

Home Health Certification and Plan of Care				Order ID: 1150/13739		
1. Patient s HI claim No.		2. Start Of Care Date	3. Certification Period		4. Medical Record No.	5. Provider No.
01199471		11/04/2025	From: 11/04/2025 To: 01/02/2026		18440	217058
6. Patient's Name and Address Donna Beal 1015 5th St, GLEN BURNIE, MD 21060- 443-474-4286			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			
			of stroke instead of metoprolol XL Phentermine Hydrochloride - Phentermine Hydrochloride 15 mg, Take one capsule by mouth as necessary Take one capsule every other morning alternating with 2 capsules every other morning for weight loss (Patient not taking: Reported on 10/8/2025) Protonix - Pantoprazole Sodium 40 mg, Take 1 tablet by mouth in the morning Take 1 tablet by mouth daily before breakfast for acid blocker instead of famotidine Proair - Proair 90 mcg/actuation, Inhale 1 puff inhalant every 6 hours Ascorbic Acid - Ascorbic Acid: Biotin: Cyanocobalamin: Dexpantenol: Ergocalciferol: Folic Acid: Niacinamide: Pyridoxine Hydrochloride: Riboflav 500 mg, Takes OTC daily (Tablet) by mouth once a day Aspirin - Aspirin 81 mg, Tablet by mouth once a day One a day with food for hx stroke Cyanocobalamin - Cyanocobalamin 5,000 mcg, Tablet by mouth once a day Takes daily OTC (Patient not taking: Reported on 10/8/2025) turmeric 450 MG, Takes turmeric with ginger OTC by mouth as necessary Vitamin D3 - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpantenol: Folic Acid: Niacinamide: Pyridox 25 mcg (1,000 unit), Take 1 capsule by mouth once a day Calcium Carbonate, Famotidine And Magnesium Hydroxide - Calcium Carbonate: Famotidine: Magnesium Hydroxide (OYST-CAL 500) 500 mg calcium (1,250 mg), Take 1 tablet by mouth twice a day Take 1 tablet by mouth 2 times a day with meals Cetirizine Hydrochloride - Cetirizine Hydrochloride 10 mg, Tablet by mouth once a day one a day as needed for allergies Oxaydo - Oxycodone Hydrochloride 5mg by mouth every 4 hours Severe pain Extra Strength Tylenol - Acetaminophen 1000 by mouth every 6 hours Pain			
14. DME and Supplies: walker, , cane, bath bench			15. Safety Measures: walker precautions, , knee precautions, , aspiration precautions, , ambulates with device			
16. Nutrition: Z. NO PHYSICIAN-ORDERED DIET			17. Allergies: adhesive tape chlorhexidein gluconate codeine nickel nsaid's percocet			
18.A. Functional Limitations Dyspnea With Minimal Exertion, Ambulation, Endurance			18.B. Activities Permitted Cane, Walker, Up As Tolerated			
19. Mental & COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 1. In new or complex situations Pyschosocial Status: only, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: Yes						
20. Prognosis: good						
22. A Rehabilitation Potential:			22.B.Discharge Plans			
Signature of Physician:			Date PAGE 2 of 5			
Optional Name/Signature of Nurse/Therapist: Electronically Signed by Messick, Charles RN			Date 11/04/2025			

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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		
Homebound status: After undergoing Right Total Knee Replacement, 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: <div>The patient is a 71-year-old female with a past medical history significant for hyperlipidemia, hypertension, stroke, and depression. She underwent a right total knee replacement (TKR) on November 3, 2025, and was discharged home the same day under the care of her husband and daughter. The patient is alert and oriented 4 and denies chest pain, palpitations, or dizziness. Lung sounds are clear bilaterally, bowel sounds are normoactive with last bowel movement noted yesterday, and urination is without difficulty. No peripheral edema is present, and pedal pulses are palpable. During the physical therapy evaluation, the patient demonstrated decreased endurance, right lower extremity weakness, and reduced functional mobility, all contributing to an increased risk for falls. She requires assistance from another person and an assistive device to safely ambulate outside the home. Specific impairments noted include right knee pain, limited range of motion, difficulty negotiating steps, unsteady gait, decreased balance, and decreased safety awareness. The patient requires minimal assistance to stand, transfer, and perform bed mobility tasks, and supervision to ambulate with a walker. Skilled physical therapy is medically necessary to improve strength, balance, gait mechanics, transfer safety, and overall mobility, thereby reducing fall risk and promoting a return to prior level of function. The patient and her caregiver received comprehensive education on several key topics. Infection prevention was reviewed in detail, including signs and symptoms of wound or incision infection such as fever, redness, swelling, discharge, or worsening pain. The patient was instructed to report these findings to her provider immediately. Education was also provided on edema management, emphasizing limb elevation above heart level during rest and the possible use of compression garments if recommended by her physician. Home safety instruction was reinforced, including fall prevention strategies, environmental modifications, and proper use of assistive devices. The patient was taught safe transfer techniques with a walker, correct hand and foot placement, forward weight shifting, and reaching back before sitting to prevent falls. Bed mobility techniques were demonstrated with cues for proper body mechanics to enhance independence. The patient was instructed and participated in a home exercise program (HEP) consisting of supine therapeutic exercises, including ankle pumps, quad sets, and gluteal sets (1 set 20 reps each), and heel slides (1 set 10 reps). A written copy of the HEP was provided with instructions to perform twice daily. The patient was also educated on a progressive ambulation program, beginning with short walks every 1-2 hours within the home and gradually increasing distance and duration as tolerated. Ice therapy for the right knee was recommended for 20 minutes per session with a protective barrier and skin checks every five minutes. Pain is currently well controlled with prescribed medications. The patient was counseled on optimal pain management strategies, including taking pain medication at the onset of pain and approximately one hour prior to physical therapy sessions. Side effects such as dizziness and constipation were discussed, and the patient was instructed to notify her healthcare provider or seek emergency care for chest pain, unrelieved pain, or shortness of breath. The plan of care includes skilled home physical therapy at a frequency of 3 times per week for two weeks (Tu/Wed/Thu, then Mon/Tue/Thu), with continued focus on strengthening, gait training, safety education, and progressive mobility. The patient will follow up with Dr. Hans on November 17, 2025, and is scheduled to transition to outpatient physical therapy beginning November 18, 2025. Both the patient and her caregiver verbalized understanding and agreement with the current plan of care.</div><div></div><div> </div><div>Date of Order</div><div>11/04/2025</div><div>Orders</div><div>Physician Face-to-Face Date: 10/08/2025</div><div>Clinical Condition Requiring Home Care per Certifying Physician: SN-pain control PT-eval & treat due to Right Total Knee Replacement</div><div>Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home</div><div></div><div> </div><div>1 - SOC - SN Notes: soc</div><div>PT Eval Notes: eval</div><div>Physician</div><div>Huang , James</div></div>					
SN Careplans			SN Goals		
SN WK1: 1 (11/04/25-11/08/25) ,WK2: 1 (11/09/25-11/15/25)			PATIENT-STATED GOAL: I want to walk without pain		
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		
CAREGIVER: 2. Non-agency caregiver(s) need training/supportive services to provide assistance			patient/caregiver recalls		
HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications			* how to achieve wound healing including cleaning and dressing wound		
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; Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed.			* position changes		
Assess/Instruct Pt/PCg: Ice to ____ x 20 minutes each hour while awake. If cold machine ordered apply 20 minutes on and 20 minutes off for 3-4 times a day.			* skin care		
Assess/Instruct all body systems/vital signs/complications, Blood Pressure; systolic is greater than 169 mm Hg or less than 90 mm Hg; diastolic is greater than 100 mm Hg or less than 55 mm Hg, Clinician to assess comorbidities and report changes in condition to the patient's physician, Pain Rating is greater than 6 on 0-10 scale, Pulse is greater than 110 or less than 50, Respirations are greater than 22 or less than 8, SPO2: is less than 90 % at rest /with exertion, Temperature is greater than 100.5 F or less than 95.0 F, Pain Rating is greater than 6 on 0-10 scale			* diet modification		
Implement Fall Prevention Program, Instruct and educate the patient/PCG on wearing compression stockings for the next 4 weeks per discharge instructions.			* record wound measurements		
Instruct the pt/PCG on using the incentive spirometer 10 times every 2 hour while awake.			* recalls related medication(s) purpose, schedule		
Provide education content at patient's level of health literacy.			patient/caregiver recalls		
Assess/Instruct Pt/PCg: Safety measures to prevent injury.			* how to take the patient's blood pressure		
Assess: Musculoskeletal status.			* record the reading		
Teach Pt/PCg to maintain appropriate wt bearing status as ordered by MD, total joint replacement precautions as applicable, Safe stair climbing skills, Safe, effective use of adaptive/assist device			* recalls related medication(s) purpose, schedule		
Assess/Instruct Pt/PCg: Pain management measures; assess pain level, pain medication, rest, body alignment, ROM, meditation, massage.			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		
			* 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		
			* diet		
			* weight-bearing exercises to promote bone healing and strengthening		
			* fluids to prevent constipation		
Signature of Physician:			Date		
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Pt/Pcg educated in pain management techniques including positioning and relaxation techniques Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds, Provide medication education. Assess/Instruct Pt/Pcg: Safety measures to prevent injury, Therapeutic Exercise, Transfer Training Monitor surgical wound for s/s of infection, educate on s/s of concern and infection prevention to promote wound healing. ; 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) PROBLEMS IDENTIFIED ON ASSESSMENT: D0160 - Depression, M2102d - Caregiver Performs Treatment, M2102f - Patient Supervision, M2020 - Oral Med Management, M2102c - Med Admin, M1400 - Dyspnea, abn cholesterol > 200 mg/dL, abnormal blood pressure, heartburn/indigestion, constipation, swelling of affected area, muscle weakness, limited strength, limited endurance, limited range of motion, Pain Interference with Therapy activities, B1000 - Vision Deficit, balance deficit, Pain Interference with ADLs, Pain Effect on Sleep, obesity, swell/redness surround. skin, bruising/discoloration, #1 - Non-Observable Surgical Wound - Anterior Right Knee - PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver. , Discharge Summary- Complete Discharge Summary SN communication note. , cough/deep breathing exercises, incentive spirometer, apply anti-embolitic stockings, physician-ordered wound care: To right knee surgical site- Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed., teach/coordinate/arrange medication packaging and/or administration 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, * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings physical exercise plan diet, 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, * depression-prevention strategies including avoidance of isolation healthy eating sleeping habits identification of activities that bring pleasure preventive care, related medication(s) purpose, schedule, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * dietary guidelines for managing nutritional deficit, 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 keep journal of food and fluid intake healthy meal plan tips exercise program nutritional knowledge, 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, patient is adequately supervised, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence			* home safety * pain control * recalls related medication(s) purpose, schedule patient/caregiver recalls * depression-prevention strategies including avoidance of isolation * healthy eating * sleeping habits * identification of activities that bring pleasure * preventive care * 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 journal of food and fluid intake * healthy meal plan tips * exercise program * nutritional knowledge * recalls related medication(s) purpose, schedule 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 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 * 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 is adequately supervised caregiver administers and/or packages medications appropriately caregiver performs medical/rehabilitation treatments with adequate competence	
PT Careplans PT WK1: 3 (11/04/25-11/08/25) ,WK2: 3 (11/09/25-11/15/25) PROBLEMS IDENTIFIED ON ASSESSMENT: M1400 Dyspnea, Pain Interference with ADLs, Pain Interference with Therapy activities, Pain Effect on Sleep, GG0170J1 - Walk 50 ft with 2 Turns, GG0130A1 - Eating, GG0170P1 - Picking Up Object, GG0170O1 - 12 Steps, GG0170N1 - 4 Steps, GG0170M1 - 1 - Step (curb), GG0170L1 - Walk 10 ft on Uneven Surface, GG0170K1 - Walk 150 Feet, GG0130B1 - Oral Hygiene, GG0170I1 - Walk 10 Feet, GG0170G1 - Car Transfer, GG0170E1 - Chair to Bed to Chair, GG0170D1 - Sit to Stand, GG0130C1 - Toileting Hygiene, GG0170F1 - Toilet Transfer, GG0130E1 - Shower/Bathe Self, GG0130H1 - Don/Doff Footwear, GG0130G1 - Lower Body Dressing, GG0130F1 - Upper Body Dressing PROCEDURES: home exercise program: Supine- ankle pump, quad set, gluteal set, heel slide, SLR, bridging. Seated-LAQ hip flex, hip abd, pillow squeeze. Standing-Mini squat, heel/toe raise, hip flex, hip abd, hip ext, leg curls., therapeutic modalities, gait training on uneven surfaces, gait training/stair training, transfers training, assist with infection control, assist with fall prevention 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 - 06. Independent, Shower/Bathe Self - 05. Setup or clean-up assistance, Toileting Hygiene - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Sit to Stand - 04. Supervision or touching assistance, Chair to Bed to Chair - 04. Supervision or			PT Goals PATIENT-STATED GOAL: I want to be able to walk without any pain GOALS Shower/Bathe Self - 05. Setup or clean-up assistance Toilet Transfer - 06. Independent 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 Lower Body Dressing - 06. Independent Don/Doff Footwear - 06. Independent Walk 10 Feet - 04. Supervision or touching assistance Walk 50 ft with 2 Turns - 04. Supervision or touching assistance	
Signature of Physician:			Date	
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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	Eating - 06. Independent Sit to Stand - 04. Supervision or touching assistance Chair to Bed to Chair - 04. Supervision or touching assistance Walk 150 Feet - 04. Supervision or touching assistance Walk 10 ft on Uneven Surface - 04. Supervision or touching Oral Hygiene - 06. Independent Toileting Hygiene - 06. Independent Car Transfer - 04. Supervision or touching assistance 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
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