

Medical Update for Jerome Watson DOB: 08/25/1949

Date Order Created: 01/27/2026

Order ID: 1150/15664

Agency Assigned Id: 21315

Certification Period: 01/13/2026 to 03/13/2026

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: 6 and Visit Freq: 6

01/20/2026 Problems : GG0170I1 - Walk 10 Feet

M1400 Dyspnea

Pain Interference with ADLs

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

GG0130B1 - Oral Hygiene

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

01/20/2026 patient_goal: Walk better, Target Date: 03/13/2026, add patient-stated goal, Target Date: 03/13/2026, To get stronger and walk better, Target Date: 03/13/2026,

01/20/2026 procedure: cough/deep breathing exercises, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , transfers training, Notes: , Medication Review , Notes: Medication reviewed with patient and caregiver. All medications in the home. , assist with bathing, Notes: , assist with toilet transferring, Notes: , assist with lower body dressing, Notes: , assist with upper body dressing, Notes: , Medication Review, Notes: The medication was reviewed with the patient , cough/deep breathing exercises, Notes: , monitor intake & output, Notes: , cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: ,

01/20/2026 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: 03/13/2026, 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: 03/13/2026, therapeutic exercises, Target Date: 03/13/2026, therapeutic modalities, Target Date: 03/13/2026, balance training, Target Date: 03/13/2026, equipment training, Target Date: 03/13/2026, gait training, Target Date: 03/13/2026, work simplification/energy conservation, Target Date: 03/13/2026, transfer training, Target Date: 03/13/2026, related medication(s) purpose and schedule,

Target Date: 03/13/2026, symptoms requiring physician notification, Target Date: 03/13/2026, 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: 03/13/2026, related medication(s) purpose and schedule, Target Date: 03/13/2026, symptoms requiring physician notification, Target Date: 03/13/2026, 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: 03/13/2026, therapeutic exercises, Target Date: 03/13/2026, therapeutic modalities, Target Date: 03/13/2026, balance training, Target Date: 03/13/2026, equipment training, Target Date: 03/13/2026, gait training, Target Date: 03/13/2026, transfer training, Target Date: 03/13/2026,

01/20/2026 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 medication, Target Date: 03/13/2026, 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: 03/13/2026, Chair to Bed to Chair - 06. Independent, Target Date: 03/13/2026, Sit to Stand - 06. Independent, Target Date: 03/13/2026, Toilet Transfer - 06. Independent, Target Date: 03/13/2026, Car Transfer - 06. Independent, Target Date: 03/13/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 03/13/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 03/13/2026, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 03/13/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 03/13/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 03/13/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 03/13/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 03/13/2026, Walk 10 ft on Uneven Surface - 02. Substantial/maximal assistance, Target Date: 03/13/2026, Oral Hygiene - 06. Independent, Target Date: 03/13/2026, Toileting Hygiene - 06. Independent, Target Date: 03/13/2026, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 03/13/2026, Lower Body Dressing - 06. Independent, Target Date: 03/13/2026, Don/Doff Footwear - 06. Independent, Target Date: 03/13/2026, Eating - 06. Independent, Target Date: 03/13/2026, Upper Body Dressing - 06. Independent, Target Date: 03/13/2026, 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 medication, Target Date: 03/13/2026, 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: 03/13/2026: DISCONTINUED, patient self-administers medications as prescribed
- * recalls related medication(s) purpose, schedule, Target Date: 03/13/2026: DISCONTINUED, 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: 03/13/2026, Sit to Stand - 06. Independent, Target Date: 03/13/2026, Chair to Bed to Chair - 06. Independent, Target Date: 03/13/2026, Toilet Transfer - 06. Independent, Target Date: 03/13/2026, Car Transfer - 06. Independent, Target Date: 03/13/2026, Walk 10 Feet - 05. Setup or clean-up assistance, Target Date: 03/13/2026: DISCONTINUED, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Target Date: 03/13/2026: DISCONTINUED, Walk 150 Feet - 05. Setup or clean-up assistance, Target Date: 03/13/2026, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, Target Date: 03/13/2026, 1 - Step (curb) - 05. Setup or clean-up assistance, Target Date: 03/13/2026, 4 Steps - 05. Setup or clean-up assistance, Target Date: 03/13/2026, 12 Steps - 05. Setup or clean-up assistance, Target Date: 03/13/2026, Picking Up Object - 05. Setup or clean-up assistance, Target Date: 03/13/2026,

01/20/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 03/13/2026, add discharge plan, Target Date: 03/13/2026, family/caregiver will be responsible for

managing treatment, Target Date: 03/13/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

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