Monitoring Risk Using Triggers and Thresholds
PART 1
Objectives

The objectives for Monitoring Risk Using Triggers and Thresholds are to

• Define Triggers and Thresholds and when to use them.

• Discuss why it is important to use Triggers and Thresholds to monitor risk, and

• Introduce you to the DBHDS Triggers and Thresholds
WHAT IS A TRIGGER?

**Trigger** means a single predefined event or change in status, which indicates that an actual or potential risk has occurred or is about to occur.

Triggers are events of significant risk and they signal the need for immediate review and actions to reduce the risk and prevent harm.
Threshold means that a series of predefined events or changes in status have occurred, which indicate that a level of unacceptable risk has been reached.

When a risk Threshold is reached, it signals the need for review and actions to mitigate risk and prevent harm.
Triggers and Thresholds are important because they tell you when you need to take action.
ARE THERE PUBLISHED TRIGGERS AND THRESHOLDS?

YES!!

The DBHDS Triggers & Thresholds
In addition to the DBHDS Triggers and Thresholds, every provider should identify their own risks and establish Triggers and Thresholds to monitor those risks.
In order to establish a Trigger or a Threshold, you must:

- Identify Areas of Greatest Risk,
- Assess Each Risk
- Test Your Triggers and Thresholds
You must first identify your risks, including potential risks in order to establish your Triggers and Thresholds.

Then you will use the Triggers and Thresholds to identify actual risks.
Some approaches to risk identification only identify a risk \textbf{AFTER} an injury has occurred.

It is important to focus your efforts on identifying potential and actual risks \textbf{BEFORE} anyone is harmed.
While they are important sources of information . . .

- Incident Reports
- Root Cause Analysis
- Mortality Reviews

. . . and other retrospective reports and reviews should not be your only or even your primary source of information about risk because harm has already occurred.
IDENTIFYING RISKS BEFORE HARM OCCURS

It is important to use information sources that help you identify risk before harm occurs. They include . . .

- DBHDS Triggers & Thresholds
- Prospective Risk Assessments
- Failure Mode and Effects Analysis
- Licensing Surveys
- Accreditation Surveys
Once you’ve identified several areas of risk. Your next step must be to assess each risk area to determine . . .

Who might be harmed?

How often is this a risk?

How serious are the consequences if an event occurs?

What are the individual’s needs, choices and preferences related to this risk?

How much risk are you willing to accept?
Retrospective data collection means collecting historical data from incident reports, logs and other sources of documentation.

Concurrent data collections means that you are collecting data as events occur.
Use all of your information sources to collect data.

- Collect data retrospectively for events that occur less often and when the consequences of those events are serious.
- Collect concurrent data for events that happen often and when the consequences are minor.
As a general rule . . .

- Establish Thresholds for risks with minor consequences, and
- Establish Triggers for risks with serious consequences, no matter their frequency
The threshold may be established for . . .

- A single individual (fall risk)
- For a program (overtime worked)
- For certain types of incidents (medication events)
1. It takes more than 20 minutes to evacuate a home of 4 residents during a fire drill.

2. An individual is assessed as meeting any one of the risk factors for bowel obstruction without a plan in the ISP.

3. The hot water temperature in a residence reaches 130°F.

4. A person is given a medication that’s not prescribed.
A Trigger event, has no acceptable level of risk.

For example, IT IS NEVER ACCEPTABLE TO . . .

• Take more than 20 minutes to evacuate a home
• Be at risk for bowel obstruction without a plan
• Have the hot water temperatures reach 130°F
• Give a person the wrong medication.
A Threshold defines an acceptable level of risk.

- Two or more unplanned emergency visits to the ER for the same condition in a month
- An employee is 3 or more months late completing the fire safety training.
- Individual experience 2 or more falls with injury in a quarter.
Threshold defines when you have passed an acceptable level of risk. For example . . .

• One risk factor doesn’t put you at imminent risk of hospitalization, but . . . .

• Being late taking fire safety training doesn’t mean the employee forgets what to do in case of fire, but . . . .

• One fall a quarter, even if it results in an injury doesn’t mean there’s a safety risk, but . . . .
Many risks are common to people with an intellectual/developmental disability and every provider should monitor every individual served for those risks. These are:

The DBHDS Triggers & Thresholds
WHAT ARE THE DBHDS TRIGGERS AND THRESHOLDS???

Medical Triggers
Behavioral Triggers and Thresholds
The Event-based Triggers and Thresholds
THE SEVEN MEDICAL TRIGGERS

Aspiration Pneumonia
Constipation/Bowel Obstruction
Decubitus (Pressure) Ulcers
Seizures
Sepsis
Dehydration
Urinary Tract Infections
THE BEHAVIORAL TRIGGERS

Law Enforcement Involvement
Abuse and Neglect
Restraint Use
Psychiatric Hospitalization
Medical Hospitalization
Psychotropic Medication Use
Choking
INCIDENT BASED TRIGGERS AND THRESHOLDS

Restraint Use
Abuse and Neglect
Adverse Medication Event
Falls
Choking . . .
INCIDENT BASED TRIGGERS AND THRESHOLDS

Aspiration Pneumonia
Bowel Issues
Urinary Tract Infections
Decubitus Ulcers
Emergency Medical Visits
WHY MONITOR THE DBHDS TRIGGERS AND THRESHOLDS???

PREVENT HARM

AVOID SANCTIONS

AVOID LITIGATION
This is the End of Part 1 of the training, Monitoring Risk Using Triggers and Thresholds
PART I RECAP

• Defined Triggers and Thresholds
• Discussed the importance of monitoring Triggers and Thresholds
• Reviewed the difference between a Trigger and a Threshold.
• Reviewed examples of Triggers and Thresholds.
• Discussed the steps in setting up Triggers and Thresholds.
In Part II of the Monitoring Risk Using Triggers and Thresholds, we will:

- Examine Triggers and Thresholds and how they fit into the Risk Management Workflow
- Discuss in greater detail the DBHDS Triggers and Thresholds
- Use examples to show you how to monitor risk with Triggers and Thresholds.
For a list of common risk factors for individuals with an intellectual or developmental disability
For checklists that providers can use to assess those risks and
For more information on Risk Assessment . . .
Go to the DBHDS website at: