

Medical Update for Alexander Nichols DOB: 02/04/1976

Date Order Created: 12/08/2025

Order ID: 1163/581

Agency Assigned Id: 715

Certification Period: 11/25/2025 to 01/23/2026

Grace Home Healthcare, LLC 497754
9735 Main Street Suite 200 Fairfax,
Fairfax, VA 22031-3736
PHONE 703-865-7370 FAX

Orders:

12/02/2025 Problems : GG0130B1 - Oral Hygiene
GG0130F1 - Upper Body Dressing
GG0130G1 - Lower Body Dressing
GG0130H1 - Don/Doff Footwear
GG0130E1 - Shower/Bathe Self
GG0130C1 - Toileting Hygiene
GG0130A1 - Eating
Pain Interference with ADLs
M1400 - Dyspnea

12/02/2025 patient_goal: I want to get stronger and get back to feeling like myself, Target Date: 01/23/2026,

12/02/2025 procedure: equipment training, Notes: , work simplification/energy conservation, Notes: , incentive spirometer, Notes: ,

12/02/2025 teach: lifestyle modifications to manage cardio-respiratory condition including diet changes and regular exercise; strategies to control shortness of breath and home remedies to keep lungs healthy, Target Date: 01/23/2026, 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, Target Date: 01/23/2026, therapeutic exercises, Target Date: 01/23/2026, therapeutic modalities, Target Date: 01/23/2026, equipment training, Target Date: 01/23/2026, work simplification/energy conservation, Target Date: 01/23/2026, related medication(s) purpose and schedule, Target Date: 01/23/2026, symptoms requiring physician notification, Target Date: 01/23/2026,

12/02/2025 goal: 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, Target Date: 01/23/2026, 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, Target Date: 01/23/2026, Oral Hygiene - 06. Independent, Target Date: 01/23/2026, Lower Body Dressing - 06. Independent, Target Date: 01/23/2026, Shower/Bathe Self - 06. Independent, Target Date: 01/23/2026, Toileting Hygiene - 06. Independent, Target Date: 01/23/2026, Don/Doff Footwear - 06. Independent, Target Date: 01/23/2026, Eating - 06. Independent, Target Date: 01/23/2026,

12/02/2025 discharge_plan: patient will be responsible for managing treatment, Target Date: 01/23/2026,

Christopher Thomas
1890 Metro Center Dr

1890 Metro Center Dr, VA 20190
Tele:703-709-1500 FAX:

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 12/08/2025