

Medical Update for Sterling Wilkerson DOB: 10/09/1957

Date Order Created: 03/05/2026

Order ID: 1150/16694

Agency Assigned Id: 22049

Certification Period: 02/06/2026 to 04/06/2026

HomeCentris Healthcare LLC 217058
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Orders:

02/15/2026 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

02/15/2026 patient_goal: To take care of myself, Target Date: 04/06/2026,

02/15/2026 procedure: cough/deep breathing exercises, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , therapeutic exercises, Notes: , assist with meal preparation, Notes: , wound vacuum, Notes: , physician-ordered wound care: #1 - Observable Surgical Wound - Anterior Left Thigh - Cleanse site open to air. (Wound well epithelialized), Notes: ,

02/15/2026 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: 04/06/2026, 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: 04/06/2026, therapeutic exercises, Target Date: 04/06/2026, therapeutic modalities, Target Date: 04/06/2026, equipment training, Target Date: 04/06/2026, work simplification/energy conservation, Target Date: 04/06/2026, related medication(s) purpose and schedule, Target Date: 04/06/2026, symptoms requiring physician notification, Target Date: 04/06/2026, how to achieve wound healing including cleaning and dressing wound, position changes, skin care, diet modification and preventing pressure ulcer recurrence, record wound measurements, Target Date: 04/06/2026,

02/15/2026 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: 04/06/2026, 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: 04/06/2026, Oral Hygiene - 06. Independent, Target Date: 04/06/2026: DISCONTINUED, Toileting Hygiene - 05. Setup or clean-up assistance, Target Date: 04/06/2026: DISCONTINUED, Shower/Bathe Self - 04. Supervision or touching assistance, Target Date: 04/06/2026: DISCONTINUED, Lower Body Dressing - 06. Independent, Target Date: 04/06/2026, Don/Doff Footwear - 06. Independent, Target Date: 04/06/2026: DISCONTINUED, Eating - 06. Independent, Target Date: 04/06/2026, Upper Body Dressing - 06. Independent, Target Date: 04/06/2026: DISCONTINUED, patient/caregiver recalls

- * *how to achieve wound healing including cleaning and dressing wound*
- * *position changes*
- * *skin care*
- * *diet modification*
- * *record wound measurements*
- * *recalls related medication(s) purpose, schedule, Target Date: 04/06/2026: DISCONTINUED,*

02/15/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 04/06/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 03/05/2026