Home Health Certification and Plan of Care

Order ID: 1163/465

1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
7KD1UF2NT25	08/30/2025	From: 10/29/2025 To: 12/26/2025	174	497754

6. Patient's Name and Address
William Gibbs
8129 Ridge Creek Way,
SPRINGFIELD, VA 22153-
703-304-4932

7. Provider's Name, Address and Telephone Number
Grace Home Healthcare, LLC
9735 Main Street Suite 200 Fairfax,
Fairfax, VA 22031-3736
703-865-7370
1073904009

8. DOB 07/16/1950 | **9.Sex** Male

11. ICD	Principal Diagnosis	Date
N39.0	Urinary tract infection site not specified	08/30/25

13. ICD	Other Pertinent Diagnoses	Date
N40.1	Benign prostatic hyperplasia with lower urinary tract symp	08/30/25
N13.8	Other obstructive and reflux uropathy	08/30/25
R33.8	Other retention of urine	08/30/25
E11.42	Type 2 diabetes mellitus with diabetic polyneuropathy	08/30/25
I10.	Essential (primary) hypertension	08/30/25
E03.9	Hypothyroidism unspecified	08/30/25
F02.82	Dem in other dis classd elswhr unsp sev with psych distrb	08/30/25
E78.5	Hyperlipidemia unspecified	08/30/25
K52.9	Noninfective gastroenteritis and colitis unspecified	08/30/25
Z79.84	Long term (current) use of oral hypoglycemic drugs	08/30/25

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

Norvasc - Amlodipine Besylate 5 mg, Take 1 tablet by mouth once a day
Aspirin - Aspirin 81 mg , Tablet by mouth once a day
Proscar - Finasteride 5 mg ,Tablet by mouth once a day
Synthroid - Levothyroxine Sodium 100 mcg , Tablet by mouth in the morning Before breakfast.
Prinivil - Lisinopril 40 Mg , Tablet by mouth once a day
Glucophage - Metformin Hydrochloride 1,000 mg ,Tablet by mouth twice a day 1,000 mg, oral, 2 times daily with meals
Risperdal - Risperidone 0.25 mg , Tablet by mouth twice a day
Zocor - Simvastatin 40 Mg , Tablet by mouth at bedtime
Desyrel - Trazodone Hydrochloride 50 mg , Take 1-2 tablets as needed by mouth twice a day morning and bedtime
Aricept - Donepezil Hydrochloride 10 mg , Tablet by mouth at bedtime
Mirtazapine - Mirtazapine 15 Mg, Tablet by mouth at bedtime
Doxazosin - Doxazosin Mesylate 2 Mg, Tablet by mouth once a day
Namenda - Memantine Hydrochloride 10 mg, Tablet by mouth twice a day
Vit B12 - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpanthenol: Folic Acid: Niacinamide: Pyridox 1,000mcg, tab by mouth once a day
Bactrim Ds - Sulfamethoxazole: Trimethoprim 800 mg;160 mg 1 tab by mouth every 12 hours

14. DME and Supplies:
diabetic supplies, bath bench, walker, grab bars

15. Safety Measures:
supervision at all times, sharps precautions, walker precautions, , , diabetic precautions, ambulates with device, , bathroom safety, activity supervision

16. Nutrition:
diabetic, low sodium

17. Allergies:
penicillins

18.A. Functional Limitations
Endurance, Speech, Ambulation

18.B. Activities Permitted
Walker, Cane, Up As Tolerated

19. Mental & Pyschosocial Status: COGNITION: 1. When reminded, assisted, or supervised by another person, able to get to and from the toilet and transfer, ANXIETY: 4. Constantly, SOCIAL ISOLATION: , BEHAVIORAL ISSUES: , HISTORY OF DEPRESSION:

20. Prognosis: fair

22. A Rehabilitation Potential:
SELF-CARE: 1. Dependent - A helper completed all the activities for the patient. , MOBILITY: 1. Dependent - A helper completed all the activities for the patient.

22.B.Discharge Plans
family/caregiver will be responsible for managing treatment

Homebound status: Due to diagnosis of Urinary Tract Infection Site Not Specified, 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 a 75-year-old African American male with a past medical history significant for stage 6 dementia with severe memory loss, personality changes, and disorientation, as well as benign prostatic hyperplasia with urinary retention requiring Foley catheter placement. His medical history is also notable for recurrent urinary tract infections, anxiety, diarrhea, hyperlipidemia, hypertension, type 2 diabetes mellitus, hypothyroidism, obstructive sleep apnea, osteoarthritis, peripheral neuropathy, thyroid cancer status post thyroid surgery, transient ischemic attack, and prostate surgery. He was recently hospitalized from 8/23/2025 to 8/27/2025 for urinary retention, at which time a Foley catheter was placed and he was discharged home with prescribed antibiotics. A urology follow-up is scheduled for 9/8/2025 to evaluate possible catheter removal. The patient currently resides with his wife, Julia, who is his primary caregiver and durable power of attorney. He requires constant physical assistance with all basic activities of daily living, including bathing, grooming, toileting, dressing, and medication management, due to advanced dementia and significant cognitive decline since his recent hospitalization. Prior to this admission, he was able to ambulate independently but required standby to intermittent assistance with bathing and constant assistance for toileting and dressing. At present, he demonstrates bilateral lower extremity weakness affecting transfers and ambulation, particularly when rising from the toilet and other seated positions. A Timed Up and Go (TUG) test score of 18.93 seconds indicates a high risk for falls. On <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-assessment">assessment</mh>, the patient was alert but confused, consistent with his dementia baseline. Vital signs were stable. Bilateral breath sounds were clear to auscultation, with even, unlabored respirations. Abdomen was soft, non-tender, with active bowel sounds in all quadrants. No lower extremity swelling was observed. Skin was warm and dry; mucous membranes were pink. Bruising was noted on both arms from prior IV access during hospitalization, and self-inflicted scratches were present on the arms. No open wounds were observed. The patient's appetite is poor; he is refusing meals but has been taking small bites of food and drinking Glucerna for nutritional support. His wife reports a continued decrease in oral intake. Education was provided to the caregiver regarding safe Foley catheter care, hydration encouragement, fall prevention, and nutritional support strategies. Medications were reconciled with his wife, and she verbalized understanding of administration and potential side effects. The patient will benefit from skilled nursing and therapy services to monitor catheter care, provide wound and skin integrity <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-assessment">assessment</mh>, reinforce safe mobility training, and support caregiver education in dementia care strategies. Continued therapy is recommended to address strength, balance, endurance, and functional mobility in order to maintain safety and prevent further decline. Plans are underway for the patient to return to Insight Memory Care facility three times weekly, with dates pending.
 Date of Order 10/28/2025 Orders Physician Face-to-Face Date: 08/27/2025 Clinical Condition Requiring Home Care per Certifying Physician: SN disease management, PR eval and treat, OT eval and treat due to Urinary Tract Infection Site Not Specified Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home
 4 - Recertification Notes: Patient is being recertified due to Urinary tract infection and urinary retention.
 Physician Finch, Jasmine

SN Careplans

SN Goals

23. Signature and Date of Verbal SOC Where Applicable:
Electronically Signed by Messick, Charles RN on 10/28/2025

25. Date HHA Received Signed POT

24. Physician's Name and Address
Jasmine Finch
6501 Loisdale Ct
Springfield, VA 22150
PHONE: 7033597878 FAX: NPI: 1558780726

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 : 08/27/2025

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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SN WK3: 1 (11/09/25-11/15/25) ,WK4: 1 (11/16/25-11/22/25) ,WK5: 1 (11/23/25-11/29/25)

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, blood sugar < 60 > 300

CAREGIVER: 1. Non-agency caregiver(s) currently provide assistance

HOSPITALIZATION RISKS: 5. Decline in mental, emotional, or behavioral status in the past 3 months, 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:Durable power of attorney for health care/Medical power of attorney

PROBLEMS IDENTIFIED ON ASSESSMENT: decreased urine output, impaired speech, involuntary movement of extremity, new incidence of rash

PROCEDURES: cough/deep breathing exercises, incentive spirometer, coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, glucose testing via monitor, monitor intake & output, catheter change, care & irrigation: To be managed by Kaiser Urology

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, * 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, * diabetic medication management blood sugar testing diabetic foot care exercise diabetic diet, related medication(s) purpose, schedule, * strategies to increase caloric intake, related medication(s) purpose, schedule, * lifestyle modifications low-residue dietary guidelines alternative medicine options for ulcerative colitis, 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, * how to incorporate lifestyle modifications to optimize genito-urinary condition including diet exercise home remedies, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule

PATIENT-STATED GOAL: Severe Dementia, No Goals

GOALS
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
* how to keep home safe for patient with dementia
* coping strategies for the caregiver
* recalls related medication(s) purpose, schedule

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

patient/caregiver recalls
* diabetic medication management
* blood sugar testing
* diabetic foot care
* exercise
* diabetic diet
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* lifestyle modifications
* low-residue dietary guidelines
* alternative medicine options for ulcerative colitis
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* how to incorporate lifestyle modifications to optimize genito-urinary condition including diet
* exercise
* home remedies
* 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
* 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
* management of mental health condition including joining a peer group
* maintaining regular contact with mental health professional
* avoiding known stressors
* controlling impulses
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* strategies to increase caloric intake
* recalls related medication(s) purpose, schedule

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

patient/caregiver recalls
* strategies to minimize fatigue and exhaustion including work simplification
* energy conservation
* lifestyle changes
* diet

Signature of Physician:	Date

Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	10/28/2025

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* recalls related medication(s) purpose, schedule

patient self-administers medications as prescribed
* recalls related medication(s) purpose, schedule

Signature of Physician:	Date
	PAGE 3 of 3
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