

Home Health Certification and Plan of Care				Order ID: 1163/538					
1. Patient's HI claim No.		2. Start Of Care Date		3. Certification Period		4. Medical Record No.		5. Provider No.	
591081469		11/14/2025		From: 11/14/2025 To: 01/12/2026		687		497754	
6. Patient's Name and Address John Jackson 10497 Butterfield St Apt 11, Manassas, VA 20109- 703-477-9457					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 08/25/1949 9. Sex Male					10. Medications: Dose/Frequency/Route (N)ew (C)hanged				
11. ICD A04.72		Principal Diagnosis Enterocolitis d/t Clostridium difficile not spcf as recur (A04.72)			Date 11/14/25		Vancomycin - Vancomycin Hydrochloride 125 mg capsule, Take 1 capsule by mouth four times a day for 8 days		
13. ICD B34.1		Other Pertinent Diagnoses Enterovirus infection unspecified			Date 11/14/25		Albuterol - Albuterol 90 mcg/actuation inhaler, Inhale 2 puffs inhalant every 6 hours if needed for wheezing		
J44.1		Chronic obstructive pulmonary disease w (acute) exacerbation			11/14/25		Allopurinol - Allopurinol 100 mg tablet, Take 1 tablet by mouth once a day each day		
E87.6		Hypokalemia			11/14/25		aspirin-dipyridamole 25-200 mg per 12 hr capsule, Take 1 capsule by mouth in the morning and 1 capsule before bedtime.		
E11.622		Type 2 diabetes mellitus with other skin ulcer			11/14/25		Lipitor - Atorvastatin Calcium 80 mg tablet, Take 1 tablet by mouth once a day each day		
L97.819		Non-pressure chronic ulcer oth prt r low leg w unsp severity			11/14/25		Vitamin D-3 - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpanthenol: Folic Acid: Niacinamide: Pyridox 125 mcg (5,000 unit) capsule, Take 1 capsule by mouth once a day each day		
C34.90		Malignant neoplasm of unsp part of unsp bronchus or lung			11/14/25		empagliflozin 25 mg tablet , Take 0.5 tablets by mouth once a day each day		
I11.0		Hypertensive heart disease with heart failure			11/14/25		Neurontin - Gabapentin 100 mg capsule, Take 1 capsule by mouth in the morning and 1 capsule (100 mg total) in the evening and 1 capsule (100 mg total) before bedtime.		
I50.32		Chronic diastolic (congestive) heart failure			11/14/25		Levoxyl - Levothyroxine Sodium 50 mcg table, Take 1 tablet by mouth once a day at the same time		
I95.1		Orthostatic hypotension			11/14/25		Multivitamin - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpanthenol: Folic Acid: Niacinamide: Pyridox Take 1 tablet by mouth once a day		
E11.51		Type 2 diabetes w diabetic peripheral angiopath w/o gangrene			11/14/25		Spiriva - Tiotropium Bromide Monohydrate 18 mcg per inhalation capsule Place 2 puffs (1 capsule total), inhalant once a day		
E11.40		Type 2 diabetes mellitus with diabetic neuropathy unsp			11/14/25		Wixela Inhnb 250-50 mcg/dose i, nhaler Inhale 1 puff inhalant in the morning and 1 puff in the evening.		
J96.10		Chronic respiratory failure unsp w hypoxia or hypercapnia			11/14/25		Lantus - Insulin Glargine Recombinant 35 units subcutaneous twice a day In AM and PM		
G47.33		Obstructive sleep apnea (adult) (pediatric)			11/14/25		Kirsten Aspart Biosimilar Sliding scale subcutaneous - 150 -199=2 units, 200-249=4 units, 250-299=6 units, 300-349=8 units, >350=10units, >400 go to ER		
E78.5		Hyperlipidemia unspecified			11/14/25				
M10.9		Gout unspecified			11/14/25				
E03.9		Hypothyroidism unspecified			11/14/25				
Z79.82		Long term (current) use of aspirin			11/14/25				
Z79.4		Long term (current) use of insulin			11/14/25				
Z79.85		Lng trm (crnt) use injectable non-insulin antidiabetic drugs			11/14/25				
Z79.52		Long term (current) use of systemic steroids			11/14/25				
Z99.81		Dependence on supplemental oxygen			11/14/25				
Z86.73		Prsnl hx of TIA (TIA) and cereb infrc w/o resid deficits			11/14/25				
Z87.01		Personal history of pneumonia (recurrent)			11/14/25				
14. DME and Supplies: diabetic supplies, bath bench, wheelchair, walker, nebulizer, cane, hospital bed, oxygen supplies, wound care supplies					15. Safety Measures: sharps precautions, walker precautions, , , , diabetic precautions, ambulates with device, , bathroom safety				
16. Nutrition: diabetic, low sodium					17. Allergies: no known allergies				
18.A. Functional Limitations Endurance, Dyspnea With Minimal Exertion, Ambulation					18.B. Activities Permitted Cane, Walker, Up As Tolerated				
19. Mental & Psychosocial Status: COGNITION: 1. Requires prompting (cuing, repetition, reminders) only under stressful or unfamiliar conditions., ANXIETY: 1. In new or complex situations only, SOCIAL ISOLATION: 2. Sometimes, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No									
20. Prognosis: poor									
22. A Rehabilitation Potential: 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.					22.B.Discharge Plans patient will be responsible for managing treatment family/caregiver will be responsible for managing treatment				
Homebound status: Due to diagnosis of Enterocolitis Due To Clostridium Difficile, Not Specified As Recurrent, 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 77-year-old African American male residing with his two brothers in a ground-level apartment, with one brother serving as his primary caregiver. The patient is alert and oriented to person, place, and time, though noted to be hard of hearing with episodes of blurred vision. The admission packet was reviewed in full with both the patient and caregiver, and consent was obtained. His significant medical history includes Type 2 diabetes mellitus (current blood glucose 172 mg/dL), hypertension, chronic obstructive pulmonary disease, obstructive sleep apnea, chronic colitis, gout, hypothyroidism, peripheral vascular disease, diabetic neuropathy with fingertip numbness, osteoarthritis, orthostatic hypotension, a history of acute kidney injury, and lung carcinoma for which he is currently receiving palliative chemotherapy. The patient was recently hospitalized for suspected sepsis, altered mental status, and diarrhea. Skin <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-assessment">assessment</mh> reveals warm, dry integument with pink mucous membranes. Lung auscultation demonstrates rhonchi and rales. The patient reports using 3 L/min supplemental oxygen via nasal cannula as needed when awake. He has an active right lower extremity wound related to cellulitis and diabetes; dressing was not removed due to unavailable replacement wound-care supplies. Functionally, the patient demonstrates decreased strength, endurance, balance, and standing tolerance. He ambulates with a walker or rollator,									
23. Signature and Date of Verbal SOC Where Applicable: Electronically Signed by Messick, Charles RN on 11/14/2025					25. Date HHA Received Signed POT				
24. Physician's Name and Address Emily Bergman 10701 Rosemary Dr Manassas, VA 20109 PHONE: 7032573000 FAX: 13606366282 NPI: 1427219146					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 : 11/07/2025				
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. PAGE 1 of 4				

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exhibiting an unsteady, unbalanced gait, and requires physical assistance for basic grooming, dressing, bathing, toileting, medication management, and meal preparation. His caregiver reports that the patient often remains seated throughout the day with minimal self-initiation of mobility. Medication review and reconciliation were completed with both patient and caregiver. Physical therapy evaluation indicates the patient would benefit from skilled therapy to improve functional mobility, gait safety, endurance, and independence. During the visit, training was provided on safe home setup, transfer techniques, ambulation using a rolling walker, and a home exercise program focused on bilateral lower-extremity strengthening, seated and standing therapeutic exercises, and respiratory conditioning. Instruction was also provided on the use of an incentive spirometer, with both patient and family demonstrating understanding. The patient reports chronic pain at a level of 6/10, managed with gabapentin. Ongoing skilled nursing and physical therapy services are recommended to support wound care, optimize respiratory status, improve mobility and safety, and work toward restoring the patient to his prior level of function.

1 - SOC - SN Notes: soc

PT Eval Notes:

OT Eval

Notes:

Physician

Bergman, Emily

SN Careplans

SN WK1: 1 (11/14/25-11/15/25) ,WK2: 3 (11/16/25-11/22/25) ,WK3: 2 (11/23/25-11/29/25) ,WK4: 1 (11/30/25-12/06/25) ,WK5: 1 (12/07/25-12/13/25)

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: 2. Non-agency caregiver(s) need training/supportive services to provide assistance

HOSPITALIZATION RISKS: 3. Multiple hospitalizations (2 or more) in the past 6 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

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:No Advance Directive

PROBLEMS IDENTIFIED ON ASSESSMENT: M1720 - Anxiety, M2102d - Caregiver Performs Treatment, A1250 - Lack of Necessary Transportation, M2102f - Patient Supervision, M2102c - Med Admin, meal preparation, Home Safety, M2020 - Oral Med Management, D0700 - Social Isolation, M1400 - Dyspnea, M1033 - Exhaustion, swelling in the arms/legs, lung sounds not clear, wheezing, dependent edema, abnormal BS < 70/140 > mg/dL, heartburn/indigestion, muscle weakness, limited strength, limited endurance, difficulty sleeping, balance deficit, B1000 - Vision Deficit, Pain Interference with ADLs, Pain Effect on Sleep, obesity, open sores/lesions

PROCEDURES: cough/deep breathing exercises, incentive spirometer, train caregiver(s) to perform medical/rehabilitation treatments, glucose testing via monitor, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision, coordinate/arrange preparation of missing meals, coordinate/arrange for maintenance of clean/uncluttered living area, coordinate/arrange resources for vision-impaired, coordinate/arrange long-term socialization activities, coordinate/arrange transportation services

TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage cardiac condition including symptom management diet changes regular exercise getting enough sleep, related medication(s) purpose, schedule, * 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, * 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, * 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, * how to minimize chemotherapy and radiation side-effects including management of nausea or vomiting diarrhea appetite loss hair loss fatigue insomnia, 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, * strategies to increase socialization, related medication(s) purpose, schedule, patient's transportation needs are met, patient's living environment is clean/uncluttered, patient is adequately supervised, meal preparation is available to patient for all meals, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence

SN Goals

PATIENT-STATED GOAL: I want the wound on my leg to heal

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

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

patient/caregiver recalls

- * strategies to increase socialization
- * recalls related medication(s) purpose, schedule

patient's living environment is clean/uncluttered

patient/caregiver recalls

- * how to achieve wound healing including cleaning and dressing wound
- * position changes
- * skin care
- * diet modification
- * record wound measurements
- * recalls related medication(s) purpose, schedule

patient/caregiver recalls

- * how to take the patient's blood pressure
- * record the reading
- * recalls related medication(s) purpose, schedule

patient's transportation needs are met

patient is adequately supervised

meal preparation is available to patient for all meals

caregiver administers and/or packages medications appropriately

caregiver performs medical/rehabilitation treatments with adequate competence

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

Signature of Physician:	Date
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		patient/caregiver recalls * diabetic medication management * blood sugar testing * diabetic foot care * exercise * diabetic diet * 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 * how to minimize chemotherapy and radiation side-effects including management of nausea or vomiting * diarrhea * appetite loss * hair loss * fatigue * insomnia * recalls related medication(s) purpose, schedule patient/caregiver recalls * lifestyle modifications to manage cardiac condition including symptom management * diet changes * regular exercise * getting enough sleep * recalls related medication(s) purpose, schedule		
PT Careplans		PT Goals		
PT WK2: 1 (11/16/25-11/22/25) ,WK3: 2 (11/23/25-11/29/25) ,WK4: 2 (11/30/25-12/06/25) ,WK5: 2 (12/07/25-12/13/25) ,WK6: 2 (12/14/25-12/20/25) ,WK7: 1 (12/21/25-12/27/25) PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with Therapy activities, 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: Medication Review: Medications reviewed with patient/caregiver. . incentive spirometer, home exercise program: Seated therex BLE, 1-2x10, 1-2x/daily: sit to stands, marches, LAQ, clams, hip add with pillow squeezes x3-5 sec holds, HR/TR, standing tolerance exercises, gait training/stair training, 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, Sit to Stand - 04. Supervision or touching assistance, Chair to Bed to Chair - 04. Supervision or touching assistance, Toilet Transfer - 05. Setup or clean-up assistance, 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, 1 - Step (curb) - 04. Supervision or touching assistance, Picking Up Object - 04. Supervision or touching assistance		PATIENT-STATED GOAL: To feel stronger and better balanced in BLE to be able to sit/stand with ease and to tol walk around home/between rooms with improved strength, endurance and tolerance for standing and walking. 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 Toilet Transfer - 05. Setup or clean-up assistance Sit to Stand - 04. Supervision or touching assistance Chair to Bed to Chair - 04. Supervision or touching assistance 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 1 - Step (curb) - 04. Supervision or touching assistance Picking Up Object - 04. Supervision or touching assistance		
OT Careplans		OT Goals		
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Signature of Physician:		Date		
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