

Home Health Certification and Plan of Care				Order ID: 1150/12922	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
4HF2KE3MX91		10/03/2025		From: 10/03/2025 To: 12/01/2025	
				4. Medical Record No.	
				17639	
				5. Provider No.	
				217058	
6. Patient's Name and Address				7. Provider's Name, Address and Telephone Number	
Forteno Pecora				HomeCentris Healthcare LLC	
301 Wise Ave Ste A,				10 Crossroads Drive, Suite 102	
DUNDALK, MD 21222-				Owings Mills, MD 21117-8284	
410-288-5519				410-321-8448	
				1487113239	
8. DOB 06/27/1940 9.Sex Male				10. Medications: Dose/Frequency/Route (N)ew (C)hanged	
11. ICD		Principal Diagnosis		Date	
M48.02		Spinal stenosis cervical region		10/03/25	
13. ICD		Other Pertinent Diagnoses		Date	
M50.30		Other cervical disc degeneration unsp cervical region		10/03/25	
M54.16		Radiculopathy lumbar region		10/03/25	
M19.021		Primary osteoarthritis right elbow		10/03/25	
M19.022		Primary osteoarthritis left elbow		10/03/25	
I87.311		Chronic venous hypertension w ulcer of r low extrem		10/03/25	
L97.812		Non-prs chronic ulcer oth prt r low leg w fat layer exposed		10/03/25	
S51.811D		Laceration w/o foreign body of right forearm subs encntr		10/03/25	
I25.10		Athscl heart disease of native coronary artery w/o ang pctrs		10/03/25	
I11.0		Hypertensive heart disease with heart failure		10/03/25	
I50.9		Heart failure unspecified		10/03/25	
I48.91		Unspecified atrial fibrillation		10/03/25	
E78.5		Hyperlipidemia unspecified		10/03/25	
M19.90		Unspecified osteoarthritis unspecified site		10/03/25	
L85.3		Xerosis cutis		10/03/25	
K21.9		Gastro-esophageal reflux disease without esophagitis		10/03/25	
R32.		Unspecified urinary incontinence		10/03/25	
Z79.01		Long term (current) use of anticoagulants		10/03/25	
Z79.51		Long term (current) use of inhaled steroids		10/03/25	
Z87.440		Personal history of urinary (tract) infections		10/03/25	
Z91.81		History of falling		10/03/25	
14. DME and Supplies:				15. Safety Measures:	
hand held shower, grab bars, wound care supplies, 4 wheeled walker, cane				diabetic precautions, , infectious material management, , , aspiration precautions, avoid temperature extremes, walker precautions, smoke detectors , bathroom safety, ambulates with device,	
16. Nutrition:				17. Allergies:	
low sodium				penicillin venafaxine cymbalta pradoxax	
18.A. Functional Limitations				18.B. Activities Permitted	
Dyspnea With Minimal Exertion, Ambulation, Endurance				Up As Tolerated, Walker, Cane	
19. Mental & Pyschosocial Status: COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 1. In new or complex situations only, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No					
20. Prognosis: good					
22. A Rehabilitation Potential:				22.B.Discharge Plans	
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.				patient will be responsible for managing treatment	
23. Signature and Date of Verbal SOC Where Applicable:				25. Date HHA Received Signed POT	
Electronically Signed by Messick, Charles SN RN on 10/03/2025					
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.	
Lawanda Rollins Mrs.				F2F date : 09/13/2025	
8831 Satyr Hill Rd Ste 100					
Parkville, MD 21234					
PHONE: 443-946-1896 FAX: 14434952902 NPI: 1003384165					
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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6. Patient's Name and Address Forteno Pecora 301 Wise Ave Ste A, DUNDALK, MD 21222- 410-288-5519		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: Due to diagnosis of Spinal Stenosis Cervical Region, 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 <div>The patient is an 85-year-old male with a past medical history significant for spinal stenosis, prior back and neck surgeries, Requiring Homecare:hypertension, and hyperlipidemia. He sustained a fall on August 17, 2025, was hospitalized at Johns Hopkins for two days, and subsequently completed inpatient rehabilitation at Rossville. He currently lives alone in an upstairs apartment with siblings nearby and ambulates with a rolling walker. On assessment he reports generalized weakness and intermittent moderate low-back and leg pain. Clinically he appears frail and fatigues easily with activity; gait is unsteady with absent toe-off, and bilateral pitting pedal edema is present. The patient received education in fall prevention strategies, energy-conservation techniques, and was taught a basic home exercise program to address mobility and lower-extremity activation; he demonstrated understanding. Given his deconditioning, unsteady gait, fall history, and functional limitations, skilled home physical therapy is indicated to improve strength, endurance, gait mechanics (including restoring toe-off/foot clearance), balance, and safety with transfers and mobility. In addition, continued monitoring and management of edema, a home safety assessment (including stair/entrance accessibility), and follow-up with his primary care provider and surgical team as needed are recommended to reduce fall risk and prevent functional decline.</div> </div><div>
</div>Date of Order</div><div>10/03/2025</div><div>Orders</div><div>Physician Face-to-Face Date: 09/13/2025</div><div>Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat hha;ad's due to Spinal Stenosis Cervical Region</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>1 - SOC - SN Notes: soc</div><div>PT Eval Notes:</div><div>
</div><div>Physician</div><div>Rollins Mrs., Lawanda</div>

SN Careplans

SN WK1: 1 (10/03/25-10/04/25) ,WK2: 1 (10/05/25-10/11/25)

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: 3. Non-agency caregiver(s) are not likely to provide assistance OR it is unclear if they will provide assistance

HOSPITALIZATION RISKS: 1. History of falls (2 or more falls - or any fall with an injury - in the past 12 months), 6. Reported or observed history of difficulty complying with any medical instructions (for example, medications, diet, exercise) in the past 3 months, 7. Currently taking 5 or more medications, 8. Currently reports exhaustion, 9. Other risk(s) not listed in 1- 8

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, M2102c - Med Admin, M2020 - Oral Med Management, A1250 - Lack of Necessary Transportation, M1033 - Exhaustion, M1400 - Dyspnea, abn cholesterol > 200 mg/dL, abnormal blood pressure, constipation, frequent urination, M1610 - Urinary Incontinence, limited endurance, muscle weakness, B0200 - Hearing Deficit, B1000 - Vision Deficit, balance deficit, #2 - Abrasion - Posterior Left Elbow/Forearm - , #1 - Laceration - Anterior Left Elbow/Forearm - , bruising/dyscoloration, swell/redness surround. skin, discolored patches of skin

PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver? , cough/deep breathing exercises, incentive spirometer, train caregiver(s) to perform medical/rehabilitation treatments, physician-ordered wound care: To left arm wound sites- Wash with saline, apply xeroform to base of wound apply kerlix. Three times weekly (M,W,F)., bladder training, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision, coordinate/arrange resources for vision-impaired, coordinate/arrange home modifications for hearing impaired, i.e. alarms, coordinate/arrange transportation services

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, * strict compliance with physician orders for anticoagulant administration avoiding activities that create unnecessary risk for injury monitoring for prolonged bleeding from cuts, blood in urine or stool, or unusual bruising for warfarin, limiting foods high in Vitamin K, such as leafy green vegetables, * low cholesterol dietary guidelines, 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, * how to manage skin condition including physician-prescribed treatment skin care bathing sun protection diet exercise, related medication(s) purpose, schedule, * how to promote optimized mobility with strength balance dexterity range-of-motion therapeutic exercises promotion of

SN Goals

PATIENT-STATED GOAL: I want to stop falling

GOALS

patient/caregiver recalls

- * how to promote optimized mobility with strength
- * balance
- * dexterity
- * range-of-motion therapeutic exercises
- * promotion of peripheral circulation
- * fluid and diet intake to promote healing
- * prevent constipation
- * 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

- * low cholesterol dietary guidelines
- * recalls related medication(s) purpose, schedule

patient/caregiver recalls

- * urinary incontinence management including bladder training
- * Kegel exercises
- * skin care
- * 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 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

- * strategies to minimize fatigue and exhaustion including work simplification
- * energy conservation
- * lifestyle changes
- * diet
- * recalls related medication(s) purpose, schedule

Signature of Physician:	Date
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peripheral circulation fluid and diet intake to promote healing prevent constipation, related medication(s) purpose, schedule, * urinary incontinence management including bladder training Kegel exercises skin care, 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, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, * how to keep home safe for hearing-impaired including installing special fire-detector/C O2 alarms, 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's transportation needs are met, patient is adequately supervised, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence	patient/caregiver recalls * how to keep home safe for hearing-impaired including installing special fire-detector/CO2 alarms * 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 self-administers medications as prescribed * recalls related medication(s) purpose, schedule patient's transportation needs are met patient is adequately supervised caregiver administers and/or packages medications appropriately caregiver performs medical/rehabilitation treatments with adequate competence 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 take the patient's blood pressure * record the reading * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to manage skin condition including physician-prescribed treatment * skin care * bathing * sun protection * diet * exercise * recalls related medication(s) purpose, schedule patient/caregiver recalls * strict compliance with physician orders for anticoagulant administration * avoiding activities that create unnecessary risk for injury * monitoring for prolonged bleeding from cuts, blood in urine or stool, or unusual bruising * for warfarin, limiting foods high in Vitamin K, such as leafy green vegetables
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PT Careplans PT WK2: 2 (10/05/25-10/11/25) ,WK3: 2 (10/12/25-10/18/25) ,WK4: 2 (10/19/25-10/25/25) ,WK5: 1 (10/26/25-11/01/25) ,WK6: 1 (11/02/25-11/08/25) ,WK7: 1 (11/09/25-11/15/25) PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Interference with ADLs, M1400 Dyspnea, GG0170F1 - Toilet Transfer, GG0170D1 - Sit to Stand, GG0170E1 - Chair to Bed to Chair, GG0170G1 - Car Transfer, GG0170I1 - Walk 10 Feet, GG0170J1 - Walk 50 ft with 2 Turns, GG0170K1 - Walk 150 Feet, GG0170L1 - Walk 10 ft on Uneven Surface, GG0170M1 - 1 - Step (curb), GG0170N1 - 4 Steps, GG0170O1 - 12 Steps, GG0170P1 - Picking Up Object PROCEDURES: Therapeutic Exercises: Long arc , marching, slr, le abd/add --10x2 reps , Medication Review: The medication was reviewed with the patient, cough/deep breathing exercises, incentive spirometer, gait training on uneven surfaces, gait training/stair 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, Sit to Stand - 06. Independent, Chair to Bed to Chair - 06. Independent, Toilet Transfer - 06. Independent, Car Transfer - 06. Independent, Walk 10 Feet - 05. Setup or clean-up assistance, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Walk 150 Feet - 05. Setup or clean-up assistance, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, 1 - Step (curb) - 05. Setup or clean-up assistance, 4 Steps - 05. Setup or clean-up assistance, 12 Steps - 05. Setup or clean-up assistance, Picking Up Object - 05. Setup or clean-up assistance	PT Goals PATIENT-STATED GOAL: The patient wants to get stronger and walk with improved balance GOALS Chair to Bed to Chair - 06. Independent Toilet Transfer - 06. Independent Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance 1 - Step (curb) - 05. Setup or clean-up assistance 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 Sit to Stand - 06. Independent Car Transfer - 06. Independent
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		Get Transfer - 05. Independent Walk 10 Feet - 05. Setup or clean-up assistance Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance Walk 150 Feet - 05. Setup or clean-up assistance 4 Steps - 05. Setup or clean-up assistance 12 Steps - 05. Setup or clean-up assistance Picking Up Object - 05. Setup or clean-up assistance		

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