

Medical Update for Zelda Harris DOB: 06/28/1949

Date Order Created: 09/23/2025

Order ID: 1150/12305

Agency Assigned Id: 17114

Certification Period: 09/12/2025 to 11/10/2025

HomeCentris Healthcare LLC 217058
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
PHONE 410-321-8448 FAX

Orders:

09/22/2025 Problems : GG0130B1 - Oral Hygiene
GG0130F1 - Upper Body Dressing
GG0130G1 - Lower Body Dressing
GG0130H1 - Don/Doff Footwear
GG0130E1 - Shower/Bathe Self
GG0130C1 - Toileting Hygiene
GG0130A1 - Eating
M1400 - Dyspnea

09/22/2025 patient_goal: To be able to drive and not needing use of O2, Target Date: 11/10/2025,

09/22/2025 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: ,
equipment training, Notes: , work simplification/energy conservation, Notes: ,

09/22/2025 teach: lifestyle modifications to manage cardio-respiratory condition including diet
changes and regular exercise; strategies to control shortness of breath and home remedies to keep
lungs healthy, Target Date: 11/10/2025, 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, Target Date:
11/10/2025, therapeutic exercises, Target Date: 11/10/2025, therapeutic modalities, Target Date:
11/10/2025, equipment training, Target Date: 11/10/2025, work simplification/energy conservation,
Target Date: 11/10/2025, related medication(s) purpose and schedule, Target Date: 11/10/2025,
symptoms requiring physician notification, Target Date: 11/10/2025,

09/22/2025 goal: 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, Target Date: 11/10/2025, Oral Hygiene - 06.
Independent, Target Date: 11/10/2025, Lower Body Dressing - 06. Independent, Target Date:
11/10/2025, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 11/10/2025, Toileting
Hygiene - 06. Independent, Target Date: 11/10/2025, Don/Doff Footwear - 06. Independent, Target
Date: 11/10/2025, Eating - 06. Independent, Target Date: 11/10/2025, Increase endurance to F+,
Target Date: 11/10/2025,

09/22/2025 discharge_plan: patient will be responsible for managing treatment, Target Date:
11/10/2025,

Pankaj Desai
90 Painters Mill Rd

90 Painters Mill Rd, MD 21117
Tele:4103561575 FAX: 14103636840

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 09/23/2025