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Home Health Certification and Plan of Care				Order ID: 1150/12386
1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
53148530	09/10/2025	From: 09/10/2025 To: 11/08/2025	16668	217058
6. Patient's Name and Address Barbara Staniewski 3205 Laverne Cir, HAMPSTEAD, MD 21074- 410-773-0170		7. Provider's Name, Address and Telephone Number HomeCentris Healthcare LLC 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117-8284 410-321-8448 1487113239		

Homebound status:

After undergoing Total Left Hip Joint Replacement Surgery, 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 75-year-old female with a past medical history significant for osteoarthritis, atrial fibrillation, macular degenerative disease, type 2 diabetes mellitus, and vertigo, who is now postoperative day one following a total left hip joint replacement. She was admitted to home health services for postoperative monitoring, nursing assessment, medication review, and initiation of skilled rehabilitation. On assessment, the patient was alert and oriented 4, reporting incisional pain at 5/10. Vital signs were stable, lungs were clear to auscultation, bowel sounds were active, and peripheral pulses were palpable in all extremities. The surgical dressing was clean, dry, and intact with no drainage noted. Mild postoperative swelling and decreased range of motion of the left hip were observed, along with left lower extremity weakness that limits safe and independent performance of bed mobility, transfers, and ambulation. The patient currently ambulates short household distances with a rolling walker under supervision for safety. She was educated on anterior hip precautions, including avoiding combined external rotation, extension, and abduction, and was able to verbalize understanding with minimal prompting. She resides in a supportive home environment with family available to assist as needed. Skilled nursing will continue for incision surveillance, pain management, and medication adherence, while physical therapy will focus on progressive strengthening, transfer training, gait training, and reinforcement of hip precautions. The short-term plan of care includes improving left hip strength to at least 3+/5, advancing bed mobility and transfers to supervision level, and achieving ambulation of at least 150 feet with a rolling walker for safe household mobility. Additional goals include training in safe negotiation of a single step or curb with supervision to allow safe home entry and exit. The expected outcome at the end of the home health episode is that the patient will be independent in adhering to hip precautions, demonstrate improved mobility and strength, and ambulate safely with a walker, at which point she will transition to outpatient physical therapy per surgeon protocol.</div><div></div><div>
</div><div>Date of Order</div><div>09/10/2025</div><div>Orders</div><div>Physician Face-to-Face Date: 08/15/2025</div><div>Clinical Condition Requiring Home Care per Certifying Physician: SN-pain control PT-eval & treat due to Total Left Hip Joint Replacement Surgery</div><div>Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home</div><div></div><div>
</div><div>SN Notes: soc</div><div>PT Eval Notes: eval</div><div>Physician</div><div>Narcisse, Patrick</div></div>

SN Careplans

SN WK1: 1 (09/10/25-09/13/25) ,WK2: 1 (09/14/25-09/20/25)

PARAMETERS FOR PHYSICIAN NOTIFICATION: temperature < 95 > 100.5, heart rate < 50 > 110, respiratory rate < 8 > 22, blood pressure systolic < 90 > 169, blood pressure diastolic < 60 > 90, O2 saturation < 88 > 100, pain < 0 > 5

CAREGIVER: 1. Non-agency caregiver(s) currently provide assistance

HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications

STANDING ORDERS: infection control: hygiene, proper hand washing; advance directive: plan if patient is unable to make healthcare decisions ; fall precautions: wear sensible shoes, remove home hazards, living space adequately lit, assistive devices prn; emergency preparedness: plan for prn evacuation, resumption of home health visits; Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed. Assess/Instruct Pt/Pcg: Ice to ____ x 20 minutes each hour while awake. If cold machine ordered apply 20 minutes on and 20 minutes off for 3-4 times a day. Assess/Instruct all body systems/vital signs/complications, Blood Pressure; systolic is greater than 169 mm Hg or less than 90 mm Hg; diastolic is greater than 100 mm Hg or less than 55 mm Hg, Clinician to assess comorbidities and report changes in condition to the patient's physician, Pain Rating is greater than 6 on 0-10 scale, Pulse is greater than 110 or less than 50, Respirations are greater than 22 or less than 8, SPO2: is less than 90 % at rest /with exertion, Temperature is greater than 100.5 F or less than 95.0 F, Pain Rating is greater than 6 on 0-10 scale Implement Fall Prevention Program, Instruct and educate the patient/PCG on wearing compression stockings for the next 4 weeks per discharge instructions. Instruct the pt/PCG on using the incentive spirometer 10 times every 2 hour while awake. Provide education content at patient's level of health literacy. Assess/Instruct Pt/Pcg: Safety measures to prevent injury. Assess: Musculoskeletal status. Teach Pt/Pcg to maintain appropriate wt bearing status as ordered by MD, total joint replacement precautions as applicable, Safe stair climbing skills, Safe, effective use of adaptive/assist device Assess/Instruct Pt/Pcg: Pain management measures; assess pain level, pain medication, rest, body alignment, ROM, meditation, massage. Pt/Pcg educated in pain management techniques including positioning and relaxation techniques Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds, Provide medication education,. Assess/Instruct Pt/Pcg: Safety measures to prevent injury, Therapeutic Exercise, Transfer Training Monitor surgical wound for s/s of infection, educate on s/s of concern and infection prevention to promote wound healing.

; Skin Preservation: Measures to prevent skin breakdown; pressure relief, incontinence care, nutrition, hydration ; Pain: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage ; Medications: Medication actions, uses, frequency, dose, interactions of all new/change meds Advance Directive:Durable power of attorney for health care/Medical power of attorney

PROBLEMS IDENTIFIED ON ASSESSMENT: M2020 - Oral Med Management, M2102d - Caregiver Performs Treatment, M2102f - Patient Supervision, M1400 - Dyspnea, dizziness/syncope,

SN Goals

PATIENT-STATED GOAL: I want to feel better and move around more.

GOALS

patient/caregiver recalls

* how to achieve wound healing including cleaning and dressing wound

* position changes

* skin care

* diet modification

* record wound measurements

* recalls related medication(s) purpose, schedule

patient/caregiver recalls

* 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

* recalls related medication(s) purpose, schedule

patient/caregiver recalls

* lifestyle modifications to manage cardiac condition including symptom management

* diet changes

* regular exercise

* getting enough sleep

* recalls related medication(s) purpose, schedule

patient/caregiver recalls

* how to optimize range of motion with active and passive therapeutic exercises

* manage pain/discomfort

* fluid and diet intake to promote healing

* prevent constipation

* recalls related medication(s) purpose, schedule

patient/caregiver recalls

* how to keep home safe for patient with vision loss including eliminating hazards

* enhancing lighting

* using mechanical aids

patient/caregiver recalls

* diet

* weight-bearing exercises to promote bone healing and strengthening

* fluids to prevent constipation

* home safety

* pain control

* recalls related medication(s) purpose, schedule

Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles SN RN	09/10/2025

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lightheadedness, increased urine output, muscle weakness, swelling of affected area, limited range of motion, limited strength, Pain Interference with ADLs, B1000 - Vision Deficit, balance deficit, Pain Effect on Sleep, obesity, bruising/discoloration, #1 - Non-Observable Surgical Wound - Anterior Left Hip - , #2 - Observable Surgical Wound - Anterior Left Hip - PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, incentive spirometer, physician-ordered wound care: To left hip surgical site- Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed. TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage cardiac condition including symptom management diet changes regular exercise getting enough sleep, related medication(s) 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 achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * diet weight-bearing exercises to promote bone healing and strengthening fluids to prevent constipation home safety pain control, 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 optimize range of motion with active and passive therapeutic exercises manage pain/discomfort fluid and diet intake to promote healing prevent constipation, related medication(s) purpose, schedule, * how to keep home safe for patient with vision loss including eliminating hazards enhancing lighting using mechanical aids, patient self-administers medications as prescribed, related medication(s) purpose, schedule, patient is adequately supervised, 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 * 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 patient self-administers medications as prescribed * recalls related medication(s) purpose, schedule patient is adequately supervised caregiver performs medical/rehabilitation treatments with adequate competence				
PT Careplans		PT Goals		
PT WK1: 2 (09/10/25-09/13/25) ,WK2: 3 (09/14/25-09/20/25) ,WK3: 1 (09/21/25-09/27/25)		PATIENT-STATED GOAL: have a succesful post surgical outcome		
PROBLEMS IDENTIFIED ON ASSESSMENT: M1400 Dyspnea, Pain Interference with ADLs, Pain Interference with Therapy activities, Pain Effect on Sleep, GG0170J1 - Walk 50 ft with 2 Turns, GG0130A1 - Eating, GG0170P1 - Picking Up Object, GG0170O1 - 12 Steps, GG0170N1 - 4 Steps, GG0170M1 - 1 - Step (curb), GG0170L1 - Walk 10 ft on Uneven Surface, GG0170K1 - Walk 150 Feet, GG0130B1 - Oral Hygiene, GG0170I1 - Walk 10 Feet, GG0170G1 - Car Transfer, GG0170E1 - Chair to Bed to Chair, GG0170D1 - Sit to Stand, GG0130C1 - Toileting Hygiene, GG0170F1 - Toilet Transfer, GG0130E1 - Shower/Bathe Self, GG0130H1 - Don/Doff Footwear, GG0130G1 - Lower Body Dressing, GG0130F1 - Upper Body Dressing		GOALS Chair to Bed to Chair - 06. Independent		
PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, equipment training, work simplification/energy conservation, gait training on uneven surfaces, gait training/stair training, transfers training		Toilet Transfer - 06. Independent		
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 - 06. Independent, Lower Body Dressing - 06. Independent, Shower/Bathe Self - 06. Independent, Toileting Hygiene - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Sit to Stand - 06. Independent, Chair to Bed to Chair - 06. Independent, Toilet Transfer - 06. Independent, Car Transfer - 06. Independent, Walk 10 Feet - 06. Independent, Walk 50 ft with 2 Turns - 06. Independent, Walk 150 Feet - 06. Independent, Walk 10 ft on Uneven Surface - 06. Independent, 1 _ Step (curb) - 06. Independent, 4 Steps - 06. Independent, 12 Steps - 06. Independent, Picking Up Object - 06. Independent, Medication Review- , Gait & Transfers, Balance & Strength		Walk 150 Feet - 06. Independent		
		12 Steps - 06. Independent		
		Picking Up Object - 06. Independent		
		Gait & Transfers		
		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 - 06. Independent		
		Lower Body Dressing - 06. Independent		
		Shower/Bathe Self - 06. Independent		
		Toileting Hygiene - 06. Independent		
		Don/Doff Footwear - 06. Independent		
		Eating - 06. Independent		
		Sit to Stand - 06. Independent		
		Car Transfer - 06. Independent		
		Walk 10 Feet - 06. Independent		
		Walk 50 ft with 2 Turns - 06. Independent		
Signature of Physician:		Date		
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Optional Name/Signature of Nurse/Therapist:		Date		
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		Walk 10 ft on Uneven Surface - 06. Independent 1 _ Step (curb) - 06. Independent 4 Steps - 06. Independent Balance & Strength Medication Review-		

Signature of Physician:	Date PAGE 4 of 4
Optional Name/Signature of Nurse/Therapist: Electronically Signed by Messick, Charles SN RN	Date 09/10/2025