

# HRST Rating Preparation Checklist



This checklist will help you prepare to complete a screening using the HRST. Simply place a check mark in the box as information is gathered. (NOTE: In some cases, all of this information may not be available or accessible to the rater. The HRST can always be updated as more information is gathered or discovered about the person.)

## Medical records for the past year, including:

- Medications used and medication dosage changes, including vaccination records
- Lab work, X-rays, or other testing
- Records from ER or hospital visits that include admission and release dates, treatment information and discharge diagnoses
- Current plans of care, including behavioral support plans
- Monthly weight record for the past year (2 years is optimal but not required)
- Any new diagnoses assigned

## Hospitalization questions to ask include:

- Did the person spend time in ICU during his/her hospital stay?
- Did they have procedures or services that could affect ratings, such as catheterization, sliding scale insulin, feeding tube insertion, daily nebulizer medications, or were they ventilator dependent?
- Did they receive additional medications or have changes in the dosages of existing medications during their stay that must be accounted for?
- Do they have new issues now that were not present before the hospitalization?

## Health History Information, including:

- Allergies to medications, foods and environmental substances, include on the "About Me" page
- Major medical issues or surgical procedures the person has had throughout their lifetime, include in the "Diagnosis" section of the HRST

## Answers to the four permanent points questions.

### In their lifetime has this person EVER:

- Had a fracture due to a transfer procedure?
- Had a diagnosis of GI bleeding?
- Had a pressure injury, diabetic or vascular wound?
- Been hospitalized for a bowel obstruction or ileus?

**Have access to someone who knows the person well, whether that is you, staff, family, or a caretaker.** When at all possible, the person being rated should be a part of the information gathering process.