

Medical Update for Dolores Martin DOB: 12/03/1930

Date Order Created: 02/26/2026

Order ID: 1150/16461

Agency Assigned Id: 22350

Certification Period: 02/16/2026 to 04/16/2026

HomeCentris Healthcare LLC 217058
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Orders:

02/24/2026 Problems : GG0170F1 - Toilet Transfer

GG0170D1 - Sit to Stand

GG0170E1 - Chair to Bed to Chair

GG0170G1 - Car Transfer

GG0170I1 - Walk 10 Feet

GG0170J1 - Walk 50 ft with 2 Turns

GG0170K1 - Walk 150 Feet

GG0170L1 - Walk 10 ft on Uneven Surface

GG0170M1 - 1 - Step (curb)

GG0170N1 - 4 Steps

GG0170O1 - 12 Steps

GG0170P1 - Picking Up Object

M1400 - Dyspnea

02/24/2026 patient_goal: I would like to be able to walk further, Target Date: 04/16/2026,

02/24/2026 procedure: dynamic standing balance exercises, Notes: Dynamic balance activity to be performed on firm surface with no hands on device, weight shifting L-R with wide BOS, and forward backward with separated stance., cough/deep breathing exercises, Notes: , home exercise program, Notes: Seated-LAQ hip flex, hip abd, pillow squeeze.
Standing-Mini squat, heel/toe raise, hip flex, hip abd, hip ext, leg curls., gait training/stair training, Notes: , transfers training, Notes: ,

02/24/2026 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: 04/16/2026, therapeutic exercises, Target Date: 04/16/2026, therapeutic modalities, Target Date: 04/16/2026, balance training, Target Date: 04/16/2026, equipment training, Target Date: 04/16/2026, gait training, Target Date: 04/16/2026, transfer training, Target Date: 04/16/2026,

02/24/2026 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(s) purpose, schedule, Target Date: 04/16/2026, 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 skills and diversional activities

- * recalls related medication(s) purpose, schedule, Target Date: 04/16/2026, patient self-administers medications as prescribed

- * recalls related medication(s) purpose, schedule, Target Date: 04/16/2026, Sit to Stand - 06.

Independent, Target Date: 04/16/2026, Chair to Bed to Chair - 06. Independent, Target Date:

04/16/2026, Toilet Transfer - 06. Independent, Target Date: 04/16/2026, Car Transfer - 06.

Independent, Target Date: 04/16/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target

Date: 04/16/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 04/16/2026, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 04/16/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 04/16/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 04/16/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 04/16/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 04/16/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 04/16/2026,

02/24/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 04/16/2026,

02/26/2026 Medications: Albuterol Sulfate - Albuterol Sulfate 90 mcg inhalant as necessary

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 02/27/2026