

Home Health Certification and Plan of Care				Order ID: 1150/17336					
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period		4. Medical Record No.		5. Provider No.	
67244268		09/23/2025		From: 03/22/2026 To: 05/20/2026		17681		217058	
6. Patient's Name and Address Warren Everett 4218 Oakford Ave, BALTIMORE, MD 21215- 443-759-6438					7. Provider's Name, Address and Telephone Number HomeCentris Healthcare LLC 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117-8284 410-321-8448 1487113239				
8. DOB 08/24/1953 9.Sex Male					10. Medications: Dose/Frequency/Route (N)ew (C)hanged				
11. ICD	Principal Diagnosis			Date	Coumadin - Warfarin Sodium 10 mg take 10 mg tablet by mouth once a day 10 mg, 1 time daily for a fib Crestor - Rosuvastatin Calcium take 5 mg tablet by mouth once a day 5 mg, 1 time daily at bedtime Flomax - Tamsulosin Hydrochloride take 0.4 mg capsules by mouth once a day 0.4 mg, 1 time daily every evening for Urinary retention Tylenol - Acetaminophen take 650 mg Tablet by mouth every 6 hours 650 mg, Oral, every 6 hours PRN for fever and pain Mupirocin - Mupirocin 2% topical once a day Once daily for wound care Advair - Fluticasone Propionate: Salmeterol Xinafoate 100-50 MCG/ACT , take 1 puff inhaler inhalant twice a day 1 puff, 2 times daily Miralax - Polyethylene Glycol 3350 take 17 g powder by mouth once a day 17 g, Oral, 1 time daily, Stir and dissolve 1 packet in any 4-8 ounces of non-carbonated beverage. PT taking as needed Pulmicort - Budesonide Take 0.5 mg inhalant twice a day 0.5 mg, 2 times daily Senokot - Senna take 17.2 mg tablet by mouth twice a day 17.2 mg, Oral, 2 times daily PRN Hydralazine - Hydralazine Hydrochloride 50mg by mouth three times a day Take 1/2 Tablet (25mg) by mouth TID for hypertension. Potassium - Potassium Chloride 20meq by mouth once a day for low potassium Alginate - topical two times per week 2-3 times a week for wound care to right ankle Magnesium Oxide - Simethicone 400 mg capsule by mouth once a day Supplement				
Z48.815	Encntr for surgical aftrr following surgery on the dgstv sys			09/23/25					
13. ICD	Other Pertinent Diagnoses			Date					
N39.0	Urinary tract infection site not specified			09/23/25					
L89.159	Pressure ulcer of sacral region unspecified stage			09/23/25					
L89.899	Pressure ulcer of other site unspecified stage			09/23/25					
L89.619	Pressure ulcer of right heel unspecified stage			09/23/25					
S81.811D	Laceration w/o foreign body right lower leg subs encntr			09/23/25					
G20.A1	Parkinson's dis w/o dyskinesia w/o mention of fluctuations			09/23/25					
I10.	Essential (primary) hypertension			09/23/25					
M84.452D	Pathological fracture left femur subs for fx w routn heal			09/23/25					
E43.	Unspecified severe protein-calorie malnutrition			09/23/25					
J44.89	Other specified chronic obstructive pulmonary disease			09/23/25					
E78.5	Hyperlipidemia unspecified			09/23/25					
E04.9	Nontoxic goiter unspecified			09/23/25					
M62.569	Muscle wasting and atrophy NEC unsp lower leg			09/23/25					
E87.6	Hypokalemia			09/23/25					
R33.9	Retention of urine unspecified			09/23/25					
Z79.01	Long term (current) use of anticoagulants			09/23/25					
Z74.01	Bed confinement status			09/23/25					
Z87.891	Personal history of nicotine dependence			09/23/25					
Z86.718	Personal history of other venous thrombosis and embolism			09/23/25					
Z86.711	Personal history of pulmonary embolism			09/23/25					
Z90.49	Acquired absence of other specified parts of digestive tract			09/23/25					
I21.4	Non-ST elevation (NSTEMI) myocardial infarction			09/23/25					
T83.511D	I/I react d/t indwelling urethral catheter subs			09/23/25					
I11.0	Hypertensive heart disease with heart failure			09/23/25					
I50.30	Unspecified diastolic (congestive) heart failure			09/23/25					
I45.2	Bifascicular block			09/23/25					
14. DME and Supplies: urinary/catheter supplies, wound care supplies, hospital bed					15. Safety Measures: supervision at all times, , ambulates with device, ambulates with assistance, , activity supervision				
16. Nutrition: regular, protein rich					17. Allergies: no known allergies				
18.A. Functional Limitations Paralysis, Bowel/Bladder Incontinence, Contracture, Endurance					18.B. Activities Permitted Complete Bedrest				
19. Mental & Pyschosocial Status: COGNITION: 4. Is totally dependent in toileting., ANXIETY: 0. Never, SOCIAL ISOLATION: , BEHAVIORAL ISSUES: , HISTORY OF DEPRESSION:									
20. Prognosis: fair									
22. A Rehabilitation Potential: SELF-CARE: , MOBILITY:					22.B.Discharge Plans family/caregiver will be responsible for managing treatment				
Homebound status: Due to diagnosis of Encounter For Surgical Aftercare Following Surgery On The Digestive System, 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:	<div>The patient is a 72-year-old male who is bedbound and fully dependent on care. He is alert, oriented, and presents as pleasant. His wife, who is his primary caregiver, manages all aspects of his care at home. The patient reports no pain and maintains intact vision and hearing. He is currently being treated for a C. difficile infection, resulting in loose stools, which his wife finds challenging to manage alongside his wound care. He has an indwelling urinary catheter with clear urine output, though his wife reports frequent clogs and a catheter-associated UTI. Multiple pressure ulcers were noted, including unstageable wounds on both heels and the left second toe, a Stage II ulcer above the right ankle, and a Stage II sacral wound. The RN assisted with hygiene and wound care during the visit and advised that concerns regarding catheter management and wound care would be addressed with the healthcare team. The patient's wife expressed difficulty in managing his care alone and requested a home health aide and additional wound care supplies, expressing concerns about insurance coverage. The RN assured her these concerns would be relayed to the case manager and noted that a follow-up would also be made with their Kaiser social worker regarding catheter supplies. The patient is scheduled for a virtual follow-up on September 30 due to difficulty transferring him, as he cannot bend his knees and requires full assistance with repositioning. A recent PT evaluation noted significant physical decline following a femur fracture earlier this year, resulting in bilateral knee contractures. PT recommended the use of a bolster for passive stretching and initiation of a home exercise program to reduce further contractures and prevent skin breakdown. The								
23. Signature and Date of Verbal SOC Where Applicable: Electronically Signed by Messick, Charles RN on 03/20/2026						25. Date HHA Received Signed POT			
24. Physician's Name and Address Nkechinyerem Eseonu Ewoh 7070 Samuel Morse Dr Columbia, MD 21246 PHONE: FAX: NPI: 1114247541					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. F2F date : 09/19/2025				
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. PAGE 1 of 3				

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patient would benefit from continued skilled PT services.</div><div>
</div><div>Date of Order</div><div>03/20/2026</div><div>Orders</div><div>Physician Face-to-Face Date: 09/19/2025</div><div>Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat hha-adl's due to Encounter for surgical aftercare following surgery on the digestive system</div><div>Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home</div><div>
</div><div>4 - Recertification Notes: Patient is being recertified due to Parkinsons and immobility with foley catheter and wound management makes it a taxing effort for patient to leave the home. </div><div>Physician</div><div>Eseonu Ewoh, Nkechinyerem</div>

SN Careplans

SN WK1: 1 (03/22/26-03/28/26) ,WK2: 1 (03/29/26-04/04/26) ,WK4: 1 (04/12/26-04/18/26) ,WK6: 1 (04/26/26-05/02/26)

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: 1. Non-agency caregiver(s) currently provide assistance

HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications

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.

Cleanse all wounds with normal saline, pat dry Patient with unstageable pressure injuries noted to bilat heels, present on admission. Wounds present as thin black eschar. No erythema noted. No drainage noted. Recommend offload in heel offloading boots at all times. Remove for assessment of skin and replace. Patient with loss of pigment and several partial thickness wounds noted to bilat buttocks, present on admission. Wounds etiology from a combination of pressure, stage 2, friction, shear, incont associated skin damage. Recommend foam dressing is stool incontinence can be managed. Change every three days. Patient with stage 2 pressure injury to right lateral lower leg, present on admission. Wound mostly epithelialized. Small partial thickness wound noted with pink base. Recommend foam dressing and change every three days.; 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 ; foley catheter change as directed 18fr silicone

Advance Directive:POLST (Physician Orders for Life-Sustaining Treatment)

SN Goals

PATIENT-STATED GOAL: "Continue to get better and stronger";foley catheter

GOALS

patient/caregiver recalls

- * how to manage inflammatory process
- * optimize mobility with active and passive range of motion exercises
- * fluid and diet intake to promote healing
- * prevent constipation
- * home safety
- * recalls related medic

patient/caregiver recalls

- * lifestyle modifications to manage cardiac condition including symptom management
- * diet changes
- * regular exercise
- * getting enough sleep
- * recalls related medication(s) purpose, schedule

patient's transportation needs are met

caregiver administers and/or packages medications appropriately

meal preparation is available to patient for all meals

patient is adequately supervised

patient/caregiver recalls

- * urinary catheter management including how to flush catheter
- * change and wash drainage bags
- * prevent infection including proper handwashing
- * positioning of catheter
- * recalls related medication(s) purpose, schedule

caregiver performs medical/rehabilitation treatments with adequate competence

patient self-administers medications as prescribed

- * recalls related medication(s) purpose, schedule

caregiver recalls how to

- * inspect regularly for gaps where patient can become trapped between the mattress, rail, or bed frame
- * ensure the top of the bed rail is at least 4 inches (100mm) above the mattress
- * to avoid using bed rails with a soft mattress to decrease entrapment risk

patient/caregiver recalls

- * prevention including increase fluid intake
- * increase Vitamin C intake to promote acidic bladder environment (cranberry juice)
- * perineal hygiene
- * recalls related medication(s) purpose, schedule

patient/caregiver recalls

- * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings
- * physical exercise plan
- * diet
- * recalls related medication(s) purpose, schedule

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/caregiver recalls

- * bowel incontinence management including dietary changes
- * bowel training
- * skin care
- * recalls related medication(s) purpose, schedule

PROBLEMS IDENTIFIED ON ASSESSMENT: abnormal blood pressure, abnormal electrolyte panel

PROCEDURES: physician-ordered wound care: #1 - 1 - Intact skin with non-blanchable redness of a localized area usually over a bony prominence. - Posterior Left Heel -, physician-ordered wound care: #2 - 6 - Unstageable due to coverage of wound bed by slough and/or eschar. - Posterior Left Heel - 2nd left toe. Small reddened surface, physician-ordered wound care: #3 - 6 - Unstageable due to coverage of wound bed by slough and/or eschar. - Posterior Right Heel - Wound is unstageable due to thickened, dried skin over the surface, physician-ordered wound care: #4 - 6 - Unstageable due to coverage of wound bed by slough and/or eschar. - Posterior Right Ankle/Foot -, physician-ordered wound care: #5 - 1 - Intact skin with non-blanchable redness of a localized area usually over a bony prominence. - Posterior Sacrum -, Medication Review: : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, physician-ordered wound care: Cleanse all wounds with normal saline, pat dry Patient with unstageable pressure injuries noted to bilat heels, present on admission. Wounds present as thin black eschar. No erythema noted. No drainage noted. Recommend offload in heel offloading boots at all times. Remove for assessment of skin and replace. Patient with loss of pigment and several partial thickness wounds noted to bilat buttocks, present on admission. Wounds etiology from a combination of pressure, stage 2, friction, shear, incont associated skin damage.

Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
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Recommend foam dressing is stool incontinence can be managed. Change every three days. Patient with stage 2 pressure injury to right lateral lower leg, present on admission. Wound mostly epithelialized. Small partial thickness wound noted with pink base. Recommend foam dressing and change every three days., monitor intake & output, catheter change, care & irrigation: 16F 30cc Foley Catheter Foley management -if not flushing well please change foley as needed bases. Please teach and train pt and wife on how to irrigate foley with 10-20 ml of saline daily-twice a day to avoid clogging..., venipuncture: Per faxed order from Kaiser on 2/18/26- Skilled nurse to obtain Potassium via venipuncture. Drop specimen off at a Kaiser Lab ., monitor dialysis schedule TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage cardiac condition including symptom management diet changes regular exercise getting enough sleep, related medication(s) purpose, schedule, * how to take the patient's blood pressure record the reading, related medication(s) purpose, schedule, * 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, * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings physical exercise plan diet, related medication(s) purpose, schedule, * low cholesterol dietary guidelines, related medication(s) purpose, schedule, * how to optimize mental status with cognition therapy home safety optimize mobility with active and passive range of motion therapeutic exercises diet and fluids to optimize peripheral circulation, related medication(s) purpose, schedule, * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet exercise monitoring of blood pressure blood sugar home, related medication(s) purpose, schedule remedies, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * bowel incontinence management including dietary changes bowel training skin care, related medication(s) purpose, schedule, * urinary catheter management including how to flush catheter change and wash drainage bags prevent infection including proper handwashing positioning of catheter, related medication(s) purpose, sch, * urinary catheter management including how to flush catheter change and wash drainage bags prevent infection including proper handwashing positioning of catheter, related medication(s) purpose, schedule, * dietary guidelines for managing nutritional deficit, related medication(s) purpose, schedule, * prevention including increase fluid intake increase Vitamin C intake to promote acidic bladder environment (cranberry juice) perineal hygiene, related medication(s) purpose, schedule, * urinary incontinence management including bladder training Kegel exercises skin care, related medication(s) purpose, schedule, * diet weight-bearing exercises to promote bone healing and strengthening fluids to prevent constipation home safety pain control, related medication(s) purpose, schedule, * how to help resolve infection including hygiene proper hand washing food-safety techniques travel precautions vaccinations animal-control cough etiquette, related medication(s) purpose, schedule, * how to manage inflammatory process optimize mobility with active and passive range of motion exercises fluid and diet intake to promote healing prevent constipation home safety, related medic, * pain control therapeutic exercises for muscle strengthening and flexibility diet and fluids to optimize and prevent constipation, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, patient's transportation needs are met, patient is adequately supervised, meal preparation is available to patient for all meals, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence, caregiver, how to inspect regularly for gaps where patient can become trapped between the mattress, rail, or bed frame ensure the top of the bed rail is at least 4 inches (100mm) above the mattress to avoid using bed rails with a soft mattress to decrease entrapment risk	patient/caregiver recalls * how to help resolve infection including hygiene * proper hand washing * food-safety techniques * travel precautions * vaccinations * animal-control * cough etiquette * recalls related medication(s) purpose, schedule patient/caregiver recalls * diet * weight-bearing exercises to promote bone healing and strengthening * fluids to prevent constipation * home safety * pain control * recalls related medication(s) purpose, schedule 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 patient/caregiver recalls * how to optimize mental status with cognition therapy * home safety * optimize mobility with active and passive range of motion therapeutic exercises * diet and fluids to optimize peripheral circulation * recalls related medication(s) purpose, schedule patient/caregiver recalls * pain control * therapeutic exercises for muscle strengthening and flexibility * diet and fluids to optimize and prevent constipation * recalls related medication(s) purpose, schedule patient/caregiver recalls * dietary guidelines for managing nutritional deficit * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet * exercise * monitoring of blood pressure * blood sugar * home * recalls related medication(s) purpose, schedule remedies patient/caregiver recalls * how to take the patient's blood pressure * record the reading * recalls related medication(s) purpose, schedule patient/caregiver recalls * low cholesterol dietary guidelines * recalls related medication(s) purpose, schedule patient/caregiver recalls * urinary catheter management including how to flush catheter * change and wash drainage bags * prevent infection including proper handwashing * positioning of catheter * recalls related medication(s) purpose, sch patient/caregiver recalls * urinary incontinence management including bladder training * Kegel exercises * skin care * recalls related medication(s) purpose, schedule
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