

Home Health Certification and Plan of Care				Order ID: 1150/13561	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
4AX2YJ6MC70		10/29/2025		From: 10/29/2025 To: 12/27/2025	
4. Medical Record No.				5. Provider No.	
18896				217058	
6. Patient's Name and Address				7. Provider's Name, Address and Telephone Number	
William Jahnigen 8245 Stone Crop Drive Unit F, ELLICOTT CITY, MD 21043- 443-632-5584				HomeCentris Healthcare LLC 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117-8284 410-321-8448 1487113239	

8. DOB 02/10/1942			9. Sex Male			10. Medications: Dose/Frequency/Route (N)ew (C)hanged								
11. ICD 169.351			Principal Diagnosis Hemiplga following cerebral infrc aff right dominant side			Date 10/29/25			Aspirin - Aspirin 81 mg, Take 1 tablet by mouth in the morning 1 tablet by mouth in the morning for cerebral infarction. Barrier Cream - Barrier Cream Apply to buttocks and peri area topical as necessary Apply to buttocks and peri area topically every shift for skin redness and irritation. Divalproex Sodium - Divalproex Sodium 125 mg,Take 1 tablet by mouth once a day 1 tablet by mouth once a day at 4 PM for agitation and sundowning. Miralax - Polyethylene Glycol 3350 Take 17 grams by mouth in the morning Take 17 grams by mouth in the morning for bowel management. It should be mixed with at least 8 ounces of fluid. Mirtazapine - Mirtazapine 15 MG, Take 1 tablet by mouth at bedtime Take 1 tablet at bedtime for major depressive disorder. Senna S - Senna 8.6-50 MG, Take 2 tablets by mouth at bedtime Take 2 tablets at bedtime for bowel management. Trelegy Elipta Aerosol Powder Breath Activated 100-62.5-25 MCG/INH (Fluticasone-Umeclidin-Vilant) Take 1 inhalation by mouth in the morning one inhalation orally in the morning for chronic obstructive pulmonary disease (COPD). Tricor - Fenofibrate 145 MG,take one tablet by mouth in the evening 145 MG, one tablet by mouth in the evening for hyperlipidemia. Vitamin D3 - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpantenol: Folic Acid: Nicotinamide: Pyridox 2000 UNIT, take one tablet by mouth in the morning 2000 UNIT, one tablet by mouth in the morning for vitamin D deficiency Atorvastatin Calcium - Atorvastatin Calcium 40 mg, Take 1 tablet by mouth once a day 1 tablet by mouth in the afternoon for hyperlipidemia. Eliquis - Apixaban 2.5 MG , take one tablet by mouth once a day Take one tablet by mouth every morning and at bedtime for unspecified atrial fibrillation.					
13. ICD 169.391			Other Pertinent Diagnoses Dysphagia following cerebral infarction			Date 10/29/25								
F03.B11			Unspecified dementia moderate with agitation			Date 10/29/25								
I48.91			Unspecified atrial fibrillation			Date 10/29/25								
I25.10			AthscI heart disease of native coronary artery w/o ang pctrs			Date 10/29/25								
I10.			Essential (primary) hypertension			Date 10/29/25								
I73.9			Peripheral vascular disease unspecified			Date 10/29/25								
I26.99			Other pulmonary embolism without acute cor pulmonale			Date 10/29/25								
I82.409			Acute embolism and thombos unsp deep vn unsp lower extremity			Date 10/29/25								
J44.9			Chronic obstructive pulmonary disease unspecified			Date 10/29/25								
E78.5			Hyperlipidemia unspecified			Date 10/29/25								
F33.1			Major depressive disorder recurrent moderate			Date 10/29/25								
F41.9			Anxiety disorder unspecified			Date 10/29/25								
K59.04			Chronic idiopathich constipation			Date 10/29/25								
N31.9			Neuromuscular dysfunction of bladder unspecified			Date 10/29/25								
N39.498			Other specified urinary incontinence			Date 10/29/25								
R33.9			Retention of urine unspecified			Date 10/29/25								
Z46.6			Encounter for fitting and adjustment of urinary device			Date 10/29/25								
Z79.01			Long term (current) use of anticoagulants			Date 10/29/25								
Z79.82			Long term (current) use of aspirin			Date 10/29/25								
Z95.1			Presence of aortocoronary bypass graft			Date 10/29/25								
Z87.440			Personal history of urinary (tract) infections			Date 10/29/25								
14. DME and Supplies:						15. Safety Measures:								
wheelchair, urinary/catheter supplies, hoyer lift, walker, hospital bed, 4 wheeled walker, commode						walker precautions, anticoagulant precautions, ambulates with device, no bp right arm, supervision at all times, wheelchair precautions, standard precautions, fall precautions, bleeding precautions, activity supervision, medication safety								
16. Nutrition:						17. Allergies:								
high fiber, low cholesterol						no known allergies								
18.A. Functional Limitations						18.B. Activities Permitted								
Ambulation, Dyspnea With Minimal Exertion, Bowel/Bladder Incontinence, Hearing, Endurance						Transfer bed/Chair, Walker, Wheelchair, Up As Tolerated								
19. Mental & Pyschosocial Status:						COGNITION: 1. Requires prompting (cuing, repetition, reminders) only under stressful or unfamiliar conditions., ANXIETY: 3. During the day and evening, but not constantly, SOCIAL ISOLATION: 2. Sometimes, BEHAVIORAL ISSUES: 1. Memory deficit: failure to recognize familiar persons/places, inability to recall events of past 24 hours, significant memory loss so that supervision is required!2. Impaired decision-making: failure to perform usual ADLs or IADLs, inability to appropriately stop activities, jeopardizes safety through actions!3. Verbal disruption: yelling, threatening, excessive profanity, sexual references, etc., HISTORY OF DEPRESSION: Yes								
20. Prognosis:						fair								
22. A Rehabilitation Potential:						22.B.Discharge Plans								
SELF-CARE: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper., MOBILITY: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper.						family/caregiver will be responsible for managing treatment								
Homebound status:						Due to diagnosis of Hemiplegia following cerebral infarction affecting right dominant side, 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								

23. Signature and Date of Verbal SOC Where Applicable:		25. Date HHA Received Signed POT	
Electronically Signed by Messick, Charles RN on 10/29/2025			
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.	
Joseph Cook IV 6501 Baltimore National Pike Catonsville, MD 21228 PHONE: 4103682100 FAX: 14107445117 NPI: 1124069257		F2F date : 10/08/2025	
27. Attending Physician's Signature and Date Signed		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.	
Date of physician last face-to-face		PAGE 1 of 4	

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6. Patient's Name and Address William Jahnigen 8245 Stone Crop Drive Unit F, ELLCOTT CITY, MD 21043- 443-632-5584					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				
Clinical Condition Requiring Homecare:					<p class="MsoNoSpacing">Mr. William Jahnigen is an 83-year-old male admitted to Lorien Encore at Turf Valley Skilled Nursing Facility on October 8, 2025, following hospitalization at Ascension Saint Agnes Hospital for urinary retention secondary to neurogenic bladder. After discharge, he developed new-onset right-sided weakness, and subsequent imaging confirmed a small acute infarct in the left basal ganglia consistent with a cerebrovascular accident (CVA). He was transferred to the skilled nursing facility for subacute rehabilitation and continued medical management. His medical history is significant for dementia with behavioral disturbances, atrial fibrillation (on Eliquis), coronary artery disease, peripheral artery disease, COPD, hypertension, hyperlipidemia, major depressive disorder, and anxiety. He continues to use a Foley catheter for neurogenic bladder, has a history of constipation, and presents with nutritional concerns due to a BMI of 21 and a 20-pound weight loss over the past three to four years, associated with cognitive decline. On evaluation, Mr. Jahnigen demonstrates right-sided hemiplegia with significant deficits in strength, balance, endurance, and functional mobility, resulting in increased caregiver burden and dependence for transfers and wheelchair mobility. Right upper and lower extremity strength is approximately 2-/5, with poor quadriceps control leading to right leg buckling during standing. He requires moderate to maximal assistance for transfers and standing and minimal assistance for bed mobility. Cognitive impairment and intermittent agitation further affect his participation in care and rehabilitation. He and his spouse received education on proper transfer techniques and safe body mechanics, showing understanding with cues. The patient currently resides in a single-level home with his spouse and son-in-law assisting in care and presents with sacral pressure sores. Continued skilled therapy is recommended to address physical deficits, promote functional independence, and facilitate a safe return to his prior level of function.</o:p></o:p></p> <p class="MsoNoSpacing"><o:p>&nbsp;</o:p></p> <p class="MsoNoSpacing">Date of Order<o:p></o:p></p> <p class="MsoNoSpacing">10/29/2025
 Order<o:p></o:p></p> <p class="MsoNoSpacing">Physician Face-to-Face Date: 10/08/2025
 Clinical Condition Requiring Home Care per Certifying Physician: SN disease management, PR eval and treat, OT eval and treat DX Hemiplegia following cerebral infarction affecting right dominant side
 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></p> <p class="MsoNoSpacing">
 1 - SOC - SN Notes:
 PT Eval Notes:
 OT Eval Notes:<o:p></o:p></p> <p class="MsoNoSpacing">Physician: Cook IV, Joseph</p>				
SN Careplans					SN Goals				
SN WK1: 1 (10/29/25-11/01/25)					PATIENT-STATED GOAL: Be comfortable				
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					GOALS patient/caregiver recalls * how to optimize mental status with cognition therapy * home safety * optimize mobility with active and passive range of motion therapeutic exercises * diet and fluids to optimize peripheral circulation * recalls related medication(s) purpose, schedule				
CAREGIVER: 2. Non-agency caregiver(s) need training/supportive services to provide assistance					patient/caregiver recalls * how to keep home safe for patient with dementia * coping strategies for the caregiver * recalls related medication(s) purpose, schedule				
HOSPITALIZATION RISKS: 1. History of falls (2 or more falls - or any fall with an injury - in the past 12 months), 5. Decline in mental, emotional, or behavioral status in the past 3 months, 6. Reported or observed history of difficulty complying with any medical instructions (for example, medications, diet, exercise) in the past 3 months, 7. Currently taking 5 or more medications, 8. Currently reports exhaustion					patient/caregiver recalls * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings * physical exercise plan * diet * recalls related medication(s) purpose, schedule				
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:POLST (Physician Orders for Life-Sustaining Treatment)					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				
PROBLEMS IDENTIFIED ON ASSESSMENT: M1720 - Anxiety, M1745 - Behavioral Issues, D0160 - Depression, M2102d - Caregiver Performs Treatment, A1250 - Lack of Necessary Transportation, M2102c - Med Admin, meal preparation, M2020 - Oral Med Management, D0700 - Social Isolation, coughing, M1033 - Exhaustion, M1400 - Dyspnea, constipation, abdominal pain, decreased urine output, foul-smelling urine, M1600 - UTI, M1610 - Urinary Catheter, poor muscle tone, muscle weakness, limited endurance, limited range of motion, limited strength, extremity burn/tingle/numb, lethargy, balance deficit, B0200 - Hearing Deficit, weak hand grips, difficulty sleeping, bruising/dyscoloration, discolored patches of skin, red/tender pressure points, swell/redness surround. skin					patient/caregiver recalls * lifestyle modifications * low-residue dietary guidelines * alternative medicine options for ulcerative colitis * recalls related medication(s) purpose, schedule				
PROCEDURES: MEDICATION REVIEW: Medications reviewed with patient or caregiver. , Home health aide 2x week : Home health aide to wash and set up for breakfast or mid morning snack. 2x week , cough/deep breathing exercises, incentive spirometer, apply anti-embolitic stockings, train caregiver(s) to perform medical/rehabilitation treatments, coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, monitor intake & output, catheter change, care & irrigation: Per verbal order from Dr Filderman at Chesapeake Urology, RN to change catheter once a month and as needed. Use 16 French 10 cc catheter. Catheter care each visit., teach/coordinate/arrange medication packaging and/or administration: Teach caregiver, coordinate/arrange preparation of missing meals: Discuss and guide caregiver with proper nutrition guidance, high fiber, high protein, coordinate/arrange long-term socialization activities, coordinate/arrange transportation services					patient/caregiver recalls * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet * exercise * monitoring of blood pressure * blood sugar * home * recalls related medication(s) purpose, schedule remedies				
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 optimize mental status with cognition therapy home safety optimize mobility with active and passive range of motion therapeutic exercises diet and fluids to optimize peripheral circulation, 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, * how to keep home safe for patient with dementia coping strategies for the caregiver, 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, * management of mental health condition including joining a peer group maintaining regular contact with mental health professional avoiding known stressors controlling impulses, related medication(s) purpose, schedule, * lifestyle modifications low-residue dietary guidelines alternative medicine options for ulcerative colitis,					patient/caregiver recalls * urinary catheter management including how to flush catheter * change and wash drainage bags * prevent infection including proper handwashing * positioning of catheter * recalls related medication(s) purpose, schedule				
Signature of Physician:					Date				
					PAGE 2 of 4				
Optional Name/Signature of Nurse/Therapist:					Date				
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related medication(s) purpose, schedule, * urinary catheter management including how to flush catheter change and wash drainage bags prevent infection including proper handwashing positioning of catheter, related medication(s) purpose, schedule, * prevention including increase fluid intake increase Vitamin C intake to promote acidic bladder environment (cranberry juice) perineal hygiene, 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 hearing-impaired including installing special fire-detector/CO2 alarms, related medication(s) purpose, schedule, 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, meal preparation is available to patient for all meals, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence, MEDICATION REVIEW , Use different nutritional approaches to Improve constipation * maintaining regular contact with mental health professional * avoiding known stressors * controlling impulses * recalls related medication(s) purpose, schedule patient/caregiver recalls * prevention including increase fluid intake * increase Vitamin C intake to promote acidic bladder environment (cranberry juice) * perineal hygiene * 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/caregiver recalls * how to keep home safe for hearing-impaired including installing special fire-detector/CO2 alarms * recalls related medication(s) purpose, schedule 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 meal preparation is available to patient for all meals caregiver administers and/or packages medications appropriately caregiver performs medical/rehabilitation treatments with adequate competence MEDICATION REVIEW Use different nutritional approaches to Improve constipation				
PT Careplans		PT Goals		
PT WK1: 1 (10/29/25-11/01/25) 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 PROCEDURES: Therapeutic exercise , Dynamic standing balance , gait training/stair training, transfers training 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 - 03. Partial/moderate assistance, Chair to Bed to Chair - 03. Partial/moderate assistance, Toilet Transfer - 04. Supervision or touching assistance, Car Transfer - 03. Partial/moderate assistance, Walk 10 Feet - 03. Partial/moderate assistance, Walk 50 ft with 2 Turns - 03. Partial/moderate assistance, Walk 150 Feet - 03. Partial/moderate assistance, 1 - Step (curb) - 03. Partial/moderate assistance, Picking Up Object - 03. Partial/moderate assistance, Medication Review- Patient/caregiver, related purpose and schedule of medications.		PATIENT-STATED GOAL: To improve transfers 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 Sit to Stand - 03. Partial/moderate assistance Chair to Bed to Chair - 03. Partial/moderate assistance Toilet Transfer - 04. Supervision or touching assistance Car Transfer - 03. Partial/moderate assistance Walk 10 Feet - 03. Partial/moderate assistance Walk 50 ft with 2 Turns - 03. Partial/moderate assistance Walk 150 Feet - 03. Partial/moderate assistance 1 - Step (curb) - 03. Partial/moderate assistance Picking Up Object - 03. Partial/moderate assistance Medication Review- Patient/caregiver recalls related purpose and schedule of medications.		
Signature of Physician:		Date		
		PAGE 3 of 4		
Optional Name/Signature of Nurse/Therapist:		Date		
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443-632-5584			410-321-8448		
			1487113239		
OT Careplans			OT Goals		
OT WK1: 1 (10/29/25-11/01/25)			PATIENT-STATED GOAL: to be I in ADL		
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			GOALS		
PROCEDURES: cough/deep breathing exercises, incentive spirometer, equipment training, work simplification/energy conservation			patient/caregiver recalls		
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, Upper Body Dressing - 05. Setup or clean-up assistance, Lower Body Dressing - 05. Setup or clean-up assistance, Shower/Bathe Self - 04. Supervision or touching assistance, Toileting Hygiene - 05. Setup or clean-up assistance, Don/Doff Footwear - 05. Setup or clean-up assistance, Eating - 06. Independent			* 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		
			Upper Body Dressing - 05. Setup or clean-up assistance		
			Lower Body Dressing - 05. Setup or clean-up assistance		
			Shower/Bathe Self - 04. Supervision or touching assistance		
			Toileting Hygiene - 05. Setup or clean-up assistance		
			Don/Doff Footwear - 05. Setup or clean-up assistance		
			Eating - 06. Independent		

Signature of Physician:	Date
	PAGE 4 of 4
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