

Home Health Certification and Plan of Care				Order ID: 1150/17351	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
11342103170		03/19/2026		From: 03/19/2026 To: 05/17/2026	
				4. Medical Record No.	
				23722	
				5. Provider No.	
				217058	
6. Patient's Name and Address			7. Provider's Name, Address and Telephone Number		
Sean Mahoney			HomeCentris Healthcare LLC		
913 HILLCREST RD,			10 Crossroads Drive, Suite 102		
HANOVER, MD 21076-			Owings Mills, MD 21117-8284		
410-761-0692			410-321-8448		
			1487113239		
8. DOB			11/25/1990		
9. Sex			Male		
11. ICD		Principal Diagnosis		Date	
K51.90		Ulcerative colitis unspecified without complications		03/19/26	
13. ICD		Other Pertinent Diagnoses		Date	
F31.9		Bipolar disorder unspecified		03/19/26	
10. Medications: Dose/Frequency/Route (N)ew (C)hanged			Lithium - Lithium Carbonate 600mg by mouth once a day		
			Mesalamine - Mesalamine 4.8g by mouth once a day		
			Multivitamin - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin:		
			Cholecalciferol: Cyanocobalamin: Dexpantenol: Folic Acid: Niacinamide:		
			Pyridox 1 tablet by mouth once a day		
			QUETIAPINE 200 mg by mouth in the evening		
			Thiamine - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol:		
			Cyanocobalamin: Dexpantenol: Folic Acid: Niacinamide: Pyridox 100mg by		
			mouth once a day		
			Metoprolol Tartrate - Metoprolol Tartrate 25 mg 25 mg by mouth twice a day		
			Take a 1/2 tablet twice per day		
			Ondansetron - Ondansetron 4 mg 1 sublingual every 8 hours Dissolve 1		
			tablet under tongue every 8 hours as needed for nausea or vomiting		
14. DME and Supplies:			15. Safety Measures:		
hand held shower, bath bench, cane			transfer with assist, fall precautions, avoid temperature extremes, ambulates		
			with device, standard precautions, ambulates with assistance, smoke		
			detectors , medication safety, bathroom safety		
16. Nutrition:			17. Allergies:		
regular			cantaloupe		
18.A. Functional Limitations			18.B. Activities Permitted		
Endurance			Cane, Up As Tolerated, Exercises Prescribed, Transfer bed/Chair		
19. Mental & Pyschosocial Status:			COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 0. Never, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No		
20. Prognosis:			good		
22. A Rehabilitation Potential:			22.B.Discharge Plans		
SELF-CARE: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper., MOBILITY: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper.			patient will be responsible for managing treatment		
Homebound status: Due to diagnosis of Ulcerative colitis unspecified without complications, the patient is experiencing decreased endurance and mobility, increasing the likelihood of falls. To safely leave their home, the patient needs assistance from another person and an assistive mobility device.					
Clinical Condition Requiring Homecare: <p class="MsoNoSpacing">Physical therapy start-of-care (SOC) admission was completed, and consents were obtained for this 35-year-old male recently hospitalized from March 10 to March 14 following an infusion for inflammatory bowel disease that resulted in tachycardia and lactic acidosis. His past medical history includes bipolar disorder, ulcerative colitis, severe protein-calorie malnutrition, sinus tachycardia, anemia, and diarrhea, all of which were managed during hospitalization. The patient returned home with continuous family support and resides in a single-family home with three steps at the entrance, remaining on the main level. He reports significant weight loss (approximately 60 lbs since December 2025) related to his condition, ambulates primarily without an assistive device but occasionally uses a cane, and has experienced one fall in the past two months. On assessment, he presents with generalized lower extremity weakness, impaired balance, unsteady gait, decreased functional mobility, and increased fall risk, requiring standby assistance for transfers and ambulation. He was educated on home safety, fall prevention, safe transfer techniques, and a progressive walking program, with recommendation to use a cane consistently. Despite independence in some activities, he demonstrates fatigue, requires supervision for basic activities of daily living, and benefits from frequent rest periods. Skilled home physical therapy is indicated to improve strength, mobility, balance, and safety awareness to restore independence and reduce fall risk, while skilled occupational therapy is also recommended to address decreased endurance and promote independence in daily activities. The patient is considered homebound due to functional limitations and safety concerns, and the plan of care has been established in collaboration with the patient and caregiver, with the primary physician notified of admission.</o:p></p><p class="MsoNoSpacing"><o:p> </o:p></p><p class="MsoNoSpacing">Bottom of Form<o:p></o:p></p><p class="MsoNoSpacing"><o:p> </o:p></p><p class="MsoNoSpacing">Date of Order<o:p></o:p></p><p class="MsoNoSpacing">03/19/2026 Order<o:p></o:p></p><p class="MsoNoSpacing">Physician Face-to-Face Date: 03/13/2026 Clinical Condition Requiring Home Care per Certifying Physician: PT-eval & treat OT-eval & treat DX: Ulcerative colitis unspecified without complications Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home<o:p></o:p></p><p class="MsoNoSpacing"> 1 - SOC -PT Notes:<o:p></o:p></p><p class="MsoNoSpacing">OT Eval Notes:<o:p></o:p></p><p class="MsoNoSpacing">Physician:Chung, Sharon</p>					
SN Careplans			SN Goals		
PT Careplans			PT Goals		
23. Signature and Date of Verbal SOC Where Applicable:				25. Date HHA Received Signed POT	
Electronically Signed by Messick, Charles RN on 03/19/2026					
24. Physician's Name and Address			26. I certify/recertify that this patient is confined to his/her home and needs intermittent skilled nursing care, physical therapy and/or speech therapy or continues to need occupational therapy. The patient is under my care, and I have authorized the services on this plan of care and will periodically review the plan.		
Sharon Chung			F2F date : 03/13/2026		
7670 Quarterfield Rd					
Glen Bernie, MD 21061					
PHONE: 410-508-7650 FAX: 1-410-508-7701 NPI: 1295026045					
27. Attending Physician's Signature and Date Signed : Date of physician last face-to-face			28. Anyone who misrepresents, falsifies, or conceals essential information required for payment of Federal funds may be subject to fine, imprisonment, or civil penalty under applicable Federal laws.		
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PT WK1: 1 (03/19/26-03/21/26) ,WK2: 2 (03/22/26-03/28/26) ,WK3: 2 (03/29/26-04/04/26) ,WK4: 2 (04/05/26-04/11/26) ,WK5: 1 (04/12/26-04/18/26) PARAMETERS FOR PHYSICIAN NOTIFICATION: temperature < 95 > 100.5, heart rate < 50 > 110, respiratory rate < 8 > 22, blood pressure systolic < 90 > 169, blood pressure diastolic < 60 > 90, O2 saturation < 88 > 100, pain < 0 > 5 CAREGIVER: 2. Non-agency caregiver(s) need training/supportive services to provide assistance HOSPITALIZATION RISKS: 2. Unintentional weight loss of a total of 10 pounds or more in the past 12 months, 3. Multiple hospitalizations (2 or more) in the past 6 months, 5. Decline in mental, emotional, or behavioral status in the past 3 months, 7. Currently taking 5 or more medications, 8. Currently reports exhaustion STANDING ORDERS: infection control: hygiene, proper hand washing; advance directive: plan if patient is unable to make healthcare decisions ; fall precautions: wear sensible shoes, remove home hazards, living space adequately lit, assistive devices prn; emergency preparedness: plan for prn evacuation, resumption of home health visits; Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed. Assess/Instruct Pt/Pcg: Ice to ____ x 20 minutes each hour while awake. If cold machine ordered apply 20 minutes on and 20 minutes off for 3-4 times a day. Assess/Instruct all body systems/vital signs/complications, Blood Pressure; systolic is greater than 169 mm Hg or less than 90 mm Hg; diastolic is greater than 100 mm Hg or less than 55 mm Hg, Clinician to assess comorbidities and report changes in condition to the patient's physician, Pain Rating is greater than 6 on 0-10 scale, Pulse is greater than 110 or less than 50, Respirations are greater than 22 or less than 8, SPO2: is less than 90 % at rest /with exertion, Temperature is greater than 100.5 F or less than 95.0 F, Pain Rating is greater than 6 on 0-10 scale Implement Fall Prevention Program, Instruct and educate the patient/PCG on wearing compression stockings for the next 4 weeks per discharge instructions. Instruct the pt/PCG on using the incentive spirometer 10 times every 2 hour while awake. Provide education content at patient's level of health literacy. Assess/Instruct Pt/Pcg: Safety measures to prevent injury. Assess: Musculoskeletal status. Teach Pt/Pcg to maintain appropriate wt bearing status as ordered by MD, total joint replacement precautions as applicable, Safe stair climbing skills, Safe, effective use of adaptive/assist device Assess/Instruct Pt/Pcg: Pain management measures; assess pain level, pain medication, rest, body alignment, ROM, meditation, massage. Pt/Pcg educated in pain management techniques including positioning and relaxation techniques Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds, Provide medication education,. Assess/Instruct Pt/Pcg: Safety measures to prevent injury, Therapeutic Exercise, Transfer Training Monitor surgical wound for s/s of infection, educate on s/s of concern and infection prevention to promote wound healing. ; Skin Preservation: Measures to prevent skin breakdown; pressure relief, incontinence care, nutrition, hydration ; Pain: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage ; Medications: Medication actions, uses, frequency, dose, interactions of all new/change meds Advance Directive:No Advance Directive PROBLEMS IDENTIFIED ON ASSESSMENT: 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, GG0170G1 - Car Transfer, GG0170E1 - Chair to Bed to Chair, GG0170D1 - Sit to Stand, GG0170F1 - Toilet Transfer, M2102c - Med Admin, M2020 - Oral Med Management, M1033 - Unintentional Weight Loss, M1400 - Dyspnea, M1033 - Exhaustion, diarrhea, nausea/vomiting, limited endurance, muscle weakness, balance deficit, lethargy, difficulty sleeping, loss of appetite PROCEDURES: cough/deep breathing exercises, home exercise program, work simplification/energy conservation, dynamic standing balance exercises: 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., gait training on uneven surfaces, gait training/stair training, transfers training, assist with fall prevention, teach/coordinate/arrange medication packaging and/or administration TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * strategies to increase caloric intake, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, caregiver administers and/or packages medications appropriately, Sit to Stand - 06. Independent, Chair to Bed to Chair - 06. Independent, Toilet Transfer - 06. Independent, Car Transfer -			PATIENT-STATED GOAL: To be able to safely get up and down a full flight of steps GOALS Chair to Bed to Chair - 06. Independent Toilet Transfer - 06. Independent 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 patient self-administers medications as prescribed * recalls related medication(s) purpose, schedule caregiver administers and/or packages medications appropriately Sit to Stand - 06. Independent Car Transfer - 06. Independent Walk 50 ft with 2 Turns - 06. Independent Walk 150 Feet - 06. Independent 4 Steps - 06. Independent 12 Steps - 06. Independent Picking Up Object - 06. Independent Shower/Bathe Self - 06. Independent Lower Body Dressing - 06. Independent Don/Doff Footwear - 06. Independent Oral Hygiene - 06. Independent Toileting Hygiene - 06. Independent Eating - 06. Independent Upper Body Dressing - 06. Independent patient/caregiver recalls * strategies to increase caloric intake * recalls related medication(s) purpose, schedule patient/caregiver recalls * strategies to minimize fatigue and exhaustion including work simplification * energy conservation * lifestyle changes * diet * recalls related medication(s) purpose, schedule Walk 10 Feet - 06. Independent Walk 10 ft on Uneven Surface - 06. Independent 1 - Step (curb) - 06. Independent		
Signature of Physician:			Date		
			PAGE 2 of 3		
Optional Name/Signature of Nurse/Therapist:			Date		
Electronically Signed by Messick, Charles RN			03/19/2026		

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OT Careplans OT WK1: 1 (03/19/26-03/21/26) ,WK2: 1 (03/22/26-03/28/26) ,WK3: 1 (03/29/26-04/04/26) ,WK4: 1 (04/05/26-04/11/26) ,WK5: 1 (04/12/26-04/18/26) ,WK6: 1 (04/19/26-04/25/26) PROBLEMS IDENTIFIED ON ASSESSMENT: M1400, GG0130B1 - Oral Hygiene, GG0130F1 - Upper Body Dressing, GG0130G1 - Lower Body Dressing, GG0130H1 - Don/Doff Footwear, GG0130E1 - Shower/Bathe Self, GG0130C1 - Toileting Hygiene, GG0130A1 - Eating PROCEDURES: cough/deep breathing exercises, equipment training, work simplification/energy conservation TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, Oral Hygiene - 06. Independent, Toileting Hygiene - 06. Independent, Shower/Bathe Self - 06. Independent, Lower Body Dressing - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Upper Body Dressing - 06. Independent		OT Goals PATIENT-STATED GOAL: Pt want to build his endurahce GOALS 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 Shower/Bathe Self - 06. Independent Lower Body Dressing - 06. Independent Don/Doff Footwear - 06. Independent Oral Hygiene - 06. Independent Toileting Hygiene - 06. Independent Eating - 06. Independent Upper Body Dressing - 06. Independent		

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