

Medical Update for Ellen Gross DOB: 01/15/1944

Date Order Created: 09/29/2025

Order ID: 1150/12478

Agency Assigned Id: 17575

Certification Period: 09/20/2025 to 11/17/2025

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

Orders:

09/27/2025 Problems : GG0130B1 - Oral Hygiene
GG0130F1 - Upper Body Dressing
GG0130G1 - Lower Body Dressing
GG0130H1 - Don/Doff Footwear
GG0130E1 - Shower/Bathe Self
GG0130C1 - Toileting Hygiene
GG0130A1 - Eating
M1400 - Dyspnea

09/27/2025 patient_goal: To return to carry for herself and decrease the need for caregiver assistance,
Target Date: 11/17/2025,

09/27/2025 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: ,
equipment training, Notes: , work simplification/energy conservation, Notes: , home exercise program,
Notes: , work simplification/energy conservation, Notes: , transfers training, Notes: , assist with light
housekeeping, Notes: , assist with meal preparation, Notes: ,

09/27/2025 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: 11/17/2025, 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:
11/17/2025, therapeutic exercises, Target Date: 11/17/2025, therapeutic modalities, Target Date:
11/17/2025, equipment training, Target Date: 11/17/2025, work simplification/energy conservation,
Target Date: 11/17/2025, related medication(s) purpose and schedule, Target Date: 11/17/2025,
symptoms requiring physician notification, Target Date: 11/17/2025,

09/27/2025 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: 11/17/2025, Oral Hygiene - 06.
Independent, Target Date: 11/17/2025, Lower Body Dressing - 06. Independent, Target Date:
11/17/2025, Shower/Bathe Self - 06. Independent, Target Date: 11/17/2025, Toileting Hygiene - 06.
Independent, Target Date: 11/17/2025, Don/Doff Footwear - 06. Independent, Target Date:
11/17/2025, Eating - 06. Independent, Target Date: 11/17/2025,

09/27/2025 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date:
11/17/2025,

Manuel Ramos
1205 York Road Suite 36

1205 York Road Suite 36 , MD 21093
Tele:4108327350 FAX: 14108327351

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

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