

Medical Update for Sadie Gooch DOB: 12/07/1945

Date Order Created: 01/15/2026

Order ID: 1150/15367

Agency Assigned Id: 20858

Certification Period: 12/30/2025 to 02/27/2026

HomeCentris Healthcare LLC 217058
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Orders:

Authorization changes of HHA skill Total Visits: 3 and Visit Freq: 3
Authorization changes of OT skill Total Visits: 4 and Visit Freq: 4
Authorization changes of PT skill Total Visits: 6 and Visit Freq: 6

01/08/2026 Problems : GG0170I1 - Walk 10 Feet

M1400 - Dyspnea

Pain Interference with ADLs

Pain Effect on Sleep

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

GG0170J1 - Walk 50 ft with 2 Turns

Pain Effect on Sleep

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

GG0130B1 - Oral Hygiene

Pain Interference with ADLs

01/06/2026 patient_goal: stay out of the hospital, Target Date: 02/27/2026, get her medications right, Target Date: 02/27/2026, To be able to get to my appointments by myself and feel stronger, Target Date: 02/27/2026, To take my medicines right, Target Date: 02/27/2026, add patient-stated goal, Target Date: 02/27/2026,

01/06/2026 procedure: Home exercise program , Notes: Supine hip flexion, bridging, hooklying rotation, straight leg raise, hip abduction. Standing knee flexion, hip abduction, hip extension, plantarflexion, squats. Sitting, knee extension, ankle pumps., gait training/stair training, Notes: , transfers training, Notes: , cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , transfers training, Notes: , therapeutic exercises, Notes: , gait training on uneven surfaces, Notes: , assist with toilet transferring, Notes: , assist with toileting hygiene, Notes: , assist with transferring, Notes: , assist with mobility, Notes: , assist with feeding/eating, Notes: , assist with infection control, Notes: , assist with fall prevention, Notes: , assist with assistive devices prn, Notes: , assist with lower body dressing, Notes: , assist with upper body dressing, Notes: , assist with bathing, Notes: , assist with bathing,

Notes: , assist with bathing, Notes: In shower, Change linens as needed, Notes: ,

01/06/2026 teach: therapeutic exercises, Target Date: 02/27/2026, therapeutic modalities, Target Date: 02/27/2026, balance training, Target Date: 02/27/2026, equipment training, Target Date: 02/27/2026, gait training, Target Date: 02/27/2026, transfer training, Target Date: 02/27/2026, 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: 02/27/2026, 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: 02/27/2026, therapeutic exercises, Target Date: 02/27/2026, therapeutic modalities, Target Date: 02/27/2026, equipment training, Target Date: 02/27/2026, work simplification/energy conservation, Target Date: 02/27/2026, related medication(s) purpose and schedule, Target Date: 02/27/2026, symptoms requiring physician notification, Target Date: 02/27/2026, wheelchair training, Target Date: 02/27/2026, 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: 02/27/2026, related medication(s) purpose and schedule, Target Date: 02/27/2026, symptoms requiring physician notification, Target Date: 02/27/2026,

01/08/2026 goal: 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, Target Date: 02/27/2026, Sit to Stand - 06. Independent, Target Date: 02/27/2026: DISCONTINUED, Chair to Bed to Chair - 06. Independent, Target Date: 02/27/2026: DISCONTINUED, Toilet Transfer - 06. Independent, Target Date: 02/27/2026: DISCONTINUED, Car Transfer - 06.

- Independent, Target Date: 02/27/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 02/27/2026: DISCONTINUED, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 02/27/2026: DISCONTINUED, Walk 150 Feet - 04. Supervision or touching assistance,

- Target Date: 02/27/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 02/27/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 02/27/2026:

- DISCONTINUED, 12 Steps - 04. Supervision or touching assistance, Target Date: 02/27/2026:

- DISCONTINUED, Picking Up Object - 04. Supervision or touching assistance, Target Date:

- 02/27/2026, Walk 10 ft on Uneven Surface - 02. Substantial/maximal assistance, Target Date:

- 02/27/2026: DISCONTINUED, 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, Target Date: 02/27/2026, 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, Target Date: 02/27/2026, Oral Hygiene - 06. Independent, Target Date: 02/27/2026,

- Toileting Hygiene - 06. Independent, Target Date: 02/27/2026, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 02/27/2026: DISCONTINUED, Lower Body Dressing - 06.

- Independent, Target Date: 02/27/2026, Don/Doff Footwear - 06. Independent, Target Date:

- 02/27/2026, Eating - 06. Independent, Target Date: 02/27/2026, Upper Body Dressing - 06.

- Independent, Target Date: 02/27/2026,

01/06/2026 discharge_plan: patient will be responsible for managing treatment, Target Date:

02/27/2026, family/caregiver will be responsible for managing treatment, Target Date: 02/27/2026,

add discharge plan, Target Date: 02/27/2026,

01/15/2026 Medications: Novolog - Insulin Aspart Recombinant 0-12 u subcutaneous as necessary sliding scale

151-200 2 units

201-250 4 units

251-300 6 units

301-350 8 units

351-400 10 units

400 12 units

Synthroid - Levothyroxine Sodium 100mcg by mouth once a day

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 01/15/2026