

Medical Update for Jan Ann Aledro Pineda DOB: 01/12/1981

Date Order Created: 10/16/2025

Order ID: 1163/386

Agency Assigned Id: 433

Certification Period: 09/22/2025 to 11/19/2025

Grace Home Healthcare, LLC 497754
9735 Main Street Suite 200 Fairfax,
Fairfax, VA 22031-3736
PHONE 703-865-7370 FAX

Orders:

Authorization changes of PT skill Total Visits: 6 and Visit Freq: 6

10/15/2025 Problems : GG0170E1 - Chair to Bed to Chair

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

GG0170J1 - Walk 50 ft with 2 Turns

GG0170I1 - Walk 10 Feet

GG0170G1 - Car Transfer

GG0170F1 - Toilet Transfer

GG0170D1 - Sit to Stand

GG0130C1 - Toileting Hygiene

GG0130E1 - Shower/Bathe Self

GG0130H1 - Don/Doff Footwear

GG0130G1 - Lower Body Dressing

GG0130F1 - Upper Body Dressing

GG0130B1 - Oral Hygiene

M1400

Pain Effect on Sleep

10/15/2025 patient_goal: I want to get stronger and get back to feeling like myself, Target Date:

11/19/2025, To feel stronger in BLE to be able to tol walk around home/between rooms and neg stairs to exit/enter building staircase of home, with improved strength, endurance and tolerance for standing and walking., Target Date: 11/19/2025,

10/15/2025 procedure: cough/deep breathing exercises, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , Medication Review, Notes: Medications reviewed with patient/caregiver., standing tolerance exercises, Notes: , static standing balance exercises, Notes: , therapeutic exercises, Notes: , gait training/stair training, Notes: , transfers training, Notes: , home exercise program, Notes: Seated therex BLE, 1-2x10, 1-2x/daily, with theraband or ankle wts resist where applicable: sit to stands, alt marches, SLR hip flex, LAQ, clams, hip add with pillow squeezes x3-5 sec holds; HR/TR;

Seated therex BLE, 1-2x10, 1-2x/daily, with theraband or ankle wts resist where applicable: SLR hip abd, marches, HR, HS curls,

10/15/2025 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: 11/19/2025, 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, Target Date: 11/19/2025, therapeutic exercises, Target Date: 11/19/2025, therapeutic modalities, Target Date: 11/19/2025, equipment training, Target Date: 11/19/2025, work simplification/energy conservation, Target Date: 11/19/2025, related medication(s) purpose and schedule, Target Date: 11/19/2025, symptoms requiring physician notification, Target Date: 11/19/2025, therapeutic exercises, Target Date: 11/19/2025, therapeutic modalities, Target Date: 11/19/2025, balance training, Target Date: 11/19/2025, equipment training, Target Date: 11/19/2025, gait training, Target Date: 11/19/2025, transfer training, Target Date: 11/19/2025,

10/15/2025 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: 11/19/2025, 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: 11/19/2025, Oral Hygiene - 06. Independent, Target Date: 11/19/2025, Lower Body Dressing - 06. Independent, Target Date: 11/19/2025, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 11/19/2025, Toileting Hygiene - 06. Independent, Target Date: 11/19/2025, Don/Doff Footwear - 06. Independent, Target Date: 11/19/2025, Eating - 06. Independent, Target Date: 11/19/2025, Sit to Stand - 06. Independent, Target Date: 11/19/2025, Chair to Bed to Chair - 06. Independent, Target Date: 11/19/2025, Toilet Transfer - 06. Independent, Target Date: 11/19/2025, Car Transfer - 06. Independent, Target Date: 11/19/2025, Walk 10 Feet - 05. Setup or clean-up assistance, Target Date: 11/19/2025, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Target Date: 11/19/2025, 4 Steps - 05. Setup or clean-up assistance, Target Date: 11/19/2025, 12 Steps - 05. Setup or clean-up assistance, Target Date: 11/19/2025, Picking Up Object - 05. Setup or clean-up assistance, Target Date: 11/19/2025,

10/15/2025 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 11/19/2025, family/caregiver will be responsible for managing treatment, Target Date: 11/19/2025,

Walk 150 Feet - 05. Setup or clean-up assistance, Target Date: 11/19/2025 (unable to achieve)

Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, Target Date: 11/19/2025 (unable to achieve)

1 - Step (curb) - 05. Setup or clean-up assistance, Target Date: 11/19/2025 (unable to achieve)

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 10/16/2025