

Medical Update for Lillie Singleton DOB: 02/26/1930

Date Order Created: 03/05/2026

Order ID: 1150/16680

Agency Assigned Id: 21857

Certification Period: 02/05/2026 to 04/05/2026

HomeCentris Healthcare LLC 217058
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
PHONE 410-321-8448 FAX

Orders:

02/22/2026 patient_goal: To have more energy , Target Date: 04/05/2026,

02/15/2026 procedure: cough/deep breathing exercises, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , transfers training, Notes: , therapeutic exercises, Notes: , transfers training, 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: 04/05/2026, 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: 04/05/2026, therapeutic exercises, Target Date: 04/05/2026, therapeutic modalities, Target Date: 04/05/2026, equipment training, Target Date: 04/05/2026, work simplification/energy conservation, Target Date: 04/05/2026, related medication(s) purpose and schedule, Target Date: 04/05/2026, symptoms requiring physician notification, Target Date: 04/05/2026,

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

02/15/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 04/05/2026,

03/03/2026 Medications: Allopurinol - Allopurinol 100 mg 100 mg 100 mg 100 mg 1 tablet by mouth once a day for Gout prophylaxis.

Medication discontinued.

Patient is now on colchicine 0.6mg tab, PO, QD.

Atorvastatin - Atorvastatin Calcium 0 0 010 mg / 1 tablet by mouth once a day for cholesterol. This medication was discontinued.

Patient is now on Pravastatin 40mg, PO, QD

Pravastatin - Pravastatin Sodium 40mg by mouth once a day For cholesterol

Melatonin - Melatonin 0 0 3 mg / 1 tablet by mouth at bedtime for Sleep-aide.

2/13/2026: Medication discontinued

Patient start Trazadone 50mg, PO, at bedtime PRN

Trazadone - Trazodone Hydrochloride 50mg/tab by mouth as necessary Take 1 tab by mouth at bedtime as needed for sleeping.

Potassium chloride 10MEQ by mouth once a day Potassium supplement: Take 1 tab, PO, QD.

Meclizine - Meclizine Hydrochloride 25mg by mouth once a day Prn for dizziness

Omeprazole - Omeprazole 0 0 40 mg / 1 capsule by mouth once a day related to GASTRO-ESOPHAGEAL REFLUX DISEASE WITHOUT ESOPHAGITIS (K21.9) prn fo4 stomach pain

Diazoxide - Diazoxide 50mg/ml 3ml by mouth twice a day hypoglycemia

Nan Ni

200 E 33Rd St

200 E 33Rd St, MD 21218

Tele:410-261-8019 FAX: 1-410-261-8021

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles

Date 03/05/2026