

Medical Update for Abera Abebe DOB: 04/28/1962

Date Order Created: 03/13/2026

Order ID: 1163/880

Agency Assigned Id: 1184

Certification Period: 02/23/2026 to 04/23/2026

Grace Home Healthcare, LLC 497754
9735 Main Street Suite 200 Fairfax,
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Orders:

03/10/2026 patient_goal: Patient will ambulate 100 feet with rolling walker and supervision without significant shortness of breath or loss of balance to safely access essential areas of the home., Target Date: 04/23/2026,

03/10/2026 procedure: cough/deep breathing exercises, Notes: , gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: ,

03/10/2026 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: 04/23/2026, therapeutic exercises, Target Date: 04/23/2026, therapeutic modalities, Target Date: 04/23/2026, wheelchair training, Target Date: 04/23/2026, balance training, Target Date: 04/23/2026, equipment training, Target Date: 04/23/2026, gait training, Target Date: 04/23/2026, transfer training, Target Date: 04/23/2026,

03/10/2026 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: 04/23/2026, 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 skills and diversional activities
- * recalls related medication(s) purpose, schedule, Target Date: 04/23/2026, Sit to Stand - 06. Independent, Target Date: 04/23/2026, Chair to Bed to Chair - 06. Independent, Target Date: 04/23/2026, Toilet Transfer - 06. Independent, Target Date: 04/23/2026, Car Transfer - 06. Independent, Target Date: 04/23/2026, Walk 10 Feet - 06. Independent, Target Date: 04/23/2026, Walk 50 ft with 2 Turns - 06. Independent, Target Date: 04/23/2026, Walk 150 Feet - 06. Independent, Target Date: 04/23/2026, Walk 10 ft on Uneven Surface - 06. Independent, Target Date: 04/23/2026, 1 - Step (curb) - 06. Independent, Target Date: 04/23/2026, 4 Steps - 06. Independent, Target Date: 04/23/2026, 12 Steps - 06. Independent, Target Date: 04/23/2026, Picking Up Object - 06. Independent, Target Date: 04/23/2026,

03/10/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 04/23/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 03/13/2026