

Medical Update for Janet Schlegl DOB: 03/30/1942

Date Order Created: 10/08/2025

Order ID: 1150/12907

Agency Assigned Id: 17750

Certification Period: 09/25/2025 to 11/22/2025

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

Orders:

Authorization changes of PT skill Total Visits: 9 and Visit Freq: 9

10/08/2025 Problems : GG0170J1 - Walk 50 ft with 2 Turns

M1400 Dyspnea

Pain Interference with ADLs

Pain Effect on Sleep

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

10/08/2025 patient_goal: The patient wants to be pain free and walk better, Target Date: 11/22/2025,

10/08/2025 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: , Medication Review , Notes: The medication was reviewed with patient , Home exercises, Notes: Long arc , marching , hip abd/add 10x2 reps,

10/08/2025 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: 11/22/2025, therapeutic exercises, Target Date: 11/22/2025, therapeutic modalities, Target Date: 11/22/2025, balance training, Target Date: 11/22/2025, equipment training, Target Date: 11/22/2025, gait training, Target Date: 11/22/2025, transfer training, Target Date: 11/22/2025,

10/08/2025 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: 11/22/2025, 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, Target Date: 11/22/2025, Sit to Stand - 06. Independent, Target Date: 11/22/2025, Chair to Bed to Chair - 06. Independent, Target Date: 11/22/2025, Toilet Transfer - 06. Independent, Target Date: 11/22/2025, Car Transfer - 06. Independent, Target Date: 11/22/2025, Walk 10 Feet - 05. Setup or clean-up assistance, Target Date: 11/22/2025, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Target Date: 11/22/2025, Walk 150 Feet - 05. Setup or clean-up assistance, Target Date: 11/22/2025, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, Target Date: 11/22/2025, 1 - Step (curb) - 05. Setup or clean-up assistance, Target Date: 11/22/2025, 4 Steps - 05. Setup or clean-up assistance, Target Date: 11/22/2025, 12 Steps - 05. Setup or clean-up assistance, Target Date: 11/22/2025, Picking Up Object - 05. Setup or clean-up assistance, Target Date: 11/22/2025,

10/08/2025 discharge_plan: patient will be responsible for managing treatment, Target Date: 11/22/2025,

Jenaro Hernandez
1001 Pine Heights Ave

1001 Pine Heights Ave, MD 21229
Tele:410-515-5440 FAX:

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 10/08/2025