

Medical Update for Attia Kalsoom DOB: 07/26/1965

Date Order Created: 01/16/2026

Order ID: 1150/15401

Agency Assigned Id: 19503

Certification Period: 11/19/2025 to 01/17/2026

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Orders:

Authorization changes of SN skill Total Visits: 2 and Visit Freq: 2

Authorization changes of OT skill Total Visits: 3 and Visit Freq: 3

12/31/2025 patient_goal: Patient states "I want to be able to have the surgery to remove my tumor, I want to be able to eat." , Target Date: 01/17/2026,

12/31/2025 procedure: train caregiver(s) to perform medical/rehabilitation treatments, Notes: , cough/deep breathing exercises, Notes: , glucose testing via monitor, Notes: , teach/coordinate/arrange medication packaging and/or administration, Notes: , Education related to malnutrition, nausea, vomiting, and constipation, Notes: Educate regarding the importance of good hydration

Educate regarding the importance of small frequent bites vs meals to stimulate appetite

Educate regarding increased protein intake via protein shakes, chicken broth, bites of protein bars.

Educate regarding eating carbohydrates such as oatmeal, crackers, dry cereal, toast, plain rice which will digest faster and decrease nausea while stimulating appetite.

Educate the importance of taking zofran as ordered around the clock to prevent nausea

Educate the importance of taking stool softener daily to prevent constipation. Decrease to every other day if diarrhea occurs. , Medication Review and side effects, Notes: Review all medications with patient/caregiver

Educate side effects of zofran and pain medication is constipation., glucose testing via monitor, Notes: ,

12/31/2025 teach: 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: 01/17/2026, how to manage sleep disorder including changes to daytime habits and bedtime routine, maintaining a journal to track sleep patterns, Target Date: 01/17/2026, GI-specific diet including appropriate food choices, stress management, exercise and home remedies to manage GI condition, Target Date: 01/17/2026, how to minimize chemotherapy and radiation side-effects including management of nausea and/or vomiting, diarrhea, appetite loss, hair loss, fatigue and insomnia, Target Date: 01/17/2026, diet and fluids to control side effects, exercise and healthy sleep patterns to encourage withdrawal, Target Date: 01/17/2026, related medication(s) purpose and schedule, Target Date: 01/17/2026, symptoms requiring physician notification, Target Date: 01/17/2026, low-fat diet and lifestyle modifications to manage esophageal condition, Target Date: 01/17/2026, diabetic medication management, blood sugar testing, diabetic foot care, exercise and diabetic diet, Target Date: 01/17/2026,

12/31/2025 goal: patient/caregiver recalls

- * how to manage sleep disorder including changes to daytime habits and bedtime routine

- * maintaining a journal to track sleep patterns

- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls

- * diet and fluids to control side effects

- * exercise

- * healthy sleep patterns to encourage withdrawal

- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls

- * how to prevent infection including hygiene

- * proper hand washing
- * food-safety techniques
- * travel precautions
- * vaccinations
- * animal-control
- * cough etiquette
- * recalls related medication(s) purpose, , Target Date: 01/17/2026, patient/caregiver recalls
- * how to take the patient's blood pressure
- * record the reading
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, 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) purpos, Target Date: 01/17/2026, patient/caregiver recalls
- * how to minimize hair loss
- * cope with related stress
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * prescribed dietary modifications
- * monitoring intake and output
- * monitoring weight loss or weight gain
- * monitor changes in neurological status
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * diabetic medication management
- * blood sugar testing
- * diabetic foot care
- * exercise
- * diabetic diet
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * oral care
- * strategies to achieve optimum nutrition
- * control oral pain/discomfort
- * range of motion exercises to optimize jaw mobility, Target Date: 01/17/2026, patient/caregiver recalls
- * strategies to increase caloric intake
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * dietary guidelines
- * lifestyle modifications to manage gastric condition
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * how to control and manage pain
- * adequate fluid intake
- * monitor for S&S of infection
- * high fiber diet
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * diet
- * weight-bearing exercises to promote bone healing and strengthening
- * fluids to prevent constipation
- * home safety
- * pain control
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, 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, Target Date: 01/17/2026, patient is adequately supervised, Target Date: 01/17/2026, meal preparation is available to patient for all meals, Target Date: 01/17/2026, caregiver administers and/or packages medications appropriately, Target Date: 01/17/2026, 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, sched, Target Date: 01/17/2026, patient/caregiver recalls
- * GI-specific diet including appropriate food choices
- * stress management
- * exercise
- * home remedies to manage GI condition
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, 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: 01/17/2026, patient/caregiver recalls
- * diabetic medication management
- * blood sugar testing
- * diabetic foot care
- * exercise
- * diabetic diet
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, patient/caregiver recalls
- * low-fat diet
- * lifestyle modifications to manage esophageal condition
- * recalls related medication(s) purpose, schedule, Target Date: 01/17/2026, 1 - Step (curb) - 06. Independent, Target Date: 01/17/2026,

12/31/2025 discharge_plan: patient will be responsible for managing treatment, Target Date: 01/17/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 01/19/2026