

Medical Update for John Palmer DOB: 10/11/1980

Date Order Created: 05/12/2026

Order ID: 1150/18500

Agency Assigned Id: 24611

Certification Period: 04/17/2026 to 06/15/2026

HomeCentris Healthcare LLC 217058
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Orders:

05/08/2026 Problems : M1400 - Dyspnea

05/08/2026 patient_goal: add patient-stated goal, Target Date: 06/15/2026, Get in the shower by myself, Target Date: 06/15/2026,

05/06/2026 procedure: cough/deep breathing exercises, Notes: , train caregiver(s) to perform medical/rehabilitation treatments, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , gait training/stair training, Notes: , transfers training, Notes: , assist with fall prevention, Notes: , assist with toilet transferring, Notes: Min A, assist with lower body dressing, Notes: Min A, assist with lower body dressing, Notes: Mod A, assist with upper body dressing, Notes: Min A, assist with bathing, Notes: Mod A, incentive spirometer, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , home exercise program, Notes: Bilateral UE strengthening of deltoid, biceps, triceps and pectoral muscles, Medication Review , Notes: Medication reviewed with patient with all medications in the home, transfers training, Notes: Skilled OT 1x5 wks, assist with bathing, Notes: Skilled OT 1x5 wks, assist with transferring, Notes: Skilled OT 1x5 wks, assist with lower body dressing, Notes: Skilled OT 1x5 wks, assist with transferring, Notes: , assist with mobility, Notes: ,

05/08/2026 teach: 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: 06/15/2026, related medication(s) purpose and schedule, Target Date: 06/15/2026, symptoms requiring physician notification, Target Date: 06/15/2026, 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: 06/15/2026, therapeutic exercises, Target Date: 06/15/2026, therapeutic modalities, Target Date: 06/15/2026, equipment training, Target Date: 06/15/2026, work simplification/energy conservation, Target Date: 06/15/2026,

05/06/2026 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: 06/15/2026: DISCONTINUED, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 06/15/2026, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 06/15/2026, Toilet Transfer - 06. Independent, Target Date: 06/15/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 06/15/2026: DISCONTINUED, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 06/15/2026: DISCONTINUED, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 06/15/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 06/15/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 06/15/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 06/15/2026, Car Transfer - 05. Setup or clean-up assistance, Target Date: 06/15/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 06/15/2026, Oral Hygiene - 06. Independent, Target Date: 06/15/2026, Toileting Hygiene - 06. Independent, Target Date: 06/15/2026, Shower/Bathe Self - 04. Supervision or touching assistance, Target Date: 06/15/2026, Lower Body Dressing - 03. Partial/moderate assistance, Target Date:

06/15/2026, Don/Doff Footwear - 03. Partial/moderate assistance, Target Date: 06/15/2026, Eating - 06. Independent, Target Date: 06/15/2026, Upper Body Dressing - 06. Independent, Target Date: 06/15/2026, 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: 06/15/2026, Oral Hygiene - 06. Independent, Target Date: 06/15/2026, Toileting Hygiene - 06. Independent, Target Date: 06/15/2026, Shower/Bathe Self - 04. Supervision or touching assistance, Target Date: 06/15/2026, Lower Body Dressing - 03. Partial/moderate assistance, Target Date: 06/15/2026, Don/Doff Footwear - 03. Partial/moderate assistance, Target Date: 06/15/2026, Eating - 06. Independent, Target Date: 06/15/2026, Upper Body Dressing - 06. Independent, Target Date: 06/15/2026,

05/08/2026 discharge_plan: add discharge plan, Target Date: 06/15/2026, patient will be responsible for managing treatment, Target Date: 06/15/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 05/12/2026