# Home Health Certification and Plan of Care

**Order ID: 1150/17850**

| 1. Patient s HI claim No. | 2. Start Of Care Date | 3. Certification Period | 4. Medical Record No. | 5. Provider No. |
|---|---|---|---|---|
| 26260411 | 12/13/2025 | From: 04/12/2026 To: 06/10/2026 | 20480 | 217058 |

**6. Patient's Name and Address**

Lawrence Moore
3009 Pinewood Ave,
BALTIMORE, MD 21214-
443-825-7626

**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** 10/03/1950 **9.Sex** Male

| 11. ICD | Principal Diagnosis | Date |
|---|---|---|
| I13.2 | Hyp hrt & chr kdny dis w hrt fail and w stg 5 chr kdny/ESRD | 12/13/25 |

| 13. ICD | Other Pertinent Diagnoses | Date |
|---|---|---|
| I50.42 | Chronic combined systolic and diastolic hrt fail | 12/13/25 |
| N18.6 | End stage renal disease | 12/13/25 |
| D63.1 | Anemia in chronic kidney disease | 12/13/25 |
| R13.10 | Dysphagia unspecified | 12/13/25 |
| L89.159 | Pressure ulcer of sacral region unspecified stage | 12/13/25 |
| I48.0 | Paroxysmal atrial fibrillation | 12/13/25 |
| B20. | Human immunodeficiency virus [HIV] disease | 12/13/25 |
| I47.10 | Supraventricular tachycardia unspecified | 12/13/25 |
| G89.29 | Other chronic pain | 12/13/25 |
| M54.50 | Low back pain unspecified | 12/13/25 |
| E02. | Subclinical iodine-deficiency hypothyroidism | 12/13/25 |
| F03.90 | Unsp dementia unsp severity without beh/psych/mood/anx | 12/13/25 |
| I42.9 | Cardiomyopathy unspecified | 12/13/25 |
| F41.9 | Anxiety disorder unspecified | 12/13/25 |
| E78.00 | Pure hypercholesterolemia unspecified | 12/13/25 |
| I25.2 | Old myocardial infarction | 12/13/25 |
| Z79.01 | Long term (current) use of anticoagulants | 12/13/25 |
| Z86.718 | Personal history of other venous thrombosis and embolism | 12/13/25 |
| Z87.891 | Personal history of nicotine dependence | 12/13/25 |
| Z95.810 | Presence of automatic (implantable) cardiac defibrillator | 12/13/25 |
| Z95.0 | Presence of cardiac pacemaker | 12/13/25 |
| Z86.16 | Personal history of COVID-19 | 12/13/25 |
| Z87.01 | Personal history of pneumonia (recurrent) | 12/13/25 |
| Z91.81 | History of falling | 12/13/25 |

**10. Medications: Dose/Frequency/Route (N)ew (C)hanged**

Albuterol - Albuterol 2.5 mg, Tablet by mouth every 2 hours 2.5 mg, every 2 hours PRN
Pacerone - Amiodarone Hydrochloride 400 mg, Tablet PEG TUBE once a day 400 mg, Per PEG Tube, 1 time daily
Eliquis - Apixaban 2.5 mg, Tablet PEG TUBE twice a day 2.5 mg, Per PEG Tube, 2 times daily
Lipitor - Atorvastatin Calcium 80 mg, Tablet PEG TUBE once a day 80 mg, Oral, 1 time daily, VIA TUBE
bictegravir-emtricitabine-tenofovir alafenamide (BIKTARVY) 50-200-25 mg TABS tablet 50-200-25 mg, 1 tablet by mouth once a day 1 tablet, Oral, 1 time daily
camphor-menthol (SARNA) 0.5-0.5 % LOTN 0.5-0.5 % LOTN , 1 Application topical three times a day 1 Application, Topical, 3 times daily PRN
Neurontin - Gabapentin 200 mg, Tablet by mouth at bedtime 200 mg, Oral, nightly
Apresoline - Hydralazine Hydrochloride 25 mg, Tablet by mouth three times a day 25 mg, Oral, 3 times daily
Dilaudid - Hydromorphone Hydrochloride 1 mg, Tablet by mouth every 4 hours 1 mg, Oral, every 4 hours PRN
Imdur - Isosorbide Mononitrate 30 mg, Tablet by mouth in the morning 30 mg, Oral, 1 time daily every morning
mineral oil-hydrophilic petrolatum (AQUAPHOR) OINT Apply head to toe topical as necessary mineral oil-hydrophilic petrolatum (AQUAPHOR) OINT
Apply head to toe
Protonix - Pantoprazole Sodium 40 mg, Tablet by mouth once a day 40 mg, Oral, 1 time daily
Seroquel - Quetiapine Fumarate 25 MG tablet, 1 tablet by mouth at bedtime
Rena-Vite Rx (NEPHRO-VITE) 1 MG TABS 1 MG TABS, 1 tablet by mouth once a day 1 tablet, Oral, 1 time daily
Zoloft - Sertraline Hydrochloride 50 MG, 1 tablet by mouth at bedtime

**14. DME and Supplies:**

wound care supplies, hospital bed, walker, wheelchair, ,

**15. Safety Measures:**

walker precautions, wheelchair precautions, transfer with assist, standard precautions, supervision at all times, , fall precautions, cardiac precautions, bleeding precautions, , activity supervision, ambulates with assistance, ambulates with device

**16. Nutrition:**

NG feeding, low cholesterol, , low sodium

**17. Allergies:**

no known allergies

**18.A. Functional Limitations**

Ambulation, Endurance

**18.B. Activities Permitted**

Wheelchair, Walker

**19. Mental & Pyschosocial Status:** COGNITION: 3. Unable to get to and from the toilet or bedside commode but is able to use a bedpan/urinal independently, ANXIETY: 1. In new or complex situations only, 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 Hypertensive Heart And Chronic Kidney Disease With Heart Failure And With Stage 5 Chronic Kidney Disease, Or End Stage Renal Disease, 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:** The patient is a 75-year-old male referred for home health services following a prolonged hospitalization and rehabilitation stay for hypoxic respiratory failure. His past medical history is significant for <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-6 CE-FMS-hypertension">hypertension</mh>, HIV, congestive heart failure, cardiomyopathy, atrial fibrillation, prior myocardial infarction with implanted pacemaker/defibrillator, deep vein thrombosis, chronic kidney disease and end-stage renal disease, anemia, dysphagia, gastroesophageal reflux disease, dementia, anxiety, and chronic low back pain. He was discharged to his daughter's home after an approximately three-month hospital and rehab course. The patient currently resides with his daughter, who is his primary caregiver, along with his son-in-law and grandchild. The home has seven steps to enter, with bedroom and bathroom located on the first floor. At the time of assessment, the patient is bedbound and unable to stand or ambulate. Durable medical equipment in the home includes a hospital bed, Hoyer lift, wheelchair, and rolling walker. The patient tolerates rolling side to side partially with use of the bed rail and requires moderate assistance for supine-to-sit transfers due to weakness and pain. He is able to tolerate sitting at the edge of the bed for approximately six minutes with close supervision and upper-extremity support. Attempts at standing were made twice with maximal assistance but were unsuccessful due to poor quadriceps strength. Therapeutic exercises performed in supine included assisted hip flexion, quadriceps sets, gluteal sets, bridging, hook-lying trunk rotation, straight leg raises, and hip abduction. The patient was limited by pain, reporting severe low back pain rated up to 9/10 with position changes. Per the daughter, the patient sustained a fall during transport home by EMS, and she suspects this incident contributed to the current back pain. A video visit with the primary care provider is scheduled for further evaluation. Acetaminophen twice daily was recommended to assist with pain management, as pain significantly limits participation in mobility. Skin assessment revealed two stage II pressure ulcers located at the midline lower back and sacral area. Wound care

**23. Signature and Date of Verbal SOC Where Applicable:**

Electronically Signed by Messick, Charles RN on 04/07/2026

**25. Date HHA Received Signed POT**

**24. Physician's Name and Address**

Marc Wilson
815 E Pratt St
Baltimore, MD 21202
PHONE: 410-637-5700 FAX: 1-410-637-5701 NPI: 1275565251

**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 : 12/10/2025

**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.

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orders include cleansing with mild soap and water, patting dry, and applying Allevyn foam dressings every three days for protection. The daughter is performing wound care between skilled nursing <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-visits">visits</mh>. The patient requires 6 6-inch Allevyn dressings for the lower back wound and 4 4-inch sacral Allevyn dressings per wound care orders. No signs of acute infection were noted at the time of assessment. The patient has a feeding tube in place that is intact and functional. The daughter declined tube-feeding education during this visit, stating that the patient is currently tolerating adequate oral intake of a soft diet since discharge. Education was provided to the daughter on safe positioning in bed and proper use of the hospital bed remote to assist with repositioning and comfort. The patient is considered homebound due to profound weakness, inability to stand or ambulate, dependence on a wheelchair and bed mobility assistance, and the significant effort required to leave the home. Skilled nursing services are recommended to monitor cardiopulmonary status, manage complex medical conditions, provide wound care oversight, reinforce caregiver education, and coordinate supplies, with a planned frequency of one visit in week one followed by two <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-8 CE-FMS-visits">visits</mh> per week for four weeks. Physical and occupational therapy evaluations are ordered to address severe deconditioning, impaired mobility, strength deficits, and caregiver training, with the goal of improving comfort, safety, and functional tolerance within the home environment. <br> Date of Order 04/07/2026 Orders Physician Face-to-Face Date: 12/10/2025 Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat hha-adl's due to <mh class="chrome-extension-FindManyStrings chrome-extension-FindManyStrings-style-7 CE-FMS-Hypertensive">Hypertensive</mh> Heart And Chronic Kidney Disease With Heart Failure And With Stage 5 Chronic Kidney Disease, Or End Stage Renal Disease Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home <br> 4 - Recertification Notes: Recert Maintenance due to recent respiratory illness requires further evaluation with immobility making it a taxing effort to leave the home. Physician Wilson, Marc

## SN Careplans

SN WK1: 4 (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: 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; 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: M1700 - Cognition, abnormal blood pressure, abn cholesterol > 200 mg/dL, cough/gag/pain chew/swallow, limited strength, limited endurance, muscle weakness, poor muscle tone, balance deficit, weak hand grips, withdrawal from conversations, loss of appetite, open sores/lesions, #1 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Other - Lower back/mid spine - Cleanse with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days

PROCEDURES: physician-ordered wound care: #2 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Other - Sacrum - Cleanse with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days, physician-ordered wound care: #1 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Other - Lower back/mid spine - Cleanse with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days, Medication Review- : Medications reviewed with patient/caregiver. , cough/deep breathing exercises, coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, physician-ordered wound care: Cleanse Stg 2 pressure ulcers to midline lower back and sacrum with mild soap and water pat dry apply allevyn foam dressing for protection every 3 days and as needed., bladder training, venipuncture: obtained, venipuncture: Skilled nurse to obtain Renal Function Panel (non fasting) , drop off specimen at a Kaiser Lab.

TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage cardiac condition including symptom management diet changes regular exercise getting enough sleep, 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, * lifestyle modification to manage blood condition including dietary changes bleeding precautions, related medication(s) purpose, schedule, * prevention exacerbation of anxiety condition including coping patterns improved concentration strategies to reduce anxiety identification of anxiety precipitants, conflicts, and threats, related medication(s) purpose, schedule, * how to keep home safe for patient with dementia coping strategies for the caregiver, 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, * management of mental health condition including joining a peer group maintaining regular contact with mental health professional avoiding known stressors controlling impulses, related medication(s) purpose, schedule, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, * how to support the immune system including personal hygiene proper hand washing food-safety techniques travel precautions vaccinations animal-control cough etiquette diet fluid intake, related medication(s) purpose, schedule

## SN Goals

PATIENT-STATED GOAL: Daughter would like patience to be able to transfer to bedside commode

GOALS
patient/caregiver recalls
* urinary incontinence management including bladder training
* Kegel exercises
* skin care
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* diet and fluids to control side effects
* exercise
* healthy sleep patterns to encourage withdrawal
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* how to keep home safe for patient with dementia
* coping strategies for the caregiver
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* strategies to increase caloric intake
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* strategies to increase socialization
* recalls related medication(s) purpose, schedule

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/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
* prevention exacerbation of anxiety condition including coping patterns
* improved concentration
* strategies to reduce anxiety
* identification of anxiety precipitants, conflicts, and threats
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* management of mental health condition including joining a peer group
* maintaining regular contact with mental health professional
* avoiding known stressors
* controlling impulses
* recalls related medication(s) purpose, schedule

patient/caregiver recalls

| Signature of Physician: | Date |
|---|---|
| | PAGE 2 of 3 |
| Optional Name/Signature of Nurse/Therapist: | Date |
| Electronically Signed by Messick, Charles RN | 04/07/2026 |

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* strategies to increase caloric intake, related medication(s) purpose, schedule, * bowel incontinence management including dietary changes bowel training skin care, related medication(s) purpose, schedule, * diet and fluids to control side effects exercise healthy sleep patterns to encourage withdrawal, related medication(s) purpose, schedule, * urinary incontinence management including bladder training Kegel exercises skin care, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, * strategies to increase socialization, related medication(s) purpose, schedule

* 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
* 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
* lifestyle modification to manage blood condition including dietary changes
* bleeding precautions
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* how to support the immune system including personal hygiene
* proper hand washing
* food-safety techniques
* travel precautions
* vaccinations
* animal-control
* cough etiquette
* diet
* fluid intake
* recalls related medication(s) purpose, schedule

patient self-administers medications as prescribed
* 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
* bowel incontinence management including dietary changes
* bowel training
* skin care
* recalls related medication(s) purpose, schedule

| Signature of Physician: | Date |
|---|---|
| | PAGE 3 of 3 |
| Optional Name/Signature of Nurse/Therapist: | Date |
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