

Medical Update for Janet Rouse DOB: 08/11/1955

Date Order Created: 02/19/2026

Order ID: 1150/16273

Agency Assigned Id: 21615

Certification Period: 01/23/2026 to 03/23/2026

HomeCentris Healthcare LLC MD217058
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Orders:

02/03/2026 Problems : GG0130B1 - Oral Hygiene
GG0130F1 - Upper Body Dressing
GG0130G1 - Lower Body Dressing
GG0130H1 - Don/Doff Footwear
GG0130E1 - Shower/Bathe Self
GG0130C1 - Toileting Hygiene
GG0130A1 - Eating
Pain Effect on Sleep
Pain Interference with ADLs
M1400 - Dyspnea

02/03/2026 patient_goal: To not be so slow, Target Date: 03/23/2026,

01/30/2026 procedure: cough/deep breathing exercises, Notes: , monitor intake & output, Notes: , coordinate/arrange preparation of missing meals, Notes: , cough/deep breathing exercises, Notes: , work simplification/energy conservation, Notes: , therapeutic exercises, Notes: , assist with meal preparation, Notes: , assist with laundry, Notes: , gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: ,

02/03/2026 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: 03/23/2026, 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: 03/23/2026, therapeutic exercises, Target Date: 03/23/2026, therapeutic modalities, Target Date: 03/23/2026, equipment training, Target Date: 03/23/2026, work simplification/energy conservation, Target Date: 03/23/2026, related medication(s) purpose and schedule, Target Date: 03/23/2026, symptoms requiring physician notification, Target Date: 03/23/2026,

01/30/2026 goal: 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: 03/23/2026, 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: 03/23/2026, 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: 03/23/2026, Oral Hygiene - 06. Independent, Target Date: 03/23/2026, Toileting Hygiene - 06. Independent, Target Date: 03/23/2026, Shower/Bathe Self - 06. Independent, Target Date: 03/23/2026, Lower Body Dressing - 06. Independent, Target Date: 03/23/2026, Don/Doff Footwear - 06. Independent, Target Date: 03/23/2026, Eating - 06. Independent, Target Date: 03/23/2026, Upper Body Dressing - 06. Independent, Target Date: 03/23/2026, 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: 03/23/2026, Sit to Stand - 06. Independent, Target Date: 03/23/2026, Chair to Bed to Chair - 06. Independent, Target Date: 03/23/2026, Toilet Transfer - 06. Independent, Target Date: 03/23/2026, Car Transfer - 06. Independent, Target Date: 03/23/2026, Walk 10 Feet - 06. Independent, Target Date: 03/23/2026, Walk 50 ft with 2 Turns - 06. Independent, Target Date: 03/23/2026, Walk 150 Feet - 06. Independent, Target Date: 03/23/2026, Walk 10 ft on Uneven Surface - 06. Independent, Target Date: 03/23/2026, 1 - Step (curb) - 06. Independent, Target Date: 03/23/2026, 4 Steps - 06. Independent, Target Date: 03/23/2026, 12 Steps - 06. Independent, Target Date: 03/23/2026, Picking Up Object - 06. Independent, Target Date: 03/23/2026,

02/03/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 03/23/2026,

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Physician Signature _____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 02/19/2026