

Medical Update for Katherine Uchic DOB: 01/24/1959

Date Order Created: 03/05/2026

Order ID: 1150/16690

Agency Assigned Id: 22488

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

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

Orders:

02/24/2026 Problems : GG0170G1 - Car Transfer

M1400 - Dyspnea

GG0170P1 - Picking Up Object

GG0170O1 - 12 Steps

GG0170N1 - 4 Steps

GG0170M1 - 1 - Step (curb)

GG0170L1 - Walk 10 ft on Uneven Surface

GG0170K1 - Walk 150 Feet

GG0170J1 - Walk 50 ft with 2 Turns

GG0170I1 - Walk 10 Feet

GG0170E1 - Chair to Bed to Chair

GG0170D1 - Sit to Stand

GG0130C1 - Toileting Hygiene

GG0170F1 - Toilet Transfer

GG0130E1 - Shower/Bathe Self

GG0130H1 - Don/Doff Footwear

GG0130G1 - Lower Body Dressing

GG0130F1 - Upper Body Dressing

GG0130B1 - Oral Hygiene

02/24/2026 patient_goal: To walk better, Target Date: 04/16/2026,

02/24/2026 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , equipment training, Notes: , gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: , incentive spirometer, Notes: , teach/coordinate/arrange medication packaging and/or administration, Notes: , home exercise program, Notes: slr, le abd/add, long arc , mini squats and heel raises --10x2 reps,

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, wheelchair training, 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, work simplification/energy conservation, 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, 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 - 06. Independent, Target Date: 04/16/2026, Walk 50 ft with 2 Turns - 06. Independent, Target Date: 04/16/2026, Walk 150 Feet - 06. Independent, Target Date: 04/16/2026, Walk 10 ft on Uneven Surface - 06. Independent, Target Date: 04/16/2026, 1 - Step (curb) - 06. Independent, Target Date: 04/16/2026, 4 Steps - 06. Independent, Target Date: 04/16/2026, 12 Steps - 06. Independent, Target Date: 04/16/2026, Picking Up Object - 06. Independent, Target Date: 04/16/2026, Oral Hygiene - 06. Independent, Target Date: 04/16/2026, Toileting Hygiene - 06. Independent, Target Date: 04/16/2026, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 04/16/2026, Lower Body Dressing - 06. Independent, Target Date: 04/16/2026, Don/Doff Footwear - 06. Independent, Target Date: 04/16/2026, Upper Body Dressing - 06. Independent, 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,

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

David Scharff
808 S Conkling St

808 S Conkling St, MD 21224
Tele:410-327-7114 FAX: 14103277116

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 03/23/2026