

Home Health Certification and Plan of Care				Order ID: 1150/13397	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
36462233		10/12/2025		From: 10/12/2025 To: 12/09/2025	
4. Medical Record No.		5. Provider No.		17569	
217058					
6. Patient's Name and Address			7. Provider's Name, Address and Telephone Number		
Earline Washington			HomeCentris Healthcare LLC		
2017 Northbourne Rd,			10 Crossroads Drive, Suite 102		
BALTIMORE, MD 21239-			Owings Mills, MD 21117-8284		
410-770-1640			410-321-8448		
			1487113239		
8. DOB			9. Sex		
08/27/1952			Female		
11. ICD		Principal Diagnosis		Date	
Z47.89		Encounter for other orthopedic aftercare		10/12/25	
13. ICD		Other Pertinent Diagnoses		Date	
M86.171		Other acute osteomyelitis right ankle and foot		10/12/25	
B95.62		Methicillin resis staph infct causing diseases classd elswhr		10/12/25	
B95.2		Enterococcus as the cause of diseases classified elsewhere		10/12/25	
E11.42		Type 2 diabetes mellitus with diabetic polyneuropathy		10/12/25	
I12.9		Hypertensive chronic kidney disease w stg 1-4/unsp chr kdny		10/12/25	
E11.22		Type 2 diabetes mellitus w diabetic chronic kidney disease		10/12/25	
N18.2		Chronic kidney disease stage 2 (mild)		10/12/25	
E11.51		Type 2 diabetes w diabetic peripheral angiopath w/o gangrene		10/12/25	
I87.2		Venous insufficiency (chronic) (peripheral)		10/12/25	
D50.9		Iron deficiency anemia unspecified		10/12/25	
E78.49		Other hyperlipidemia		10/12/25	
H40.9		Unspecified glaucoma		10/12/25	
Z79.2		Long term (current) use of antibiotics		10/12/25	
Z79.84		Long term (current) use of oral hypoglycemic drugs		10/12/25	
10. Medications: Dose/Frequency/Route (N)ew (C)hanged					
Multivitamin - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpanthenol: Folic Acid: Niacinamide: Pyridox take 1 tablet by mouth once a day Give 1 tablet by mouth one time a day for supplement					
Metformin Hcl - Metformin Hydrochloride 1000 MG, Give 1 tablet by mouth twice a day Give 1 tablet by mouth two times a day for DM					
Ferrous Sulfate - Ferrous Sulfate: Folic Acid 325 MG, Give 1 tablet by mouth once a day Give 1 tablet by mouth one time a day every Mon, Wed, Fri for iron deficiency anemia					
Acetaminophen - Acetaminophen 500 MG, Give 2 tablet by mouth every 8 hours Give 2 tablet by mouth every 8 hours as needed for mild pain 1-4 do not exceed 3g per day					
Metoprolol Succinate - Metoprolol Succinate 25 MG, Give 1 tablet by mouth once a day Give 1 tablet by mouth one time a day for HTN hold for SBP less than 110 or HR less than 60					
Gabapentin - Gabapentin 300 MG, Give 3 capsule by mouth three times a day Give 3 capsule by mouth three times a day for neuropathy					
Nitroglycerin - Nitroglycerin 0.4 MG Give 1 tablet by mouth as necessary Give 1 tablet sublingually every 5 minutes as needed for Chest Pain May give up to 3 doses if unresolved. Call MD and send to ER if unresolved. Check Pulse and BP before administration.					
Valacyclovir Hydrochloride - Valacyclovir Hydrochloride 500 MG Give 2 tablet by mouth once a day Give 2 tablet by mouth one time a day for shingles					
Atorvastatin Calcium - Atorvastatin Calcium 80 MG, Give 1 tablet by mouth at bedtime Give 1 tablet orally at bedtime for hyperlipidemia					
Pepto Bismol - Bismuth Subsalicylate: Metronidazole: Tetracycline Hydrochloride take 525 MG/30ML by mouth every 4 hours 525 MG/30ML PO every 4 hours as needed for diarrhea/GI upset					
Oxycodone Hydrochloride - Oxycodone Hydrochloride 5 MG, Give 1 tablet by mouth every 6 hours Give 1 tablet by mouth every 6 hours as needed for moderate to severe pain 5-10					
Dorzolamide Hydrochloride - Dorzolamide Hydrochloride 2-0.5%, Instill 1 drop in both eyes both eyes twice a day Instill 1 drop in both eyes two times a day for glaucoma					
Latanoprost - Latanoprost 0.005%, Instill 1 drop in both eyes both eyes at bedtime Instill 1 drop in both eyes at bedtime for glaucoma					
Linezolid - Linezolid 600 MG, Give 1 tablet by mouth twice a day Give 1 tablet by mouth two times a day for acute osteomyelitis					
Cefpodoxime Proxetil - Cefpodoxime Proxetil 100 MG, Give 4 tablet by mouth every 12 hours Give 4 tablet by mouth every 12 hours for acute osteomyelitis					
Brimonidine Tartrate - Brimonidine Tartrate 0.2%, Instill 1 drop in both eyes both eyes three times a day Instill 1 drop in both eyes three times a day for ocular hypertension					
Codeine Sulfate - Codeine Sulfate 15 MG, Give 1 tablet by mouth every 8 hours Give 1 tablet by mouth every 8 hours as needed for severe pain 7-10 for 14 Days unsupervised self-administration					
Dorzolamide Hydrochloride - Dorzolamide Hydrochloride take 2-0.5% Instill 1 drop in both eyes both eyes twice a day Instill 1 drop in both eyes two times a day for glaucoma					
Allergic Rhinitis take 4/30mg by mouth every 6 hours					
14. DME and Supplies:			15. Safety Measures:		
bath bench, diabetic supplies			walker precautions, , sharps precautions, , diabetic precautions		
16. Nutrition:			17. Allergies:		
diabetic			peanut butter		
18.A. Functional Limitations			18.B. Activities Permitted		
Ambulation, Bowel/Bladder Incontinence, Amputation			Walker, Up As Tolerated		
19. Mental & Pyschosocial Status: COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 0. Never, SOCIAL ISOLATION: 1. Rarely, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No					
20. Prognosis: fair					
22. A Rehabilitation Potential:			22.B.Discharge Plans		
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.			patient will be responsible for managing treatment family/caregiver will be responsible for managing treatment		
23. Signature and Date of Verbal SOC Where Applicable:				25. Date HHA Received Signed POT	
Electronically Signed by Messick, Charles RN on 10/12/2025					
24. Physician's Name and Address			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.		
Daljeet Saluja			F2F date : 10/01/2025		
821 N Eutaw St					
Baltimore, MD 21201					
PHONE: 410-358-6450 FAX: 18777511761 NPI: 1326011024					
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.		
			PAGE 1 of 4		

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NA					
Advance Directive:No Advance Directive					
PROBLEMS IDENTIFIED ON ASSESSMENT: M2020 - Oral Med Management, M1033 - Exhaustion, M1400 - Dyspnea, weak pulses in feet, abnormal BS < 70/140 > mg/dL, M1610 - Urinary Incontinence, poor muscle tone, muscle weakness, limited endurance, limited strength, B1000 - Vision Deficit, tooth pain/decay/sensitivity, #1 - Observable Surgical Wound - Other - Right foot fourth toe amputation site - Paint with betadine cover with dry dressing			patient/caregiver recalls		
PROCEDURES: physician-ordered wound care: Paint right foot fourth toe amputation site with betadine cover with dry dressing daily, glucose testing via monitor, bladder training, coordinate/arrange resources for vision-impaired			* lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings		
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, * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings physical exercise plan diet, related medication(s) purpose, schedule, * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet exercise monitoring of blood pressure blood sugar home, related medication(s) purpose, schedule remedies, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * diabetic medication management blood sugar testing diabetic foot care exercise diabetic diet, related medication(s) purpose, schedule, * dietary guidelines for managing nutritional deficit, related medication(s) purpose, schedule, * urinary incontinence management including bladder training Kegel exercises skin care, related medication(s) purpose, schedule, * diet weight-bearing exercises to promote bone healing and strengthening fluids to prevent constipation home safety pain control, related medication(s) purpose, schedule, * how to help resolve infection including hygiene proper hand washing food-safety techniques travel precautions vaccinations animal-control cough etiquette, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, 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			* physical exercise plan		
			* diet		
			* recalls related medication(s) purpose, schedule		
			patient/caregiver recalls		
			* dietary guidelines for managing nutritional deficit		
			* 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/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		
			* urinary incontinence management including bladder training		
			* Kegel exercises		
			* skin care		
			* recalls related medication(s) purpose, schedule		
			patient/caregiver recalls		
			* strategies to minimize fatigue and exhaustion including work simplification		
			* energy conservation		
			* lifestyle changes		
			* diet		
			* recalls related medication(s) purpose, schedule		
			patient self-administers medications as prescribed		
			* recalls related medication(s) purpose, schedule		
PT Careplans			PT Goals		
PT WK1: 7 (10/12/2025 - 10/18/2025), WK2: 1 (10/19/2025 - 10/25/2025), WK3: 2 (10/26/2025 - 11/01/2025)			PATIENT-STATED GOAL: To walk like normal and get my hip replaced		
PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with ADLs, M1400 Dyspnea, 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			GOALS		
PROCEDURES: Home exercise program : Spine hip flexion, bridging, hooklying rotation, straight leg raise, hip abduction. Standing knee flexion, hip abduction, hip extension, plantarflexion, squats. Sitting knee extension, ankle pumps , cough/deep breathing exercises, gait training on uneven surfaces, gait training/stair training, transfers training			Toilet Transfer - 06. Independent		
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, * 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, Sit to Stand - 04. Supervision or touching assistance, Chair to Bed to Chair - 04. Supervision or touching assistance, Toilet Transfer - 06. Independent, Car Transfer - 04. Supervision or touching assistance, Walk 10 Feet - 04. Supervision or touching assistance, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Walk 150 Feet - 04. Supervision or touching assistance, Walk 10 ft on Uneven Surface - 04. Supervision or touching, 1 - Step (curb) - 04. Supervision or touching assistance, 4 Steps - 04. Supervision or touching assistance, 12 Steps - 04. Supervision or touching assistance, Picking Up Object - 04. Supervision or touching 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		
			Car Transfer - 04. Supervision or touching assistance		
			Sit to Stand - 04. Supervision or touching assistance		
			Chair to Bed to Chair - 04. Supervision or touching assistance		
			Walk 10 Feet - 04. Supervision or touching assistance		
			Walk 50 ft with 2 Turns - 04. Supervision or touching assistance		
			Walk 10 ft on Uneven Surface - 04. Supervision or touching		
			1 - Step (curb) - 04. Supervision or touching assistance		
			4 Steps - 04. Supervision or touching assistance		
			12 Steps - 04. Supervision or touching 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		
			Walk 150 Feet - 04. Supervision or touching assistance		
			Picking Up Object - 04. Supervision or touching assistance		
Signature of Physician:			Date		
			PAGE 3 of 4		
Optional Name/Signature of Nurse/Therapist:			Date		
Electronically Signed by Messick, Charles RN			10/12/2025		

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OT Careplans OT WK1: 1 (10/12/25-10/18/25) PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with ADLs, 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: ADLs , Fine motor coordination , Patient/caregiver recalls related purpose and schedule of medications: Medication review , cough/deep breathing exercises, transfers training, therapeutic exercises 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, * 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, Oral Hygiene - 06. Independent, Lower Body Dressing - 05. Setup or clean-up assistance, Shower/Bathe Self - 04. Supervision or touching assistance, Toileting Hygiene - 06. Independent, Don/Doff Footwear - 05. Setup or clean-up assistance, Eating - 06. Independent, Patient was demonstrate improved right grip strength from 3/5 mmt to 4/5 mmt to fastening of clothing and opening food packaging.	OT Goals PATIENT-STATED GOAL: To use the right hand more GOALS 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 Oral Hygiene - 06. Independent Lower Body Dressing - 05. Setup or clean-up assistance Shower/Bathe Self - 04. Supervision or touching assistance Toileting Hygiene - 06. Independent Don/Doff Footwear - 05. Setup or clean-up assistance Eating - 06. Independent Patient was demonstrate improved right grip strength from 3/5 mmt to 4/5 mmt to fastening of clothing and opening food packaging.
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Signature of Physician:	Date
	PAGE 4 of 4
Optional Name/Signature of Nurse/Therapist:	Date
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