# Home Health Certification and Plan of Care

**Order ID: 1150/13203**

| 1. Patient s HI claim No. | 2. Start Of Care Date | 3. Certification Period | 4. Medical Record No. | 5. Provider No. |
|---|---|---|---|---|
| 1Jp1U28UA29 | 10/17/2025 | From: 10/17/2025 To: 12/15/2025 | 18507 | 217058 |

**6. Patient's Name and Address**

Pearl Smith
207 N Culver Street,
BALTIMORE, MD 21229-
443-804-6613

**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** 07/09/1944 | **9.Sex** Female

| 11. ICD | Principal Diagnosis | Date |
|---|---|---|
| M17.0 | Bilateral primary osteoarthritis of knee | 10/17/25 |

| 13. ICD | Other Pertinent Diagnoses | Date |
|---|---|---|
| I10. | Essential (primary) hypertension | 10/17/25 |
| E78.5 | Hyperlipidemia unspecified | 10/17/25 |
| E05.90 | Thyrotoxicosis unsp without thyrotoxic crisis or storm | 10/17/25 |
| M10.9 | Gout unspecified | 10/17/25 |

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

Amlodipine Besylate - Amlodipine Besylate 10 MG Oral Tablet,Take 1 tablet by mouth once a day
Atenolol - Atenolol 25 MG Oral Tablet,Take 1 tablet by mouth once a day
Meclizine HCl 25 MG Oral Tablet,Take 1 tablet by mouth twice a day 2 times per day as needed
Tapazole - Methimazole 5 MG Oral Tablet,Take 1.5 tablets (7.5 mg) by mouth once a day
Celexa - Citalopram Hydrobromide eq 20 mg base 20 MG Oral Tablet,TAKE 1 TABLET by mouth once a day Taken for depression
Lisinopril - Lisinopril 40 mg 40 MG Oral Tablet,Take 1 tablet by mouth once a day Taken htn
Oxycodone - Ibuprofen: Oxycodone Hydrochloride 5mg by mouth once a day Taken for pain
Aspirin - Aspirin 81mg by mouth once a day Taken for clot prevention
Indapamide - Indapamide 2.5 MG Oral Tablet by mouth once a day Diretic
Crestor - Rosuvastatin Calcium 10 MG Oral Tablet by mouth once a day Taken for cholesterol
Xanax - Alprazolam 0.25 MG Oral Tablet,Take 1 tablet by mouth twice a day Taken as neededfor anx
Potassium Chloride Microencapsulated Crystals ER (Potassium Chloride Crys ER) 20 MEQ Oral Tablet,TAKE 1 TABLET by mouth once a day BY MOUTH EVERY DAY

**14. DME and Supplies:**

wheelchair, grab bars, cane, commode, rolling walker

**15. Safety Measures:**

walker precautions, smoke detectors , restricted ROM, fall precautions, ambulates with assistance, wheelchair precautions, standard precautions, no stair use, knee precautions, anticoagulant precautions

**16. Nutrition:**

Z. NO PHYSICIAN-ORDERED DIET

**17. Allergies:**

no known allergies

**18.A. Functional Limitations**

Endurance, Contracture, Ambulation

**18.B. Activities Permitted**

Exercises Prescribed, Crutches, Walker, Wheelchair, Transfer bed/Chair, 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: 4. Always, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No

**20. Prognosis:** fair

**22. A Rehabilitation Potential:**

SELF-CARE: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities., MOBILITY: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities.

**22.B.Discharge Plans**

family/caregiver will be responsible for managing treatment

**Homebound status:** Due to diagnosis of Bilateral primary osteoarthritis of knee, 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 Requiring Homecare:**

The patient is an 81-year-old female, alert and oriented 3, living alone in a two-story townhouse equipped with a stair lift and various assistive devices. Her medical history includes osteoarthritis, rheumatoid arthritis, hypertension, hyperlipidemia, gout, and hyperthyroidism. She reports chronic knee and hand pain rated 7/10, limited right-hand mobility, and difficulty with fine motor tasks such as buttoning and tying due to arthritis. The patient ambulates short distances using crutches, though she demonstrates poor technique and a flexed posture, and performs transfers with supervision to moderate assistance. She remains homebound due to pain, limited mobility, and the effort required to leave her home, as evidenced by a Tinetti score of 14/28. Her home is clean, organized, and equipped for safety, but she continues to express difficulty maintaining independence. The patient reports poor appetite, emotional distress, and grief related to multiple family losses, leading to feelings of loneliness and intermittent tearfulness. She takes Tylenol and occasional low-dose oxycodone for pain, expressing concern about dependency, and admits occasional confusion regarding medications, suggesting possible noncompliance. Her blood pressure was elevated during the visit, likely related to emotional distress. The care plan includes reinforcing medication adherence, monitoring pain control and blood pressure, and encouraging improved nutrition and hydration. Recommendations were made for continued physical and occupational therapy to enhance mobility and strength, as well as grief counseling and potential home health aide support to assist with activities of daily living and alleviate caregiver strain. Continued nursing follow-up is planned for safety monitoring, emotional support, and coordination of care.<o:p></o:p> <o:p> </o:p> Date of Order<o:p></o:p> 10/17/2025<br> Order<o:p></o:p> Physician Face-to-Face Date: 10/08/2025<br> Clinical Condition Requiring Home Care per Certifying Physician: SN-disease management PT eval and treat OT eval and treat HHA DX: Bilateral primary osteoarthritis of knee<br> Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home<o:p></o:p> <br> 1 - SOC - SN Notes: <br> PT Eval Notes:<br> OT Eval Notes:<o:p></o:p> Physician: Baskaran, Sambandam

**SN Careplans**

SN WK1: 1 (10/17/25-10/18/25) ,WK2: 1 (10/19/25-10/25/25) ,WK3: 1 (10/26/25-11/01/25) ,WK4: 1 (11/02/25-11/08/25) ,WK5: 1 (11/09/25-11/15/25) ,WK6: 1 (11/16/25-11/22/25)

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

**SN Goals**

PATIENT-STATED GOAL: To feel better and get stronger

GOALS
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

**23. Signature and Date of Verbal SOC Where Applicable:**

Electronically Signed by Messick, Charles SN RN on 10/17/2025

**25. Date HHA Received Signed POT**

**24. Physician's Name and Address**

Sambandam Baskaran
3455 Wilkens Ave
Baltimore, MD 21229
PHONE: 410-644-4444 FAX: 410-644-4484 NPI: 1073584991

**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 : 10/08/2025

**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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HOSPITALIZATION RISKS: 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: M1720 - Anxiety, M2102d - Caregiver Performs Treatment, A1250 - Lack of Necessary Transportation, M2102f - Patient Supervision, M2102c - Med Admin, meal preparation, M2020 - Oral Med Management, D0700 - Social Isolation, M1400 - Dyspnea, abnormal blood pressure, M1620 - Bowel Incontinence, muscle weakness, limited range of motion, limited strength, limited endurance, Pain Interference with ADLs, weak hand grips, balance deficit, B1000 - Vision Deficit, Pain Interference with Therapy activities, Pain Effect on Sleep, loss of appetite

PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, incentive spirometer, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision

TEACH PATIENT/CAREGIVER: * 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, * 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, * prevention exacerbation of anxiety condition including coping patterns improved concentration strategies to reduce anxiety identification of anxiety precipitants, conflicts, and threats, related medication(s) purpose, schedule, * bowel incontinence management including dietary changes bowel training skin care, related medication(s) purpose, schedule, * how to manage gout flare-ups including non-medical pain relief dietary modifications, 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, * 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, * strategies to increase socialization, related medication(s) purpose, schedule, patient's transportation needs are met, patient is adequately supervised, meal preparation is available to patient for all meals, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence

* 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 gout flare-ups including non-medical pain relief
* dietary modifications
* 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 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
* prevention exacerbation of anxiety condition including coping patterns
* improved concentration
* strategies to reduce anxiety
* identification of anxiety precipitants, conflicts, and threats
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* bowel incontinence management including dietary changes
* bowel training
* skin care
* 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/caregiver recalls
* strategies to increase socialization
* recalls related medication(s) purpose, schedule

patient's transportation needs are met

patient is adequately supervised

meal preparation is available to patient for all meals

caregiver administers and/or packages medications appropriately

caregiver performs medical/rehabilitation treatments with adequate competence

## PT Careplans

PT WK2: 2 (10/19/25-10/25/25) ,WK3: 1 (10/26/25-11/01/25) ,WK4: 1 (11/02/25-11/08/25) ,WK5: 1 (11/09/25-11/15/25) ,WK6: 1 (11/16/25-11/22/25) ,WK7: 1 (11/23/25-11/29/25) ,WK8: 1 (11/30/25-12/06/25)

PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with ADLs, 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: Home exercise program : Supine hip flexion , short arc quads, quad sets, hip abduction, bridging. Standing knee flexion, hip abduction, hip extension, plantarflexion, squats. Sitting knee extension, ankle pumps, Bed mobility training , gait training on uneven surfaces, gait training/stair training, transfers training

TEACH PATIENT/CAREGIVER: * 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

## PT Goals

PATIENT-STATED GOAL: To get around my house with less pain

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
* 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

Signature of Physician:

Date



Optional Name/Signature of Nurse/Therapist:
Electronically Signed by Messick, Charles SN RN

Date
10/17/2025

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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

Sit to Stand - 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

10/23/2025

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

## OT Careplans

OT WK2: 1 (10/19/25-10/25/25) ,WK3: 1 (10/26/25-11/01/25) ,WK4: 1 (11/02/25-11/08/25) ,WK5: 1 (11/09/25-11/15/25) ,WK6: 1 (11/16/25-11/22/25) ,WK7: 1 (11/23/25-11/29/25) ,WK8: 1 (11/30/25-12/06/25)

PROBLEMS IDENTIFIED ON ASSESSMENT: M1400 - Dyspnea, GG0130B1 - Oral Hygiene, GG0130F1 - Upper Body Dressing, GG0130G1 - Lower Body Dressing, GG0130H1 - Don/Doff Footwear, GG0130E1 - Shower/Bathe Self, GG0130C1 - Toileting Hygiene, GG0130A1 - Eating

PROCEDURES: cough/deep breathing exercises, incentive spirometer, equipment training, work simplification/energy conservation

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, Oral Hygiene - 06. Independent, Lower Body Dressing - 06. Independent, Shower/Bathe Self - 05. Setup or clean-up assistance, Toileting Hygiene - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent

## OT Goals

PATIENT-STATED GOAL: able to tie, button her clothes Independently

GOALS
Shower/Bathe Self - 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

Oral Hygiene - 06. Independent

Lower Body Dressing - 06. Independent

Toileting Hygiene - 06. Independent

Don/Doff Footwear - 06. Independent

Eating - 06. Independent

## HHA Careplans

HHA WK1: 1 (10/17/25-10/18/25)

PROCEDURES: assist with bathing: Assist with transfers, assist with toilet transferring, assist with transferring, assist with mobility, assist with fall prevention, assist with assistive devices prn, assist with lower body dressing, assist with upper body dressing

## HHA Goals

Signature of Physician:

Date



Optional Name/Signature of Nurse/Therapist:

Electronically Signed by Messick, Charles SN RN

Date

10/17/2025