Home Health Certification and Plan of Care

Order ID: 1150/12618

1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
69134734	09/25/2025	From: 09/25/2025 To: 11/22/2025	17750	217058

6. Patient's Name and Address

Janet Schlegl
403 Denton Way,
ABINGDON, MD 21009-
410-776-7526

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

8. DOB 03/30/1942 | **9.Sex** Female

11. ICD	Principal Diagnosis	Date
T81.31XD	Disruption of external operation (surgical) wound NEC subs	09/25/25

13. ICD	Other Pertinent Diagnoses	Date
I25.10	Athscl heart disease of native coronary artery w/o ang pctrs	09/25/25
I21.4	Non-ST elevation (NSTEMI) myocardial infarction	09/25/25
I82.C11	Acute embolism and thrombosis of right internal jugular vein	09/25/25
E11.65	Type 2 diabetes mellitus with hyperglycemia	09/25/25
I12.9	Hypertensive chronic kidney disease w stg 1-4/unsp chr kdny	09/25/25
E11.22	Type 2 diabetes mellitus w diabetic chronic kidney disease	09/25/25
N18.32	Chronic kidney disease stage 3b	09/25/25
D63.1	Anemia in chronic kidney disease	09/25/25
E11.51	Type 2 diabetes w diabetic peripheral angiopath w/o gangrene	09/25/25
E78.5	Hyperlipidemia unspecified	09/25/25
I87.2	Venous insufficiency (chronic) (peripheral)	09/25/25
M10.9	Gout unspecified	09/25/25
H40.9	Unspecified glaucoma	09/25/25
K21.9	Gastro-esophageal reflux disease without esophagitis	09/25/25
F41.9	Anxiety disorder unspecified	09/25/25
Z95.1	Presence of aortocoronary bypass graft	09/25/25
Z79.82	Long term (current) use of aspirin	09/25/25
Z79.84	Long term (current) use of oral hypoglycemic drugs	09/25/25
Z86.73	Prsnl hx of TIA (TIA) and cereb infrc w/o resid deficits	09/25/25
Z79.01	Long term (current) use of anticoagulants	09/25/25
Z79.02	Long term (current) use of antithrombotics/antiplatelets	09/25/25
Z85.3	Personal history of malignant neoplasm of breast	09/25/25
Z90.13	Acquired absence of bilateral breasts and nipples	09/25/25

10. Medications: Dose/Frequency/Route (N)ew (C)hanged

Aspirin 81Mg - Aspirin take 81 mg tablet by mouth every other day 81 mg, every other day
Colchicine - Colchicine take 0.6 mg tablet by mouth once a day 0.6 mg, Oral, 1 time daily PRN
Glucotrol - Glipizide take 5 mg tablet by mouth twice a day 5 mg, 2 times daily before meals
Zestril - Lisinopril take 40 mg tablet by mouth once a day 40 mg, 1 time daily
Lumigan - Bimatoprost 0.01 % , eye drops drops at bedtime 1 drop, nightly
polyvinyl alcohol-povidone PF (REFRESH) 1.4-0.6 % , eye drops drops twice a day 1 drop, 2 times daily PRN
Pravachol - Pravastatin Sodium take 20 mg tablet by mouth once a day 20 mg, 1 time daily
Trazodone - Trazodone Hydrochloride take 50 mg tablet by mouth at bedtime 50 mg, Oral, nightly
Allopurinol - Allopurinol 300 by mouth once a day
Ferrous Sulfate - Ferrous Sulfate: Folic Acid 325 by mouth once a day For 4 days starting September 24.
Epinephrine - Epinephrine 0.3mg intramuscular as necessary
Clopidogrel - Clopidogrel 75 by mouth once a day
Amiodarone - Amiodarone Hydrochloride 200mg, take 1 tablet by mouth once a day Heart
Eliquis - Apixaban 2.5MG, TAKE 1 TABLET by mouth twice a day Blood thinner
Furosemide - Furosemide 40 mg 40mg, take 1 tablet by mouth once a day Fluid pill x 7 days
Tylenol - Acetaminophen 325mg , take 2 tablet by mouth every 6 hours Pain
Hydralazine - Hydralazine Hydrochloride 25 MG, Take 2 tablets by mouth three times a day HTN

14. DME and Supplies:

rolling walker, hand held shower, grab bars, diabetic supplies

15. Safety Measures:

walker precautions, , infectious material management, , diabetic precautions, cardiac precautions, , bathroom safety, avoid temperature extremes, , ambulates with device

16. Nutrition:

cardiac diet, renal diet, low sodium

17. Allergies:

atorvastatin codeine entex t indomethacin oxycodone pneumococcal vaccine sh

18.A. Functional Limitations

Dyspnea With Minimal Exertion, Ambulation, Hearing

18.B. Activities Permitted

Walker, 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: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No

20. Prognosis: good

22. A Rehabilitation Potential:

SELF-CARE: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper., MOBILITY: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper.

22.B.Discharge Plans

patient will be responsible for managing treatment

Homebound status:

Due to diagnosis of Disruption Of External Operation Wound Not Elsewhere Classified, In A Subsequent Encounter, 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.

23. Signature and Date of Verbal SOC Where Applicable:

Electronically Signed by Messick, Charles SN RN on 09/25/2025

25. Date HHA Received Signed POT

24. Physician's Name and Address

Jenaro Hernandez
1001 Pine Heights Ave
Abingdon, MD 21229
PHONE: 410-515-5440 FAX: NPI: 1386935724

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.

F2F date : 09/22/2025

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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Clinical Condition Requiring Homecare: The patient is an 83-year-old female with a recent history of acute respiratory distress following her annual CT scan, during which she was immediately transferred to the hospital and underwent triple coronary artery bypass surgery. On assessment, she is alert and oriented 4, and currently denies chest pain, palpitations, or dizziness. Lung sounds are clear but diminished at the bases. She reports her last bowel movement occurred this morning, with normoactive bowel sounds noted, and she is voiding without difficulty. Physical examination revealed bilateral lower extremity edema (+2) with palpable pedal pulses. The patient and her caregiver were provided education regarding her prescribed medications, including their actions and potential side effects, as well as signs and symptoms of infection to monitor. Instruction was also given on the proper use of compression stockings to assist with circulation and edema management. Both the patient and caregiver verbalized understanding of the teaching provided. The current plan of care includes continued monitoring of cardiovascular and respiratory status, ongoing patient and caregiver education, adherence to medication regimen, edema management, and reinforcement of infection prevention strategies to promote recovery and maintain stability post-surgery.
 Date of Order 09/25/2025 Orders Physician Face-to-Face Date: 09/22/2025 Clinical Condition Requiring Home Care per Certifying Physician: SN disease management pt-eval & treat ot-eval & treat hha-adl's due to Disruption Of External Operation Wound Not Elsewhere Classified, In A Subsequent Encounter Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home
 1 - SOC - SN Notes: soc Physician Hernandez, Jenaro

SN Careplans

SN WK1: 14 (09/25/25-09/27/25)

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, blood sugar < 60 > 300

CAREGIVER: 2. Non-agency caregiver(s) need training/supportive services to 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; 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:POLST (Physician Orders for Life-Sustaining Treatment)

PROBLEMS IDENTIFIED ON ASSESSMENT: M2102d - Caregiver Performs Treatment, M2102f - Patient Supervision, M2020 - Oral Med Management, M2102c - Med Admin, M1400 - Dyspnea, swelling in legs/around eyes, abn cholesterol > 200 mg/dL, abnormal blood pressure, abnormal BS < 70/140 > mg/dL, constipation, swelling of affected area, limited endurance, limited strength, muscle weakness, Pain Interference with Therapy activities, B1000 - Vision Deficit, balance deficit, difficulty sleeping, Pain Interference with ADLs, Pain Effect on Sleep, swell/redness surround. skin, bruising/discoloration, #1 - Observable Surgical Wound - Anterior Midline - , #2 - Observable Surgical Wound - Other - right medial lower leg -

PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver. , Cardiopulmonary Assessment: Cardiopulmonary assessment, vital signs including pulse oximetry, monitor incisions for signs and symptoms of infection or wound dehiscence, assure incision being cleaned twice a day with wound spray per discharge instructions, incentive spirometry use at least 6 times daily, assure patient is ambulating 3 times a day, monitoring daily weight and assessment of lower extremity edema, diet, medication teaching and reviewe discharge instructions to assure medication compliance and proper administration., cough/deep breathing exercises, incentive spirometer: Incentive spirometer use at least 6 times a day., apply anti-embolitic stockings, train caregiver(s) to perform medical/rehabilitation treatments, apply compression bandage, physician-ordered wound care: Cleanse incision sites twice a day with wound spray., glucose testing via monitor, monitor intake & output, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision, coordinate/arrange resources for vision-impaired, venipuncture: Draw BMP in 1 week 9/29 or 9/30 and results to David Babajide Da Rocha Afodu, MD/Nephrology Internal Medicine. 410-847-3000. All labs must be dropped off at a Kaiser lab.

TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage cardiac condition including symptom management diet changes regular exercise getting enough sleep, related medication(s) purpose, schedule, * how to take the patient's blood pressure record the reading, 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, * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings physical exercise plan diet, related medication(s) purpose, schedule, * lifestyle modification to manage blood condition including dietary changes bleeding precautions, related medication(s) purpose, schedule, * low cholesterol dietary guidelines, 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, * 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 incorporate lifestyle modifications to optimize renal condition including renal-specific diet exercise monitoring of blood pressure blood sugar home, related medication(s) purpose, schedule remedies, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * diabetic

SN Goals

PATIENT-STATED GOAL: To get rid of walker and walk on my own

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
* 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
* lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings
* physical exercise plan
* diet
* 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
* how to take the patient's blood pressure
* record the reading
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet
* exercise
* monitoring of blood pressure
* blood sugar
* home
* recalls related medication(s) purpose, schedule remedies

patient/caregiver recalls
* lifestyle modification to manage blood condition including dietary changes
* bleeding precautions
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* low cholesterol dietary guidelines
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* how to manage gout flare-ups including non-medical pain relief
* dietary modifications
* recalls related medication(s) purpose, schedule

patient/caregiver recalls

Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles SN RN	09/25/2025

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medication management blood sugar testing diabetic foot care exercise diabetic diet, related medication(s) purpose, schedule, * how to manage gout flare-ups including non-medical pain relief dietary modifications, 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 administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence

* how to keep home safe for patient with vision loss including eliminating hazards
* enhancing lighting
* using mechanical aids

patient/caregiver recalls
* prevention exacerbation of anxiety condition including coping patterns
* improved concentration
* strategies to reduce anxiety
* identification of anxiety precipitants, conflicts, and threats
* recalls related medication(s) purpose, schedule

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
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patient is adequately supervised

caregiver administers and/or packages medications appropriately

caregiver performs medical/rehabilitation treatments with adequate competence

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