Home Health Certification and Plan of Care

Order ID: 1150/13030

1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
47311041	10/07/2025	From: 10/07/2025 To: 12/05/2025	18216	217058

6. Patient's Name and Address

Michael Martel
907 Gladway Rd,
MIDDLE RIVER, MD 21220-
410-599-3077

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 10/11/1960 **9.Sex** Male

11. ICD	Principal Diagnosis	Date
G93.41	Metabolic encephalopathy	10/07/25

13. ICD	Other Pertinent Diagnoses	Date
M16.0	Bilateral primary osteoarthritis of hip	10/07/25
M25.512	Pain in left shoulder	10/07/25
I89.0	Lymphedema not elsewhere classified	10/07/25
I10.	Essential (primary) hypertension	10/07/25
I82.421	Acute embolism and thrombosis of right iliac vein	10/07/25
K21.9	Gastro-esophageal reflux disease without esophagitis	10/07/25
E44.0	Moderate protein-calorie malnutrition	10/07/25
F17.200	Nicotine dependence unspecified uncomplicated	10/07/25
F11.10	Opioid abuse uncomplicated	10/07/25
K59.00	Constipation unspecified	10/07/25
Z79.01	Long term (current) use of anticoagulants	10/07/25

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

Ibuprofen - Ibuprofen 400 MG, Give 1 tablet by mouth every 8 hours Give 1 tablet by mouth every 8 hours as needed for pain 6-10
Albuterol Sulfate And Ipratropium Bromide - Albuterol Sulfate: Ipratropium Bromide take 0.5-2.5, inhale inhalant in the morning inhale orally in the morning for SOB or Wheezing via nebulizer
Mylanta - Simethicone 400-400-40 MGV5ML, Give 30 ml by mouth every 12 hours Give 30 ml by mouth every 012 hours as needed for upset stomach
Polyethylene Glycol - Polyethylene Glycol 3350: Potassium Chloride: Sodium Bicarbonate: Sodium Chloride Give 17-gram, powder by mouth once a day Give 17 gram by mouth one time a day for hold for lose stool
Gabapentin - Gabapentin 600 mg 600 by mouth four times a day Sometimes I take 2x a day and other times 3x a day depending on pain lev
One A Day Vitamin - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpanthenol: Folic Acid: Niacinamide: Pyridox 60 tablets by mouth once a day Daily supplement
Amilodipine - Amlodipine Besylate 5 MG, Give 1 tablet by mouth once a day Tablet 5 MG Give 1 tablet by mouth one time a day for HTN Hold for SBP lower than 100mmHg and notify MD
Artificial Tears - Normal Saline Instill 1 drop in both eyes both eyes three times a day Instill 1 drop in both eyes three times a day for Dry eyes for 7 Days.
1-2 drops in right eyes as needed
Acetaminophen - Acetaminophen 500 MG, Give 2 tablet by mouth every 6 hours Tablet 325 MG Give 2 tablet by mouth every 6 hours as needed for Pain 1-5 *Use caution wV APAP total daily dose
greater than 3,000mg*
Melatonin - Melatonin 3 MG Give 1 tablet by mouth as necessary Give 1 tablet by mouth every 24 hours as needed for insomina to be administered at bedtime
Eliquis - Apixaban 5 MG, Give 1 tablet by mouth twice a day Give 1 tablet by mouth two times a day for Afib
Protonix - Pantoprazole Sodium eq 40 mg base 40 MG Give 1 tablet by mouth once a day Give 1 tablet by mouth one time a day for GERD
Dulcolax - Bisacodyl 354ml by mouth as necessary As needed for constipation
Methadone - Methadone Hydrochloride Give 105 mg by mouth once a day Give 105 mg by mouth one time a day for Opioid dependence

14. DME and Supplies:

nebulizer, commode, hospital bed, 4 wheeled walker

15. Safety Measures:

walker precautions, smoke detectors , restricted ROM, , , ambulates with device, hip precautions, remove environmental barriers, ambulates with assistance, , bathroom safety, , activity supervision

16. Nutrition:

regular

17. Allergies:

no known allergies

18.A. Functional Limitations

Endurance, Ambulation

18.B. Activities Permitted

Walker, Up As Tolerated

19. Mental & Pyschosocial Status: COGNITION: 1. Requires prompting (cuing, repetition, reminders) only under stressful or unfamiliar conditions., ANXIETY: 1. In new or complex situations only, SOCIAL ISOLATION: 1. Rarely, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No

20. Prognosis: fair

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
family/caregiver will be responsible for managing treatment

Homebound status: Due to diagnosis of Metabolic Encephalopathy , 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 10/07/2025

25. Date HHA Received Signed POT

24. Physician's Name and Address

Leopoldine Modjo Kenmogne
3001 Hospital Dr
Cheverly, MD 20785
PHONE: 410-737-5000 FAX: 14107375401 NPI: 1114312444

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 : 10/03/2025

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 a 65-year-old male with a significant past medical history of metabolic encephalopathy, osteoarthritis with ankylosed hips and knees, hypertension, and a prior pneumothorax. He is alert and oriented 3 and remains homebound due to chronic generalized weakness and persistent pain secondary to osteoarthritis. The patient resides with his sister and her husband, who provide intermittent assistance as needed. He ambulates with a walker and uses a hospital bed on the first level of the home for easier access and safety. The patient reports chronic bilateral hip and leg pain rated 7-8/10, which interferes with sleep and daily activities. He currently takes acetaminophen, methadone, and gabapentin, though he reports these provide only partial relief. He has an upcoming primary care appointment to review his pain management plan and discuss potential medication adjustments. His long-term goal is to improve strength and mobility through continued physical therapy, aiming to progress from a walker to a cane or, ideally, to ambulate independently. Physical assessment revealed bilateral hamstring and calf muscle tightness with limited range of motion in both knees and hips. The patient ambulates with a walker, demonstrating an absent heel strike and requiring assistance for safe transfers. Physical therapy focused on lower extremity strengthening and mobility, including long arc quadriceps and straight leg raise exercises, as well as passive stretching and joint mobilization performed by the therapist. The patient's medication regimen was reviewed; he and his sister jointly organize medications in a weekly pillbox. The patient expressed uncertainty about proper timing and conditions for taking or withholding certain medications, particularly antihypertensives. Nursing education on medication management and blood pressure medication use was reinforced, with encouragement for ongoing teaching and monitoring. The patient also reported a previously sustained wound on his right shin that has completely healed. There are no current wound orders, and a photo of the healed area has been uploaded to his chart. Education was provided regarding ongoing skin care and injury prevention. The patient and his caregiver demonstrated understanding of the instructions and expressed commitment to the therapeutic and medication plans. Continue skilled nursing and physical therapy to address pain control, improve joint mobility, enhance strength, and reinforce medication management education. The patient will follow up with his primary care provider regarding pain control and antihypertensive regimen adjustments.
 Date of Order 10/07/2025 Orders Physician Face-to-Face Date: 10/03/2025 Clinical Condition Requiring Home Care per Certifying Physician: SN-disease management PT-eval & treat OT-eval & treat HHA-adls due to Metabolic Encephalopathy 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 PT Eval Notes: Physician Modjo Kenmogne, Leopoldine

SN Careplans

SN WK1: 2 (10/07/25-10/11/25) ,WK2: 2 (10/12/25-10/18/25) ,WK3: 1 (10/19/25-10/25/25) ,WK4: 1 (10/26/25-11/01/25) ,WK5: 1 (11/02/25-11/08/25) ,WK6: 1 (11/09/25-11/15/25)

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: 2. Non-agency caregiver(s) need training/supportive services to provide assistance

HOSPITALIZATION RISKS: 3. Multiple hospitalizations (2 or more) in the past 6 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

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:No Advance Directive

PROBLEMS IDENTIFIED ON ASSESSMENT: M2102d - Caregiver Performs Treatment, M2102f - Patient Supervision, M2020 - Oral Med Management, M2102c - Med Admin, M1400 - Dyspnea, weak pulses in feet, poor muscle tone, muscle weakness, limited range of motion, limited strength, limited endurance, Pain Interference with Therapy activities, B1000 - Vision Deficit, balance deficit, lethargy, Pain Interference with ADLs, Pain Effect on Sleep, discolored patches of skin, bruising/discoloration, #1 - Blister - Anterior Right Below Knee -

PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, train caregiver(s) to perform medical/rehabilitation treatments, monitor intake & output, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision, coordinate/arrange resources for vision-impaired

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, * 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, * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings physical exercise plan diet, 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 optimize mental status with cognition therapy home safety optimize mobility with active and passive range of motion therapeutic exercises diet and fluids to optimize peripheral circulation, related medication(s) purpose, schedule, * how to control drug withdrawal symptoms how to get support overcome cravings, 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, * dietary guidelines for managing nutritional deficit, related medication(s) purpose, schedule, * how to manage inflammatory process optimize mobility with active and passive range of motion exercises

SN Goals

PATIENT-STATED GOAL: His long-term goal is to become stronger through physical therapy and to eventually transition from using a walker to using a cane, or to ambulate independently if possible.

GOALS
patient/caregiver recalls
* how to optimize mental status with cognition therapy
* home safety
* optimize mobility with active and passive range of motion therapeutic exercises
* diet and fluids to optimize peripheral circulation
* 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
* 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/caregiver recalls
* dietary guidelines for managing nutritional deficit
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* how to control drug withdrawal symptoms
* how to get support
* overcome cravings
* 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

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

Signature of Physician:	Date
	PAGE 2 of 3
Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles SN RN	10/07/2025

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fluid and diet intake to promote healing prevent constipation home safety, 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

* position changes
* skin care
* diet modification
* record wound measurements
* 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 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
* lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings
* physical exercise plan
* diet
* recalls related medication(s) purpose, schedule

PT Careplans

PT WK1: 1 (10/07/25-10/11/25) ,WK2: 2 (10/12/25-10/18/25) ,WK3: 2 (10/19/25-10/25/25) ,WK4: 2 (10/26/25-11/01/25) ,WK5: 1 (11/02/25-11/08/25) ,WK6: 1 (11/09/25-11/15/25) ,WK7: 1 (11/16/25-11/22/25)

PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, 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: Medication Review: The medication was reviewed with the patient , Home exercises: LONG ARC , SLR, LE ABD/ADD, --10X2 REPS , cough/deep breathing exercises, 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 - 04. Supervision or touching assistance, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Walk 150 Feet - 04. Supervision or touching assistance, Walk 10 ft on Uneven Surface - 04. Supervision or touching, 1 - Step (curb) - 04. Supervision or touching assistance, 4 Steps - 04. Supervision or touching assistance, 12 Steps - 04. Supervision or touching assistance, Picking Up Object - 04. Supervision or touching assistance

PT Goals

PATIENT-STATED GOAL: The patient wants to walk normal

GOALS
Chair to Bed to Chair - 06. Independent

Toilet Transfer - 06. Independent

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

Walk 10 Feet - 04. Supervision or touching assistance

Walk 50 ft with 2 Turns - 04. Supervision or touching assistance

Walk 150 Feet - 04. Supervision or touching assistance

Walk 10 ft on Uneven Surface - 04. Supervision or touching

1 - Step (curb) - 04. Supervision or touching assistance

4 Steps - 04. Supervision or touching assistance

12 Steps - 04. Supervision or touching assistance

Picking Up Object - 04. Supervision or touching assistance

Signature of Physician:	Date
	PAGE 3 of 3
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