

Home Health Certification and Plan of Care										Order ID: 1150/16176					
1. Patient s HI claim No.			2. Start Of Care Date			3. Certification Period			4. Medical Record No.			5. Provider No.			
26260411			12/13/2025			From: 02/11/2026 To: 04/11/2026			20480			217058			
6. Patient's Name and Address Lawrence Moore 3009 Pinewood Ave, BALTIMORE, MD 21214- 443-825-7626							7. Provider's Name, Address and Telephone Number HomeCentris Healthcare LLC 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117-8284 410-321-8448 1487113239								
8. DOB 10/03/1950 9.Sex Male							10. Medications: Dose/Frequency/Route (N)ew (C)hanged								
11. ICD		Principal Diagnosis					Date		Albuterol - Albuterol 2.5 mg, Tablet by mouth every 2 hours 2.5 mg, every 2 hours PRN Pacerone - Amiodarone Hydrochloride 400 mg, Tablet PEG TUBE once a day 400 mg, Per PEG Tube, 1 time daily Eliquis - Apixaban 2.5 mg, Tablet PEG TUBE twice a day 2.5 mg, Per PEG Tube, 2 times daily Lipitor - Atorvastatin Calcium 80 mg, Tablet PEG TUBE once a day 80 mg, Oral, 1 time daily, VIA TUBE bictegravir-emtricitabine-tenofovir alafenamide (BIKTARVY) 50-200-25 mg TABS tablet 50-200-25 mg, 1 tablet by mouth once a day 1 tablet, Oral, 1 time daily camphor-menthol (SARNA) 0.5-0.5 % LOTN 0.5-0.5 % LOTN , 1 Application topical three times a day 1 Application, Topical, 3 times daily PRN Neurontin - Gabapentin 200 mg, Tablet by mouth at bedtime 200 mg, Oral, nightly Apresoline - Hydralazine Hydrochloride 25 mg, Tablet by mouth three times a day 25 mg, Oral, 3 times daily Dilaudid - Hydromorphone Hydrochloride 1 mg, Tablet by mouth every 4 hours 1 mg, Oral, every 4 hours PRN Imdur - Isosorbide Mononitrate 30 mg, Tablet by mouth in the morning 30 mg, Oral, 1 time daily every morning mineral oil-hydrophilic petrolatum (AQUAPHOR) OINT Apply head to toe topical as necessary mineral oil-hydrophilic petrolatum (AQUAPHOR) OINT Apply head to toe Protonix - Pantoprazole Sodium 40 mg, Tablet by mouth once a day 40 mg, Oral, 1 time daily Seroquel - Quetiapine Fumarate 25 MG tablet, 1 tablet by mouth at bedtime Rena-Vite Rx (NEPHRO-VITE) 1 MG TABS 1 MG TABS, 1 tablet by mouth once a day 1 tablet, Oral, 1 time daily Zoloft - Sertraline Hydrochloride 50 MG, 1 tablet by mouth at bedtime						
I13.2		Hyp hrt & chr kdny dis w hrt fail and w stg 5 chr kdny/ESRD					12/13/25								
13. ICD		Other Pertinent Diagnoses					Date								
I50.42		Chronic combined systolic and diastolic hrt fail					12/13/25								
N18.6		End stage renal disease					12/13/25								
D63.1		Anemia in chronic kidney disease					12/13/25								
R13.10		Dysphagia unspecified					12/13/25								
L89.159		Pressure ulcer of sacral region unspecified stage					12/13/25								
I48.0		Paroxysmal atrial fibrillation					12/13/25								
B20.		Human immunodeficiency virus [HIV] disease					12/13/25								
I47.10		Supraventricular tachycardia unspecified					12/13/25								
G89.29		Other chronic pain					12/13/25								
M54.50		Low back pain unspecified					12/13/25								
E02.		Subclinical iodine-deficiency hypothyroidism					12/13/25								
F03.90		Unsp dementia unsp severity without beh/psych/mood/anx					12/13/25								
I42.9		Cardiomyopathy unspecified					12/13/25								
F41.9		Anxiety disorder unspecified					12/13/25								
E78.00		Pure hypercholesterolemia unspecified					12/13/25								
I25.2		Old myocardial infarction					12/13/25								
Z79.01		Long term (current) use of anticoagulants					12/13/25								
Z86.718		Personal history of other venous thrombosis and embolism					12/13/25								
Z87.891		Personal history of nicotine dependence					12/13/25								
Z95.810		Presence of automatic (implantable) cardiac defibrillator					12/13/25								
Z95.0		Presence of cardiac pacemaker					12/13/25								
Z86.16		Personal history of COVID-19					12/13/25								
Z87.01		Personal history of pneumonia (recurrent)					12/13/25								
Z91.81		History of falling					12/13/25								
14. DME and Supplies: wound care supplies, , hoyer lift, walker, hospital bed							15. Safety Measures: walker precautions, supervision at all times, , , activity supervision, ambulates with assistance, ambulates with device								
16. Nutrition: fluids for hydration, G-Tube							17. Allergies: no known allergies								
18.A. Functional Limitations Bowel/Bladder Incontinence, Ambulation, Endurance							18.B. Activities Permitted Walker, Up As Tolerated								
19. Mental & Pyschosocial Status: COGNITION: 3. Unable to get to and from the toilet or bedside commode but is able to use a bedpan/urinal independently, ANXIETY: 3. During the day and evening, but not constantly, SOCIAL ISOLATION: , BEHAVIORAL ISSUES: , HISTORY OF DEPRESSION:															
20. Prognosis: fair															
22. A Rehabilitation Potential: SELF-CARE: , MOBILITY:							22.B.Discharge Plans family/caregiver will be responsible for managing treatment								
Homebound status: Due to diagnosis of Hypertensive Heart And Chronic Kidney Disease With Heart Failure And With Stage 5 Chronic Kidney Disease, Or End Stage Renal Disease, the patient is experiencing decreased endurance and mobility, increasing the likelihood of falls. To safely leave their home, the patient needs assistance from another person and an assistive mobility device.															
Clinical Condition Requiring Homecare:		<div>The patient is a 75-year-old male referred for home health services following a prolonged hospitalization and rehabilitation stay for hypoxic respiratory failure. His past medical history is significant for hypertension, HIV, congestive heart failure, cardiomyopathy, atrial fibrillation, prior myocardial infarction with implanted pacemaker/defibrillator, deep vein thrombosis, chronic kidney disease and end-stage renal disease, anemia, dysphagia, gastroesophageal reflux disease, dementia, anxiety, and chronic low back pain. He was discharged to his daughter's home after an approximately three-month hospital and rehab course. The patient currently resides with his daughter, who is his primary caregiver, along with his son-in-law and grandchild. The home has seven steps to enter, with bedroom and bathroom located on the first floor. At the time of <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-assessment">assessment</mh>, the patient is bedbound and unable to stand or ambulate. Durable medical equipment in the home includes a hospital bed, Hoyer lift, wheelchair, and rolling walker. The patient tolerates rolling side to side partially with use of the bed rail and requires moderate assistance for supine-to-sit transfers due to weakness and pain. He is able to tolerate sitting at the edge of the bed for approximately six minutes with close supervision and upper-extremity support. Attempts at standing were made twice with maximal assistance but were unsuccessful due to poor quadriceps strength. Therapeutic exercises performed in supine included assisted hip flexion, quadriceps sets, gluteal sets, bridging, hook-lying trunk rotation, straight leg raises, and hip abduction. The patient was limited by pain, reporting severe low back pain rated up to 9/10 with position changes. Per the daughter, the patient sustained a fall during transport home by EMS, and she suspects this incident contributed to the current back pain. A video visit with the primary care provider is scheduled for further evaluation. Acetaminophen twice daily was recommended to assist with pain management, as pain significantly limits participation in mobility. Skin <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-assessment">assessment</mh> revealed two stage II pressure ulcers located at the midline lower back and sacral area. Wound care orders include cleansing with mild soap and water, patting dry, and applying Allevyn foam dressings													
23. Signature and Date of Verbal SOC Where Applicable: Electronically Signed by Messick, Charles RN on 02/09/2026										25. Date HHA Received Signed POT					
24. Physician's Name and Address Marc Wilson 815 E Pratt St Baltimore, MD 21202 PHONE: 410-637-5700 FAX: 1-410-637-5701 NPI: 1275565251							26. I certify/recertify that this patient is confined to his/her home and needs intermittent skilled nursing care, physical therapy and/or speech therapy or continues to need occupational therapy. The patient is under my care, and I have authorized the services on this plan of care and will periodically review the plan. F2F date : 12/10/2025								
27. Attending Physician's Signature and Date Signed : Date of physician last face-to-face							28. Anyone who misrepresents, falsifies, or conceals essential information required for payment of Federal funds may be subject to fine, imprisonment, or civil penalty under applicable Federal laws. PAGE 1 of 4								

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every three days for protection. The daughter is performing wound care between skilled nursing <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-1 CE-FMS-visits">visits</mh>. The patient requires 6 6-inch Allevyn dressings for the lower back wound and 4 4-inch sacral Allevyn dressings per wound care orders. No signs of acute infection were noted at the time of <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-assessment">assessment</mh>. The patient has a feeding tube in place that is intact and functional. The daughter declined tube-feeding education during this visit, stating that the patient is currently tolerating adequate oral intake of a soft diet since discharge. Education was provided to the daughter on safe positioning in bed and proper use of the hospital bed remote to assist with repositioning and comfort. The patient is considered homebound due to profound weakness, inability to stand or ambulate, dependence on a wheelchair and bed mobility assistance, and the significant effort required to leave the home. Skilled nursing services are recommended to monitor cardiopulmonary status, manage complex medical conditions, provide wound care oversight, reinforce caregiver education, and coordinate supplies, with a planned frequency of one visit in week one followed by two <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-1 CE-FMS-visits">visits</mh> per week for four weeks. Physical and occupational therapy evaluations are ordered to address severe deconditioning, impaired mobility, strength deficits, and caregiver training, with the goal of improving comfort, safety, and functional tolerance within the home environment.</div><div>
</div><div>Date of Order</div><div>02/09/2026</div><div>Orders</div><div>Physician Face-to-Face Date: 12/10/2025</div><div>Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat hha-adl's due to Hypertensive Heart And Chronic Kidney Disease With Heart Failure And With Stage 5 Chronic Kidney Disease, Or End Stage Renal Disease</div><div>Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home</div><div>
</div><div>4 - Recertification Notes: Patient is being recertified due to Chronic Kidney Disease education required and maintenance nurse visit with patient under palliative care.</div><div>
</div><div><div>Physician</div><div>Wilson, Marc</div>

SN Careplans SN WK3: 1 (02/22/26-02/28/26) ,WK5: 1 (03/08/26-03/14/26) ,WK7: 1 (03/22/26-03/28/26) ,WK9: 1 (04/05/26-04/11/26) PARAMETERS FOR PHYSICIAN NOTIFICATION: temperature < 95 > 100.5, heart rate < 50 > 110, respiratory rate < 8 > 22, blood pressure systolic < 90 > 169, blood pressure diastolic < 60 > 90, O2 saturation < 88 > 100, pain < 0 > 5 CAREGIVER: 1. Non-agency caregiver(s) currently provide assistance HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications, 8. Currently reports exhaustion STANDING ORDERS: infection control: hygiene, proper hand washing; advance directive: plan if patient is unable to make healthcare decisions ; fall precautions: wear sensible shoes, remove home hazards, living space adequately lit, assistive devices prn; emergency preparedness: plan for prn evacuation, resumption of home health visits; Skin Preservation: Measures to prevent skin breakdown; pressure relief, incontinence care, nutrition, hydration ; Pain: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage ; Medications: Medication actions, uses, frequency, dose, interactions of all new/change meds Advance Directive:No Advance Directive PROBLEMS IDENTIFIED ON ASSESSMENT: abnormal blood pressure, balance deficit, tooth pain/decay/sensitivity PROCEDURES: physician-ordered wound care: #2 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Other - Sacrum - Cleanse with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days, physician-ordered wound care: #1 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Other - Lower back/mid spine - Cleanse with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days, Medication Review- : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, swallowing exercises, coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, physician-ordered wound care: Cleanse Stg 2 pressure ulcers to midline lower back and sacrum with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days and as needed., bladder training, venipuncture: obtained, venipuncture: Skilled nurse to obtain Renal Function Panel (non fasting) , drop off specimen at a Kaiser Lab. TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage cardiac condition including symptom management diet changes regular exercise getting enough sleep, related medication(s) purpose, schedule, * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings physical exercise plan diet, related medication(s) purpose, schedule, * lifestyle modification to manage blood condition including dietary changes bleeding precautions, related medication(s) purpose, schedule, * prevention exacerbation of anxiety condition including coping patterns improved concentration strategies to reduce anxiety identification of anxiety precipitants, conflicts, and threats, related medication(s) purpose, schedule, * how to keep home safe for patient with dementia coping strategies for the caregiver, related medication(s) purpose, schedule, * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet exercise monitoring of blood pressure blood sugar home, related medication(s) purpose, schedule remedies, * management of mental health condition including joining a peer group maintaining regular contact with mental health professional avoiding known stressors controlling impulses, related medication(s) purpose, schedule, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * how to support the immune system including personal hygiene proper hand washing food-safety techniques travel precautions vaccinations animal-control cough etiquette diet fluid intake, related medication(s) purpose, schedule * strategies to increase caloric intake, related medication(s) purpose, schedule, * bowel incontinence management including dietary changes bowel training skin care, related medication(s) purpose, schedule, * diet and fluids to control side effects exercise healthy sleep patterns to encourage withdrawal, related medication(s) purpose, schedule, * urinary incontinence management including bladder training Kegel exercises skin care, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, * strategies to	SN Goals PATIENT-STATED GOAL: Daughter would like patience to be able to transfer to bedside commode GOALS patient/caregiver recalls * urinary incontinence management including bladder training * Kegel exercises * skin care * recalls related medication(s) purpose, schedule patient/caregiver recalls * diet and fluids to control side effects * exercise * healthy sleep patterns to encourage withdrawal * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to keep home safe for patient with dementia * coping strategies for the caregiver * recalls related medication(s) purpose, schedule patient/caregiver recalls * strategies to increase caloric intake * recalls related medication(s) purpose, schedule patient/caregiver recalls * strategies to increase socialization * recalls related medication(s) purpose, schedule patient/caregiver recalls * lifestyle modifications to manage cardiac condition including symptom management * diet changes * regular exercise * getting enough sleep * recalls related medication(s) purpose, schedule patient/caregiver recalls * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings * physical exercise plan * diet * recalls related medication(s) purpose, schedule patient/caregiver recalls * prevention exacerbation of anxiety condition including coping patterns * improved concentration * strategies to reduce anxiety * identification of anxiety precipitants, conflicts, and threats * recalls related medication(s) purpose, schedule patient/caregiver recalls * management of mental health condition including joining a peer group * maintaining regular contact with mental health professional * avoiding known stressors * controlling impulses * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to achieve wound healing including cleaning and dressing wound * position changes * skin care
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Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
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increase socialization, related medication(s) purpose, schedule		* diet modification * record wound measurements * recalls related medication(s) purpose, schedule 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(s) purpose, schedule patient/caregiver recalls * lifestyle modification to manage blood condition including dietary changes * bleeding precautions * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to support the immune system including personal hygiene * proper hand washing * food-safety techniques * travel precautions * vaccinations * animal-control * cough etiquette * diet * fluid intake * recalls related medication(s) purpose, schedule patient self-administers medications as prescribed * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet * exercise * monitoring of blood pressure * blood sugar * home * recalls related medication(s) purpose, schedule remedies patient/caregiver recalls * bowel incontinence management including dietary changes * bowel training * skin care * recalls related medication(s) purpose, schedule		
PT Careplans		PT Goals		
PT WK1: 1 (02/11/26-02/14/26) ,WK2: 1 (02/15/26-02/21/26) ,WK3: 1 (02/22/26-02/28/26) ,WK4: 1 (03/01/26-03/07/26) ,WK5: 1 (03/08/26-03/11/26)		PATIENT-STATED GOAL: To return to walking		
PROBLEMS IDENTIFIED ON ASSESSMENT: M1400 - Dyspnea, Pain Interference with ADLs, Pain Interference with Therapy activities, Pain Effect on Sleep, GG0170N1 - 4 Steps, GG0170S1 - Wheel 150 feet, GG0170R1 - Wheel 50 ft w 2 Turns, GG0170P1 - Picking Up Object, GG0170O1 - 12 Steps, GG0170F1 - Toilet Transfer, 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, GG0170G1 - Car Transfer, GG0170E1 - Chair to Bed to Chair, GG0170D1 - Sit to Stand		GOALS		
PROCEDURES: Home exercise program : Sitting knee extension,ankle pumps. Supine hip flexion, bridging, hooklying rotation, straight leg raise, hip abduction , Family training, Bed mobility training. , cough/deep breathing exercises, incentive spirometer, wheelchair training, gait training/stair training, transfers training		Wheel 150 feet - 06. Independent		
TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medicatio, * 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, related medication(s) purpose, schedule, Sit to Stand - 05. Setup or clean-up assistance, Chair to Bed to Chair - 05. Setup or clean-up assistance, Toilet Transfer - 03. Partial/moderate assistance, Walk 10 Feet - 04. Supervision or touching assistance, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Walk 150 Feet - 04. Supervision or touching assistance, 1 - Step (curb) - 04. Supervision or touching assistance, 4 Steps - 04. Supervision or touching assistance, Picking Up Object - 04. Supervision or touching assistance, Wheel 50 ft w 2 Turns - 06. Independent, Wheel 150 feet - 06. Independent, Car Transfer - 05. Setup or clean-up assistance, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Bed mobility will be independent , Sitting tolerance will be 10 minutes, Daughter will be able to transfer client independently with hoyer lift to wheelchair, Transfer bed to wheelchair with transfer board and minimal assistance		Wheel 50 ft w 2 Turns - 06. Independent		
		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		
		Sit to Stand - 05. Setup or clean-up assistance		
		Chair to Bed to Chair - 05. Setup or clean-up assistance		
		Toilet Transfer - 03. Partial/moderate assistance		
		Walk 10 Feet - 04. Supervision or touching assistance		
		Walk 50 ft with 2 Turns - 04. Supervision or touching assistance		
		Walk 150 Feet - 04. Supervision or touching assistance		
		1 - Step (curb) - 04. Supervision or touching assistance		
		4 Steps - 04. Supervision or touching assistance		
		Picking Up Object - 04. Supervision or touching assistance		
		Car Transfer - 05. Setup or clean-up assistance		
Signature of Physician:		Date		
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		Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance 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 skills and diversional activities * recalls related medication(s) purpose, schedule Daughter will be able to transfer client independently with hoyer lift to wheelchair Sitting tolerance will be 10 minutes Transfer bed to wheelchair with transfer board and minimal assistance Bed mobility will be independent		
OT Careplans OT WK2: 1 (02/15/26-02/21/26) ,WK3: 1 (02/22/26-02/28/26) ,WK4: 1 (03/01/26-03/07/26) ,WK5: 1 (03/08/26-03/14/26) ,WK6: 1 (03/15/26-03/21/26) ,WK7: 1 (03/22/26-03/28/26) PROCEDURES: equipment training, work simplification/energy conservation, therapeutic exercises, cough/deep breathing exercises, strengthening exercises, transfers training TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * 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, related medication(s) purpose, schedule, Oral Hygiene - 03. Partial/moderate assistance, Toileting Hygiene - 03. Partial/moderate assistance, Shower/Bathe Self - 03. Partial/moderate assistance, Upper Body Dressing - 03. Partial/moderate assistance, Lower Body Dressing - 03. Partial/moderate assistance, Don/Doff Footwear - 03. Partial/moderate assistance, Eating - 05. Setup or clean-up assistance		OT Goals PATIENT-STATED GOAL: to feed myself GOALS 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(s) purpose, schedule 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 skills and diversional activities * recalls related medication(s) purpose, schedule Toileting Hygiene - 03. Partial/moderate assistance Oral Hygiene - 03. Partial/moderate assistance Shower/Bathe Self - 03. Partial/moderate assistance Upper Body Dressing - 03. Partial/moderate assistance Lower Body Dressing - 03. Partial/moderate assistance Don/Doff Footwear - 03. Partial/moderate assistance Eating - 05. Setup or clean-up assistance		

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