

Medical Update for Rona Howe DOB: 12/16/1946

Date Order Created: 01/27/2026

Order ID: 1150/15600

Agency Assigned Id: 20835

Certification Period: 12/27/2025 to 02/24/2026

HomeCentris Healthcare LLC 217058
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
PHONE 410-321-8448 FAX

Orders:

Authorization changes of PT skill Total Visits: 1 and Visit Freq: 1
Authorization changes of OT skill Total Visits: 1 and Visit Freq: 1
Authorization changes of SN skill Total Visits: 3 and Visit Freq: 3

01/08/2026 Problems : GG0170G1 - Car Transfer

M1400 - Dyspnea

Pain Interference with ADLs

Pain Interference with Therapy activities

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

GG0170I1 - Walk 10 Feet

Pain Effect on Sleep

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

M1400 Dyspnea

Pain Interference with ADLs

Pain Interference with Therapy activities

01/06/2026 patient_goal: To be able to walk without pain, Target Date: 02/24/2026, Evaluation only,
Target Date: 02/24/2026,

01/06/2026 procedure: Medication Review, Notes: - medications reviewed with patient/caregiver,
cough/deep breathing exercises, Notes: , gait training on uneven surfaces, Notes: , gait training/stair
training, Notes: , transfers training, Notes: , Medication Review , Notes: Medication reviewed with
patient with all medications in the home.,

01/06/2026 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: 02/24/2026, therapeutic exercises, Target Date: 02/24/2026, therapeutic
modalities, Target Date: 02/24/2026, balance training, Target Date: 02/24/2026, equipment training,

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

01/06/2026 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: 02/24/2026, Medication Review, Target Date: 02/24/2026, 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: 02/24/2026, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Toilet Transfer - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Walk 10 Feet - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Walk 150 Feet - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, Target Date: 02/24/2026, 1 - Step (curb) - 05. Setup or clean-up assistance, Target Date: 02/24/2026, 4 Steps - 05. Setup or clean-up assistance, Target Date: 02/24/2026, 12 Steps - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Picking Up Object - 05. Setup or clean-up assistance, Target Date: 02/24/2026, Car Transfer - 06. Independent, Target Date: 02/24/2026, 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: 02/24/2026, 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: 02/24/2026, Oral Hygiene - 06. Independent, Target Date: 02/24/2026, Toileting Hygiene - 06. Independent, Target Date: 02/24/2026, Shower/Bathe Self - 06. Independent, Target Date: 02/24/2026, Lower Body Dressing - 06. Independent, Target Date: 02/24/2026, Don/Doff Footwear - 06. Independent, Target Date: 02/24/2026, Eating - 06. Independent, Target Date: 02/24/2026, Upper Body Dressing - 06. Independent, Target Date: 02/24/2026,

01/06/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 02/24/2026, patient will be responsible for managing treatment, Target Date: 02/24/2026,

Laura Emmanuel-Allen
7141 Security Blvd

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 01/28/2026