

Medical Update for Teresa Essiaw DOB: 06/17/1948

Date Order Created: 10/16/2025

Order ID: 1163/385

Agency Assigned Id: 372

Certification Period: 09/29/2025 to 11/26/2025

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

Orders:

10/15/2025 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
Pain Effect on Sleep
Pain Interference with Therapy activities
Pain Interference with ADLs
M1400 - Dyspnea

10/15/2025 patient_goal: Improve R hand grip strength to improve holding onto FWW for safety with walking, Target Date: 11/26/2025,

10/15/2025 procedure: equipment training, Notes: , work simplification/energy conservation, Notes: ,

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: 11/26/2025, 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: 11/26/2025, therapeutic exercises, Target Date: 11/26/2025, therapeutic modalities, Target Date: 11/26/2025, equipment training, Target Date: 11/26/2025, work simplification/energy conservation, Target Date: 11/26/2025, related medication(s) purpose and schedule, Target Date: 11/26/2025, symptoms requiring physician notification, Target Date: 11/26/2025,

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: 11/26/2025, 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: 11/26/2025, Oral Hygiene - 03. Partial/moderate assistance, Target Date: 11/26/2025, Upper Body Dressing - 01. Dependent, Target Date: 11/26/2025, Lower Body Dressing - 01. Dependent, Target Date: 11/26/2025, Shower/Bathe Self - 04. Supervision or touching assistance, Target Date: 11/26/2025, Toileting Hygiene - 03. Partial/moderate assistance, Target Date: 11/26/2025, Don/Doff Footwear - 01. Dependent, Target Date: 11/26/2025, Eating - 05. Setup or clean-up assistance, Target Date: 11/26/2025,

10/15/2025 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 11/26/2025,

Parimal Desai
9001 Digges Rd Suite 104

9001 Digges Rd Suite 104, VA 20110
Tele:7033695000 FAX: 17033695003

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

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