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supports and services
THAT FOSTER self-determination.

MO DDD & You: What are the Fatal Five Fundamentals?

Information for Individuals & Families

Presented by:

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January 24, 2023
12:30pm – 1:00pm



Webinar Agenda

- Welcome/Introductions
- Define the Fatal 5 Fundamentals (plus 1)
- Health Risk Screening Tool (HRST)

Introductions



Lisa Nothaus

- Parent
- live in Mid-MO
- 17 years with the Division
- Supporting Families Lead



Leslie DeGroat

- Registered Nurse
- 30 years health care experience
 - 14 years with the Division
- Division's Clinical Coordinator

The Fatal Five Fundamentals

The Fatal Five (Plus One)

 Aspiration

 Bowel Obstruction

 Dehydration

 GERD (stomach reflux)

 Seizures

 Sepsis

Aspiration

- 👤 Condition in which food, liquids, saliva, vomit, or other foreign substance is breathed into the airways.

Bowel Obstruction

- 👤 A blockage that keeps food or liquid from passing through your intestines. It leads to death if not recognized and treated on time. One common cause of bowel obstruction in the IDD population is impacted feces.

Dehydration

- 👤 A harmful reduction in the amount of water in the body.

GERD (stomach acid reflux)

- 👤 A digestive disorder that affects the ring of muscle between the esophagus and stomach. When this muscle is not working properly, whatever is in the stomach flows back into the esophagus (food, fluid, and stomach acid).

Seizures

- 👤 A sudden surge of electrical activity in the brain. It usually affects how a person appears or acts for a short time. Whatever the brain and body can do normally can also occur during a seizure.

Sepsis

- 👤 The body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Sepsis occurs when an existing infection—in the skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout their body.

How can the Health Risk Screen Tool (HRST) Help?

- 👤 The HRST assists with identifying risk factors that can lead to the Fatal Five Plus One conditions.
- 👤 Health Risk Support Plans are created based on the areas where there is higher risk.

The HRST Screen for Health Prevention

- 👤 22 rating items under 5 categories:
 - 👤 Functional Status
 - 👤 Behaviors
 - 👤 Physiological
 - 👤 Safety
 - 👤 Frequency of Services

Health Risk Screening Tool (HRST)

Health Care Levels	
Level 1	Low Risk
Level 2	Low Risk
Level 3	Moderate Risk
Level 4	High-Moderate Risk
Level 5	High Risk
Level 6	Highest Risk

Key Elements of HRST

- 👤 Establishes a health baseline
- 👤 Assists with transition planning and continuity of care
- 👤 Helps person to know what health risks they have and consider their support needs
- 👤 ISP planning enhancement

For information about the Fatal Five Plus one, visit <https://dmh.mo.gov/dev-disabilities/health>

For information on the MO DD Health Risk Screening Tool (HRST) Process, visit <https://dmh.mo.gov/dev-disabilities/hrst-project>

**Also, can send an email to:
MODDHRSTProject@dmh.mo.gov**

Questions?



Next MO DDD & You Webinar



Mark your calendar now!

The next “MO DDD & You” webinar is
scheduled for

February 28, 2023

12:30pm-1:00pm



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Thank You