

Medical Update for Sarah Zichos DOB: 03/05/1994

Date Order Created: 10/28/2025

Order ID: 1150/13355

Agency Assigned Id: 18510

Certification Period: 10/18/2025 to 12/15/2025

HomeCentris Healthcare LLC 217058
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Orders:

Authorization changes of OT skill Total Visits: 5 and Visit Freq: 5
Authorization changes of SN skill Total Visits: 6 and Visit Freq: 6

10/27/2025 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

Pain Effect on Sleep

Pain Interference with ADLs

M1400 - Dyspnea

10/27/2025 patient_goal: to return to earlier functionality, able to do ADLs and drive, Target Date: 12/15/2025,

10/27/2025 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: ,

10/27/2025 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: 12/15/2025, 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: 12/15/2025, therapeutic exercises, Target Date: 12/15/2025, therapeutic modalities, Target Date: 12/15/2025, equipment training, Target Date: 12/15/2025, work simplification/energy conservation, Target Date: 12/15/2025, related medication(s) purpose and schedule, Target Date: 12/15/2025, symptoms requiring physician notification, Target Date: 12/15/2025,

10/27/2025 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: 12/15/2025, 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: 12/15/2025, Oral Hygiene - 06.

Independent, Target Date: 12/15/2025, Lower Body Dressing - 06. Independent, Target Date:

12/15/2025, Shower/Bathe Self - 06. Independent, Target Date: 12/15/2025, Toileting Hygiene - 06.

Independent, Target Date: 12/15/2025, Don/Doff Footwear - 06. Independent, Target Date:

12/15/2025, Eating - 06. Independent, Target Date: 12/15/2025,

10/27/2025 discharge_plan: patient will be responsible for managing treatment, Target Date:
12/15/2025,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 10/28/2025