

Home Health Certification and Plan of Care				Order ID: 1150/11871	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
45402064400		08/29/2025		From: 08/29/2025 To: 10/27/2025	
				4. Medical Record No.	
				16683	
				5. Provider No.	
				217058	
6. Patient's Name and Address				7. Provider's Name, Address and Telephone Number	
Diana Bowman				HomeCentris Healthcare LLC	
4 Willow Path Ct,				10 Crossroads Drive, Suite 102	
NOTTINGHAM, MD 21236-				Owings Mills, MD 21117-8284	
410-777-3317				410-321-8448	
				1487113239	
8. DOB 01/30/1969 9.Sex Female				10. Medications: Dose/Frequency/Route (N)ew (C)hanged	
11. ICD J96.22		Principal Diagnosis Acute and chronic respiratory failure with hypercapnia		Date 08/29/25	
13. ICD B37.9		Other Pertinent Diagnoses Candidiasis unspecified		Date 08/29/25	
I11.0		Hypertensive heart disease with heart failure		08/29/25	
I50.32		Chronic diastolic (congestive) heart failure		08/29/25	
E11.9		Type 2 diabetes mellitus without complications		08/29/25	
G93.40		Encephalopathy unspecified		08/29/25	
M06.9		Rheumatoid arthritis unspecified		08/29/25	
J45.998		Other asthma		08/29/25	
J96.11		Chronic respiratory failure with hypoxia		08/29/25	
G47.33		Obstructive sleep apnea (adult) (pediatric)		08/29/25	
M79.7		Fibromyalgia		08/29/25	
F41.9		Anxiety disorder unspecified		08/29/25	
K21.9		Gastro-esophageal reflux disease without esophagitis		08/29/25	
G89.29		Other chronic pain		08/29/25	
F31.9		Bipolar disorder unspecified		08/29/25	
M19.90		Unspecified osteoarthritis unspecified site		08/29/25	
E66.2		Morbid (severe) obesity with alveolar hypoventilation		08/29/25	
Z79.4		Long term (current) use of insulin		08/29/25	
Z79.85		Lng trm (crnt) use injectable non-insulin antidiabetic drugs		08/29/25	
Z79.891		Long term (current) use of opiate analgesic		08/29/25	
14. DME and Supplies:				15. Safety Measures:	
wheelchair, oxygen supplies, diabetic supplies				wheelchair precautions, precautions, medication safety, hand rails, fall precautions, diabetic precautions, ambulates with assistance, activity supervision	
16. Nutrition:				17. Allergies:	
low sodium, low cholesterol, diabetic				sulfa	
18.A. Functional Limitations				18.B. Activities Permitted	
Dyspnea With Minimal Exertion, Ambulation, Endurance, Bowel/Bladder Incontinence				Wheelchair, Up As Tolerated	
19. Mental & Pyschosocial Status: COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 0. Never, SOCIAL ISOLATION: 1. Rarely, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: Yes					
20. Prognosis: good					
22. A Rehabilitation Potential:				22.B.Discharge Plans	
SELF-CARE: 1. Dependent - A helper completed all the activities for the patient., MOBILITY: 1. Dependent - A helper completed all the activities for the patient.				patient will be responsible for managing treatment family/caregiver will be responsible for managing treatment	
Homebound status: Due to diagnosis of Acute And Chronic Respiratory Failure With Hypercapnia , the patient is experiencing decreased endurance and mobility, increasing the likelihood of falls. To safely leave their home, the patient needs assistance from another person and an assistive mobility device.					
Clinical Condition Requiring Homecare:<div>The patient is a 56-year-old female recently discharged from the hospital following admission for altered mental status and acute on chronic respiratory failure. Her past medical history is significant for obstructive sleep apnea, diastolic heart failure, obesity hypoventilation syndrome, morbid obesity, and chronic pain with long-term opiate use. During hospitalization, she presented with acute hypercapnic and chronic hypoxic respiratory failure requiring ICU-level care. Her condition improved with bilevel positive airway pressure (BiPAP), and her opioid regimen was reduced. She was discharged on 2 L of continuous oxygen via nasal cannula and continues BiPAP therapy during sleep and naps. A hospital bed with trapeze has been placed in her living room for accessibility, and she resides with her husband in a ground-level condominium. At present, the patient is alert and oriented 4, cooperative with care, and receptive to education. Medication reconciliation and teaching were completed, including discussion of dosages, frequencies, and potential side effects; both patient and caregiver verbalized understanding. She denies pain, fever, or shortness of breath at rest. Lung sounds are clear with diminished bases, and respirations are unlabored. Cardiovascular exam reveals present pedal pulses. Gastrointestinal and genitourinary assessments are stable: active bowel sounds are noted, last bowel movement was yesterday, she voids without difficulty, and she uses adult briefs. Functionally, the patient is morbidly obese, bedbound, and dependent for most activities of daily living. She requires maximal assistance with upper body dressing, total assistance with lower body dressing, bathing, transfers, and personal					
23. Signature and Date of Verbal SOC Where Applicable:				25. Date HHA Received Signed POT	
Electronically Signed by Messick, Charles SN RN on 08/29/2025					
24. Physician's Name and Address				26. I certify/recertify that this patient is confined to his/her home and needs intermittent skilled nursing care, physical therapy and/or speech therapy or continues to need occupational therapy. The patient is under my care, and I have authorized the services on this plan of care and will periodically review the plan.	
Jeffrey Ukens				F2F date : 08/14/2025	
7106 Ridge Road Suite B					
Baltimore , MD 21237					
PHONE: 1410-687-2300 FAX: 1844-304-5355 NPI: 1962430728					
27. Attending Physician's Signature and Date Signed : Date of physician last face-to-face				28. Anyone who misrepresents, falsifies, or conceals essential information required for payment of Federal funds may be subject to fine, imprisonment, or civil penalty under applicable Federal laws.	
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purpose, schedule, * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain teach relaxation skills and diversional activities, related medication(s) purpose, schedule, * how to optimize mental status with cognition therapy home safety optimize mobility with active and passive range of motion therapeutic exercises diet and fluids to optimize peripheral circulation, related medication(s) purpose, schedule, * management of mental health condition including joining a peer group maintaining regular contact with mental health professional avoiding known stressors controlling impulses, related medication(s) purpose, schedule, * prevention exacerbation of anxiety condition including coping patterns improved concentration strategies to reduce anxiety identification of anxiety precipitants, conflicts, and threats, related medication(s) purpose, schedule, * how to manage sleep disorder including changes to daytime habits and bedtime routine maintaining a journal to track sleep patterns, related medication(s) purpose, schedule, * depression-prevention strategies including avoidance of isolation healthy eating sleeping habits identification of activities that bring pleasure preventive care, related medication(s) purpose, schedule, * diabetic medication management blood sugar testing diabetic foot care exercise diabetic diet, related medication(s) purpose, schedule, * how to help resolve infection including hygiene proper hand washing food-safety techniques travel precautions vaccinations animal-control cough etiquette, related medication(s) purpose, schedule, * how to manage inflammatory process optimize mobility with active and passive range of motion exercises fluid and diet intake to promote healing prevent constipation home safety, related medication(s) purpose, schedule, * how to keep journal of food and fluid intake healthy meal plan tips exercise program nutritional knowledge, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, patient is adequately supervised, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence			* preventive care * recalls related medication(s) purpose, schedule caregiver performs medical/rehabilitation treatments with adequate competence patient/caregiver recalls * lifestyle modifications to manage respiratory condition including * diet changes and regular exercise * strategies to control shortness of breath * home remedies to keep lungs healthy * recalls related medication(s) purpose, schedule patient/caregiver recalls * diabetic medication management * blood sugar testing * diabetic foot care * exercise * diabetic diet * recalls related medication(s) purpose, schedule patient/caregiver recalls * management of mental health condition including joining a peer group * maintaining regular contact with mental health professional * avoiding known stressors * controlling impulses * recalls related medication(s) purpose, schedule caregiver administers and/or packages medications appropriately patient/caregiver recalls * how to optimize mental status with cognition therapy * home safety * optimize mobility with active and passive range of motion therapeutic exercises * diet and fluids to optimize peripheral circulation * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to keep journal of food and fluid intake * healthy meal plan tips * exercise program * nutritional knowledge * recalls related medication(s) purpose, schedule			
PT Careplans PT WK2: 1 (08/31/25-09/06/25) ,WK3: 2 (09/07/25-09/13/25) ,WK4: 2 (09/14/25-09/20/25) ,WK5: 2 (09/21/25-09/27/25) ,WK6: 2 (09/28/25-10/04/25) ,WK7: 2 (10/05/25-10/11/25) ,WK8: 2 (10/12/25-10/18/25) PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Interference with ADLs, M1400 Dyspnea, GG0170A1 - Roll left & Right, GG0170B1 - Sit to Lying, GG0170C1 - Lying to sitting/bed, GG0170F1 - Toilet Transfer, GG0170D1 - Sit to Stand, GG0170E1 - Chair to Bed to Chair, GG0170G1 - Car Transfer, GG0170R1 - Wheel 50 ft w 2 Turns, GG0170S1 - Wheel 150 feet PROCEDURES: Medication Review: The medication was reviewed with patient , Home exercises : Ankle pumps, short arc, slr and bed mobility., cough/deep breathing exercises, incentive spirometer, wheelchair training, transfers training TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain teach relaxation skills and diversional activities, related medication(s) purpose, schedule, Roll left & Right - 06. Independent, Sit to Lying - 06. Independent, Lying to sitting/bed - 06. Independent, Sit to Stand - 03. Partial/moderate assistance, Chair to Bed to Chair - 03. Partial/moderate assistance, Toilet Transfer - 03. Partial/moderate assistance, Car Transfer - 03. Partial/moderate assistance, Wheel 50 ft w 2 Turns - 01. Dependent, Wheel 150 feet - 01. Dependent			PT Goals PATIENT-STATED GOAL: The patient wants to be able to transfer out of bed and change position in bed GOALS Roll left & Right - 06. Independent patient/caregiver recalls * lifestyle modifications to manage respiratory condition including * diet changes and regular exercise * strategies to control shortness of breath * home remedies to keep lungs healthy * recalls related medication(s) purpose, schedule Sit to Lying - 06. Independent patient/caregiver recalls * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain * teach relaxation skills and diversional activities * recalls related medication(s) purpose, schedule Lying to sitting/bed - 06. Independent Sit to Stand - 03. Partial/moderate assistance Toilet Transfer - 03. Partial/moderate assistance Chair to Bed to Chair - 03. Partial/moderate assistance Wheel 50 ft w 2 Turns - 01. Dependent Car Transfer - 03. Partial/moderate assistance Wheel 150 feet - 01. Dependent			
Signature of Physician:			Date			
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Optional Name/Signature of Nurse/Therapist:			Date			
Electronically Signed by Messick, Charles SN RN			08/29/2025			

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OT Careplans OT WK2: 1 (08/31/25-09/06/25) ,WK3: 1 (09/07/25-09/13/25) ,WK4: 1 (09/14/25-09/20/25) ,WK5: 1 (09/21/25-09/27/25) ,WK6: 1 (09/28/25-10/04/25) ,WK7: 1 (10/05/25-10/11/25) ,WK8: 1 (10/12/25-10/18/25) PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with ADLs, M1400, GG0130B1 - Oral Hygiene, GG0130F1 - Upper Body Dressing, GG0130G1 - Lower Body Dressing, GG0130H1 - Don/Doff Footwear, GG0130E1 - Shower/Bathe Self, GG0130C1 - Toileting Hygiene, GG0130A1 - Eating PROCEDURES: ADLS , Bed mobility , Balance , Patient/caregiver recalls related purpose and schedule of medications: Medication review , cough/deep breathing exercises, therapeutic exercises TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain teach relaxation skills and diversional activities, related medication(s) purpose, schedule, Oral Hygiene - 05. Setup or clean-up assistance, Upper Body Dressing - 05. Setup or clean-up assistance, Lower Body Dressing - 03. Partial/moderate assistance, Shower/Bathe Self - 03. Partial/moderate assistance, Toileting Hygiene - 03. Partial/moderate assistance, Don/Doff Footwear - 03. Partial/moderate assistance, Eating - 05. Setup or clean-up assistance, Patient will demonstrate improved bilateral upper extremity muscle strength from 4-/5 mmt to 5/5 mmt to improve ADLs and transfers within 6 wks	OT Goals PATIENT-STATED GOAL: Patient wants to get better GOALS patient/caregiver recalls * lifestyle modifications to manage respiratory condition including * diet changes and regular exercise * strategies to control shortness of breath * home remedies to keep lungs healthy * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain * teach relaxation skills and diversional activities * recalls related medication(s) purpose, schedule Oral Hygiene - 05. Setup or clean-up assistance Upper Body Dressing - 05. Setup or clean-up assistance Lower Body Dressing - 03. Partial/moderate assistance Shower/Bathe Self - 03. Partial/moderate assistance Toileting Hygiene - 03. Partial/moderate assistance Don/Doff Footwear - 03. Partial/moderate assistance Eating - 05. Setup or clean-up assistance Patient will demonstrate improved bilateral upper extremity muscle strength from 4-/5 mmt to 5/5 mmt to improve ADLs and transfers within 6 wks
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HHA Careplans HHA WK2: 1 (08/31/25-09/06/25) ,WK3: 1 (09/07/25-09/13/25) ,WK4: 1 (09/14/25-09/20/25) ,WK5: 1 (09/21/25-09/27/25) ,WK6: 1 (09/28/25-10/04/25) PROCEDURES: assist with bathing: Bathe in bed, assist with toileting hygiene, assist with transferring, assist with infection control, assist with fall prevention, assist with O2 safety, assist with lower body dressing, assist with upper body dressing	HHA Goals
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Signature of Physician:	Date
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