORTS

If you want to run a Custom Report that might indicate who are the most susceptible to a serious infection or have a greater likelihood of having serious consequences, you can do so from the Custom Report Builder in your HRST database using the following criteria:

Item A. Eating is greater than or equal to a score of 3 OR

Item P. Nutrition is greater than or equal to a score of 3 OR

Item Q. High Risk Treatments equals a score of 4 OR

Item T. Professional Health Care Services is greater than or equal to a score of 3

This report can be built from the Custom Report Builder drop-down under the reports tab and will help you identify which people are at greater risk for serious complications from illnesses such as COVID-19. The results from this report will include persons served from all ages and can be exported into an Excel spreadsheet and filtered by Date of Birth to identify persons in specific age ranges.

People that meet 2 or more of these criteria could be considered to be at even greater risk than those who meet only one. You might consider running this report using “AND” statements instead of “OR” statements or a combination of the two.

For a video demonstration on using the Custom Report Builder... [CLICK HERE.](#)

You should not consider this list as all-inclusive or base policy or clinical decisions solely on one indicator or report. But, a report such as this can help identify those who are at increased risk. You might also run this report WITHOUT the age filter as many people with significant levels of disabilities will meet the other criteria.

For those who are currently using the HRST, if you should need assistance running reports or other assistance, contact us at ClinAssist@HRSTonline.com.



Wash hands for 20 sec or use alcohol-based hand sanitizers

PREVENTION

Prevention guidelines from the CDC include:

- * Wash hands for 20 sec or use alcohol-based hand sanitizers
- * Keep hands away from your face, especially eyes, nose and mouth
- * Avoid close contact with others who are ill or infected
- * Stay home if you are sick
- * Cover your cough or sneeze
- * Clean and disinfect surfaces such as light-switches, computer keyboards, cell phones and other objects

Use of masks is more for people who have the virus to prevent the spread, rather than to prevent people from getting it. Reducing contact with others is important because it can reduce the speed at which the virus is spread. The faster the virus spreads, the greater the demand on the healthcare system. Reducing the speed of spread can help keep the healthcare system from becoming overloaded.

CONSIDERATIONS

Tips for people who support people with IDD:

- Consider using telemedicine services which may reduce the need for in-person visits reducing exposure to illnesses. Recently, regulations have been lifted that will help make it easier to use telemedicine services. StationMD has physicians specifically trained in IDD Healthcare. [StationMD.com](https://www.stationmd.com)
- Make sure you have an adequate supply of medications, home supplies, food, and sanitizers
- Have the contact numbers of family members on hand
- Have updated health information ready, such as a health passport, in case a person you are supporting needs to seek medical attention
- Practice good cleaning and sanitation as noted above
- Notify clinical staff if a person you are supporting appears to show signs of any illness
- Teach people you support about the virus and good prevention measures like hand washing, covering coughs, etc.
- Keep routines similar to usual as much as possible, keeping in mind travel restrictions
- Provide the right amount of information to help them understand but not to incite anxiety
- Take care with what is watched on TV with people who might become anxious from what they see in the news

FEAR

Creating a sense of fear preys on the anxiety of people causing more people to watch the news which increases their television ratings. There is certainly a benefit to staying informed, but we should take care not to overreact to the sensationalism that is often portrayed by media outlets. Also, get your information from trusted sources like the Centers for Disease Control, The National Institutes of Health, and the World Health Organization, not from the latest posts on social media.

Links:

- Centers for Disease Control... [CLICK HERE](#)
- The National Institutes of Health... [CLICK HERE](#)
- World Health Organization... [CLICK HERE](#)

SUPPORT

Let's remain calm, informed and supportive of people around us. Keep areas clean and sanitized. Practice good infection control techniques. Notify clinicians when people show signs of illness and take care not to create undue anxiety.



Coming This Week
Free HRS training video
on INFECTIONS for all
support staff... or anyone.

From the clinical team at HRS



Craig Escude
MD. FAAFP, FAADM
President



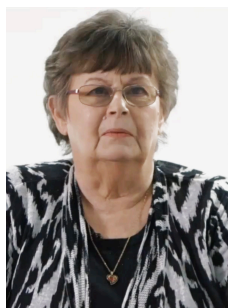
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