

Medical Update for Robert Pear DOB: 04/25/1949

Date Order Created: 03/31/2026

Order ID: 1150/17487

Agency Assigned Id: 23701

Certification Period: 03/19/2026 to 05/17/2026

HomeCentris Healthcare LLC 217058
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
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Orders:

03/25/2026 procedure: cough/deep breathing exercises, Notes: , home exercise program, Notes: Laq, hip flexion, hip abduction, hamstring curls, heel raises, cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: ,

03/25/2026 goal: 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: 05/17/2026, patient/caregiver recalls

- * depression-prevention strategies including avoidance of isolation

- * healthy eating

- * sleeping habits

- * identification of activities that bring pleasure

- * preventive care

- * recalls related medication(s) purpose, schedule, Target Date: 05/17/2026, patient self-administers medications as prescribed

- * recalls related medication(s) purpose, schedule, Target Date: 05/17/2026, Sit to Stand - 06.

Independent, Target Date: 05/17/2026, Chair to Bed to Chair - 06. Independent, Target Date:

05/17/2026, Toilet Transfer - 06. Independent, Target Date: 05/17/2026, Car Transfer - 06.

Independent, Target Date: 05/17/2026, Walk 10 Feet - 05. Setup or clean-up assistance, Target Date:

05/17/2026, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Target Date: 05/17/2026, Walk

150 Feet - 05. Setup or clean-up assistance, Target Date: 05/17/2026, Walk 10 ft on Uneven Surface -

05. Setup or clean-up assistance, Target Date: 05/17/2026, 1 - Step (curb) - 05. Setup or clean-up

assistance, Target Date: 05/17/2026, 4 Steps - 05. Setup or clean-up assistance, Target Date:

05/17/2026, 12 Steps - 05. Setup or clean-up assistance, Target Date: 05/17/2026, Picking Up Object -

05. Setup or clean-up assistance, Target Date: 05/17/2026,

03/31/2026 Medications: Synthroid - Levothyroxine Sodium 75 mcg 90 tablets by mouth in the morning

Cordarone - Amiodarone Hydrochloride 200 mg Take half tablet by mouth by mouth once a day

Vitamin D3 - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin:

Dexpanthenol: Folic Acid: Niacinamide: Pyridox 240 by mouth once a day

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

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