Medical Update for Joseph Polanka DOB: 07/29/1941

Date Order Created: 05/20/2026

Order ID: 1150/18673

Agency Assigned Id: 25417

Certification Period: 05/02/2026 to 06/30/2026

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

Orders:
05/14/2026 Problems : GG0170I1 - Walk 10 Feet
GG0130A1 - Eating
GG0130H1 - Don/Doff Footwear
GG0130G1 - Lower Body Dressing
GG0130F1 - Upper Body Dressing
GG0130E1 - Shower/Bathe Self
GG0130C1 - Toileting Hygiene
GG0130B1 - Oral Hygiene
GG0170E1 - Chair to Bed to Chair
GG0170J1 - Walk 50 ft with 2 Turns
GG0170K1 - Walk 150 Feet
GG0170L1 - Walk 10 ft on Uneven Surface
Pain Effect on Sleep
GG0170P1 - Picking Up Object
GG0170N1 - 4 Steps
GG0170O1 - 12 Steps
GG0170M1 - 1 - Step (curb)
GG0170S1 - Wheel 150 feet
GG0170R1 - Wheel 50 ft w 2 Turns
GG0170G1 - Car Transfer
GG0170F1 - Toilet Transfer
GG0170D1 - Sit to Stand
M1400 - Dyspnea
Pain Interference with ADLs

05/14/2026 patient_goal: I want to be able to walk again, Target Date: 06/30/2026,

05/14/2026 procedure: home exercise program, Notes: Supine hip flexion, bridging, hooklying rotation, straight leg raise, hip abduction. Sitting knee extension, ankle pumps., Standing tolerance , Notes: Stand at walker, Bed mobility training , Notes: Sit to supine, supine to sit, scoot up in bed, Family training, Notes: With assisted living caregiver, cough/deep breathing exercises, Notes: , wheelchair training, Notes: , transfers training, Notes: ,

05/14/2026 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: 06/30/2026, therapeutic exercises, Target Date: 06/30/2026, therapeutic modalities, Target Date: 06/30/2026, wheelchair training, Target Date: 06/30/2026, balance training, Target Date: 06/30/2026, equipment training, Target Date: 06/30/2026, transfer training, Target Date: 06/30/2026,

05/14/2026 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: 06/30/2026, 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: 06/30/2026, Chair to Bed to Chair - 06. Independent, Target Date: 06/30/2026, Sit to Stand - 04. Supervision or touching assistance, Target Date: 06/30/2026, Toilet Transfer - 03. Partial/moderate assistance, Target Date: 06/30/2026, Car Transfer - 06. Independent, Target Date: 06/30/2026, Wheel 50 ft w 2 Turns - 06. Independent, Target Date: 06/30/2026, 1 - Step (curb) - 02. Substantial/maximal assistance, Target Date: 06/30/2026, Picking Up Object - 02. Substantial/maximal assistance, Target Date: 06/30/2026, Walk 10 Feet - 02. Substantial/maximal assistance, Target Date: 06/30/2026, Walk 50 ft with 2 Turns - 02. Substantial/maximal assistance, Target Date: 06/30/2026,*

05/14/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 06/30/2026,

Wheel 150 feet - 06. Independent, Target Date: 06/30/2026 (unable to achieve)
12 Steps - 02. Substantial/maximal assistance, Target Date: 06/30/2026 (unable to achieve)
4 Steps - 02. Substantial/maximal assistance, Target Date: 06/30/2026 (unable to achieve)
Walk 10 ft on Uneven Surface - 02. Substantial/maximal assistance, Target Date: 06/30/2026 (unable to achieve)
Walk 150 Feet - 02. Substantial/maximal assistance, Target Date: 06/30/2026 (unable to achieve)

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Physician Signature_____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 05/20/2026