

What is the Random Moment Time Study?

The Random Moment Time Study (RMTS) survey is an extremely important part of the School Health Services (SHS) Program that is used to determine the amount of time districts spend delivering health services to students.

By participating in this survey, you play a key role in increasing student access to health services, not just in your district, but in school districts across the state



THANK YOU!

Your participation in the Random Moment Time Study helps school districts expand and enhance health services, including:

- Increasing the number of school nurses
- Additional mental health resources including increasing the number of qualified mental health providers
- Emergency medication vouchers and health insurance outreach & enrollment services
- Medical equipment and supplies
- Community outreach programs supporting at-risk or underserved students



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The Random Moment Time Study



WHAT TO EXPECT

You could be selected for a moment at any time throughout the year. A **moment** is a single minute on a particular day—a 60 second window in which you should be aware of what you were doing and able to answer five questions about your activities in an online survey.

You will be assigned a moment via email from the email address:
cormts@pcgus.com

With the subject line:

CO RMTS Notice – Moment for [your name] at [the specific date and time you've been assigned]

You will receive your first email notification 24 hours before your moment, and two more notification emails 6 hours and 1 hour before your moment.

You will receive a fourth email right as your moment starts containing a link to an online survey with 5 questions.

You will have two days to respond to your moment, by clicking that link and answering the survey questions.

THE QUESTIONS

Were you working during your sample moment?

Multiple choice - answer accordingly.

Is the service you provided part of the child's medical plan of care where medical necessity has been otherwise established?

Were you providing, preparing for, or discussing a health service - if yes, identify whether or not the student involved has a plan of care in place. Keep in mind that a student may have multiple plans of care that could be referenced within an IEP.

Who were you working with during this sample moment?

You are not required to include a name, but you should provide context (e.g. I was working with a student, colleague, parent, etc.)

Describe in detail the activity you were performing during this sampled moment. Please answer this question even if you answered "No" to the first question.

Be specific and include plenty of detail to fully describe your activity; not providing enough detail may result in an error message or a request for a follow-up response.

Describe in detail why you were doing this activity during your sampled moment.

Provide context for the activity - was the activity medically necessary or detailed in a student's IEP or health plan?

BEST PRACTICE



Check your email everyday to avoid missing any assigned moments; and respond to the survey within 48 hours.



Do not adjust what you are doing for your assigned moment - go about your day as usual.



Always be honest about what you were doing. If you were not providing a service included in a student's plan of care, were on a break, or away from work, answer accordingly.



Remember to include as much detail as possible in your response.



Make sure to put on your health cap. Ask yourself: was I providing, preparing for, or discussing a health service in any way during that time period?