

Medical Update for David Ross DOB: 06/16/1941

Date Order Created: 01/19/2026

Order ID: 1150/15408

Agency Assigned Id: 6679

Certification Period: 12/08/2025 to 02/05/2026

HomeCentris Healthcare LLC 217058
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Owings Mills, MD 21117-8284
PHONE 410-321-8448 FAX

Orders:

Authorization changes of OT skill Total Visits: 3 and Visit Freq: 3
Authorization changes of SN skill Total Visits: 5 and Visit Freq: 5
Authorization changes of PT skill Total Visits: 7 and Visit Freq: 7

12/24/2025 Problems : Pain Interference with ADLs

M1400 - Dyspnea

GG0130B1 - Oral Hygiene - 05. Setup or clean-up assistance

GG0130F1 - Upper Body Dressing - 05. Setup or clean-up assistance

GG0130G1 - Lower Body Dressing - 05. Setup or clean-up assistance

GG0130H1 - Don/Doff Footwear - 05. Setup or clean-up assistance

GG0130E1 - Shower/Bathe Self - 04. Supervision or touching assistance

GG0130C1 - Toileting Hygiene - 05. Setup or clean-up assistance

GG0130A1 - Eating - 05. Setup or clean-up assistance

Pain Effect on Sleep

Oth fx upr & low end r fibula, subs for clos fx w routn heal (S82.831D)

Hyp hrt & chr kdny dis w hrt fail and w stg 5 chr kdny/ESRD (I13.2)

Heart failure, unspecified (I50.9)

Polycystic kidney, unspecified (Q61.3)

Long term (current) use of systemic steroids (Z79.52)

Long term (current) use of insulin (Z79.4)

Long term (current) use of aspirin (Z79.82)

Dependence on renal dialysis (Z99.2)

Personal history of other venous thrombosis and embolism (Z86.718)

Presence of aortocoronary bypass graft (Z95.1)

Kidney transplant status (Z94.0)

History of falling (Z91.81)

Personal history of nicotine dependence (Z87.891)

12/24/2025 patient_goal: Back to ploff, Target Date: 02/05/2026,

12/26/2025 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: ,
equipment training, Notes: , work simplification/energy conservation, Notes: ,

12/24/2025 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: 02/05/2026, 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: 02/05/2026, therapeutic exercises, Target Date: 02/05/2026, therapeutic modalities, Target Date: 02/05/2026, equipment training, Target Date: 02/05/2026, work simplification/energy conservation, Target Date: 02/05/2026, related medication(s) purpose and schedule, Target Date: 02/05/2026, symptoms requiring physician notification, Target Date: 02/05/2026,

12/24/2025 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 medicatio, Target Date: 02/05/2026, 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 relaxatio, Target Date: 02/05/2026, Oral Hygiene - 06. Independent, Target Date: 02/05/2026, Toileting Hygiene - 06. Independent, Target Date: 02/05/2026, Shower/Bathe Self - 06. Independent, Target Date: 02/05/2026, Lower Body Dressing - 06. Independent, Target Date: 02/05/2026, Don/Doff Footwear - 06. Independent, Target Date: 02/05/2026, Eating - 06. Independent, Target Date: 02/05/2026, Upper Body Dressing - 06. Independent, Target Date: 02/05/2026,

12/24/2025 discharge_plan: patient will be responsible for managing treatment, Target Date: 02/05/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 01/27/2026