

Medical Update for Betty Otto DOB: 10/18/1945

Date Order Created: 03/31/2026

Order ID: 1150/17485

Agency Assigned Id: 23015

Certification Period: 03/14/2026 to 05/12/2026

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

Orders:

03/26/2026 Problems : GG0170F1 - Toilet Transfer
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
GG0130C1 - Toileting Hygiene
GG0130A1 - Eating
GG0130E1 - Shower/Bathe Self
GG0130H1 - Don/Doff Footwear
GG0130G1 - Lower Body Dressing
GG0130F1 - Upper Body Dressing
GG0130B1 - Oral Hygiene
M1400 - Dyspnea
Pain Interference with ADLs
Pain Interference with Therapy activities
M1400 - Dyspnea
Pain Interference with ADLs
Pain Interference with Therapy activities
Pain Effect on Sleep

03/26/2026 patient_goal: Get stronger and walk better, Target Date: 05/12/2026, To I prove my walking and balance to I can walk around d the main floor amd sit out on the front porch., Target Date: 05/12/2026, To Improve my walking and balance to I can walk around the main floor and sit out on the front porch., Target Date: 05/12/2026,

03/26/2026 procedure: equipment training, Notes: , work simplification/energy conservation, Notes: , transfers training, Notes: , Medication Review , Notes: Medication reviewed with patient and caregiver with all medications in the home , Curb negotiation , Notes: Focus on proper tech and safe mgmt of rw negotiating curb step , home exercise program, Notes: Hip flexion, laq, hip abduction, heel toe raises, hamstring curls, cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , gait training/stair training, Notes: , transfers training, Notes: ,

03/26/2026 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: 05/12/2026, 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: 05/12/2026, therapeutic exercises, Target Date: 05/12/2026, therapeutic modalities, Target Date:

05/12/2026, balance training, Target Date: 05/12/2026, equipment training, Target Date: 05/12/2026, gait training, Target Date: 05/12/2026, work simplification/energy conservation, Target Date: 05/12/2026, transfer training, Target Date: 05/12/2026, related medication(s) purpose and schedule, Target Date: 05/12/2026, symptoms requiring physician notification, Target Date: 05/12/2026, 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: 05/12/2026, 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: 05/12/2026, therapeutic exercises, Target Date: 05/12/2026, therapeutic modalities, Target Date: 05/12/2026, balance training, Target Date: 05/12/2026, equipment training, Target Date: 05/12/2026, gait training, Target Date: 05/12/2026, transfer training, Target Date: 05/12/2026, related medication(s) purpose and schedule, Target Date: 05/12/2026, symptoms requiring physician notification, Target Date: 05/12/2026,

03/26/2026 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: 05/12/2026, 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: 05/12/2026, Sit to Stand - 06. Independent, Target Date: 05/12/2026, Chair to Bed to Chair - 06. Independent, Target Date: 05/12/2026, Toilet Transfer - 06. Independent, Target Date: 05/12/2026, Car Transfer - 06. Independent, Target Date: 05/12/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 05/12/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 05/12/2026, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 05/12/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 05/12/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 05/12/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 05/12/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 05/12/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 05/12/2026, Oral Hygiene - 06. Independent, Target Date: 05/12/2026, Toileting Hygiene - 06. Independent, Target Date: 05/12/2026, Shower/Bathe Self - 03. Partial/moderate assistance, Target Date: 05/12/2026, Lower Body Dressing - 06. Independent, Target Date: 05/12/2026, Don/Doff Footwear - 06. Independent, Target Date: 05/12/2026, Eating - 06. Independent, Target Date: 05/12/2026, Upper Body Dressing - 06. Independent, Target Date: 05/12/2026, 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: 05/12/2026, Dynamic balance training , Target Date: 05/12/2026, 02 line management , Target Date: 05/12/2026, 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: 05/12/2026, Sit to Stand - 06. Independent, Target Date: 05/12/2026, Chair to Bed to Chair - 06. Independent, Target Date: 05/12/2026, Toilet Transfer - 06. Independent, Target Date: 05/12/2026, Car Transfer - 06. Independent, Target Date: 05/12/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 05/12/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 05/12/2026, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 05/12/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 05/12/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 05/12/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 05/12/2026,

03/26/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 05/01/2026, family/caregiver will be responsible for managing treatment, Target Date: 05/12/2026,

4 Steps - 04. Supervision or touching assistance, Target Date: 05/12/2026 (unable to achieve)

12 Steps - 04. Supervision or touching assistance, Target Date: 05/12/2026 (unable to achieve)

Wilbur Roese
7106 Ridge Rd

7106 Ridge Rd, MD 21237
Tele:4106872300 FAX: 18443045355

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 03/31/2026