# Home Health Certification and Plan of Care

**Order ID: 1150/18747**

| 1. Patient s HI claim No. | 2. Start Of Care Date | 3. Certification Period | 4. Medical Record No. | 5. Provider No. |
|---|---|---|---|---|
| 24230962 | 05/13/2026 | From: 05/13/2026 To: 07/11/2026 | 17818 | 217058 |

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

Thomas Howell
119 Riverthorn Rd,
Middle River, MD 21220-
443-559-9961

**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** 10/22/1953 | **9.Sex** Male

| 11. ICD | Principal Diagnosis | Date |
|---|---|---|
| I11.0 | Hypertensive heart disease with heart failure | 05/13/26 |

| 13. ICD | Other Pertinent Diagnoses | Date |
|---|---|---|
| I50.30 | Unspecified diastolic (congestive) heart failure | 05/13/26 |
| E11.319 | Type 2 diabetes w unsp diabetic rtnop w/o macular edema | 05/13/26 |
| L24.9 | Irritant contact dermatitis unspecified cause | 05/13/26 |
| I48.91 | Unspecified atrial fibrillation | 05/13/26 |
| E03.8 | Other specified hypothyroidism | 05/13/26 |
| F02.80 | Dem in oth dis classd elswhrunsp sevw/o beh/psych/mood/anx | 05/13/26 |
| G47.33 | Obstructive sleep apnea (adult) (pediatric) | 05/13/26 |
| D64.9 | Anemia unspecified | 05/13/26 |
| E11.40 | Type 2 diabetes mellitus with diabetic neuropathy unsp | 05/13/26 |
| R13.10 | Dysphagia unspecified | 05/13/26 |
| F41.9 | Anxiety disorder unspecified | 05/13/26 |
| F32.A | Depression unspecified | 05/13/26 |
| K21.9 | Gastro-esophageal reflux disease without esophagitis | 05/13/26 |
| Z79.01 | Long term (current) use of anticoagulants | 05/13/26 |
| Z79.4 | Long term (current) use of insulin | 05/13/26 |
| Z86.14 | Personal history of methicillin resis staph infection | 05/13/26 |

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

Extra Strength Tylenol - Acetaminophen 650mg by mouth twice a day Pain
Bupropion Hydrobromide - Bupropion Hydrobromide 150 by mouth once a day Depression and anxiety
Digitek - Digoxin 125 by mouth at bedtime
Dabigatran Etexilate - Dabigatran Etexilate 150 by mouth twice a day
Escitalopram - Escitalopram Oxalate 20mg by mouth in the morning
Famotidine - Famotidine 20 mg by mouth twice a day
Vitamin D - Ergocalciferol 125 mcg by mouth in the morning
Pravachol - Pravastatin Sodium 40 mg by mouth in the evening
Pantoprazole - Pantoprazole Sodium 40 mg by mouth twice a day
Memantine Hydrochloride - Memantine Hydrochloride 10 mg by mouth twice a day
Colace - Docusate Sodium 100mg by mouth twice a day
Cpap - Cpap 2 inhalant at bedtime

**14. DME and Supplies:**

wheelchair, diabetic supplies, bath bench, grab bars, commode, wound care supplies, hospital bed

**15. Safety Measures:**

wheelchair precautions, standard precautions, knee precautions, fall precautions, diabetic precautions, medication safety, bedrails up while in bed, anticoagulant precautions, bathroom safety

**16. Nutrition:**

cardiac diet, diabetic

**17. Allergies:**

no known allergies

**18.A. Functional Limitations**

Endurance, Ambulation

**18.B. Activities Permitted**

Up As Tolerated

**19. Mental & Psychosocial Status:** COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 0. Never, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: Yes

**20. Prognosis:** fair

**22. A Rehabilitation Potential:**

SELF-CARE: 1. Dependent - A helper completed all the activities for the patient., MOBILITY: 1. Dependent - A helper completed all the activities for the patient.

**22.B.Discharge Plans**

SN: patient will be responsible for managing treatment PT and OT: family/careg

**Homebound status:**

Due to diagnosis of Hypertensive heart disease with heart failure, 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 72-year-old male with a significant past medical history including congestive heart failure, acute encephalopathy, delirium, respiratory failure requiring intubation, hypertensive heart disease, diabetes, hypothyroidism, anemia, neuropathy, glaucoma, depression, sleep apnea, and multiple MRSA/staphylococcal infections complicated by tissue, bone, and spinal epidural involvement requiring thoracic laminectomy and prolonged IV antibiotic therapy. He is status post left total knee arthroplasty complicated by MRSA bacteremia, with hardware removal, spacer placement, and treatment with IV Ceftaroline transitioned to Daptomycin. The surgical incision is well approximated with three Steri-Strips intact and left open to air. The patient is alert and oriented x4, denies shortness of breath, and is currently bedbound pending physical therapy evaluation due to severe bilateral lower extremity weakness, trunk weakness, poor flexibility, impaired balance, and significant functional decline. He resides with his wife and niece caregiver in a two-story townhome and currently requires extensive assistance with ADLs, transfers, and mobility. Recommendations have been made for durable medical equipment including a trapeze, hover lift, walker, and wheelchair. The patient also presents with bilateral buttock wounds; wound care orders approved by Dr. Jerome Chambers include cleansing with normal saline, applying Aquacel alginate, and covering with bordered foam dressings daily or as needed if soiled. Additional laboratory orders requested near 6/11/26 include CBC without differential, Chem 7, Digoxin level, Hemoglobin A1C, and TSH with reflex to free T4. Skilled nursing, home health aide, physical therapy, and occupational therapy services are recommended to address wound management, debility, decreased strength and endurance, impaired mobility, and reduced independence with self-care tasks, with fair rehabilitation potential noted.<o:p></o:p> <o:p> </o:p> Date of Order<o:p></o:p> 05/13/2026<br> Order<o:p></o:p> Physician Face-to-Face Date: 05/09/2026<br> Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat hha-adl's dx: Hypertensive heart disease with heart failure<br> Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home<o:p></o:p> <br> 1 - SOC - SN Notes:<br> PT Eval Notes:<br> OT Eval Notes: <o:p></o:p> Physician: Chambers, Jerome

**SN Careplans**

**SN Goals**

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

Electronically Signed by Messick, Charles RN on 05/13/2026

**25. Date HHA Received Signed POT**

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

Jerome Chambers
4920 Campbell Blvd
White Marsh, MD 21236
PHONE: 14109337600 FAX: NPI: 1053978189

**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 : 05/09/2026

**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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SN WK1: 1 (05/13/26-05/16/26) ,WK2: 1 (05/17/26-05/23/26) ,WK3: 1 (05/24/26-05/30/26) ,WK4: 1 (05/31/26-06/06/26) ,WK5: 1 (06/07/26-06/13/26) ,WK6: 1 (06/14/26-06/20/26) ,WK7: 1 (06/21/26-06/27/26) ,WK8: 1 (06/28/26-07/04/26)

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: 3. Multiple hospitalizations (2 or more) in the past 6 months, 5. Decline in mental, emotional, or behavioral status in the past 3 months, 6. Reported or observed history of difficulty complying with any medical instructions (for example, medications, diet, exercise) in the past 3 months, 7. Currently taking 5 or more medications, 8. Currently reports exhaustion

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; Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed.
Assess/Instruct Pt/Pcg: Ice to ____ x 20 minutes each hour while awake. If cold machine ordered apply 20 minutes on and 20 minutes off for 3-4 times a day.
Assess/Instruct all body systems/vital signs/complications, Blood Pressure; systolic is greater than 169 mm Hg or less than 90 mm Hg; diastolic is greater than 100 mm Hg or less than 55 mm Hg, Clinician to assess comorbidities and report changes in condition to the patient's physician, Pain Rating is greater than 6 on 0-10 scale, Pulse is greater than 110 or less than 50, Respirations are greater than 22 or less than 8, SPO2: is less than 90 % at rest /with exertion, Temperature is greater than 100.5 F or less than 95.0 F, Pain Rating is greater than 6 on 0-10 scale
Implement Fall Prevention Program, Instruct and educate the patient/PCG on wearing compression stockings for the next 4 weeks per discharge instructions.
Instruct the pt/PCG on using the incentive spirometer 10 times every 2 hour while awake.
Provide education content at patient's level of health literacy.
Assess/Instruct Pt/Pcg: Safety measures to prevent injury.
Assess: Musculoskeletal status.
Teach Pt/Pcg to maintain appropriate wt bearing status as ordered by MD, total joint replacement precautions as applicable, Safe stair climbing skills, Safe, effective use of adaptive/assist device
Assess/Instruct Pt/Pcg: Pain management measures; assess pain level, pain medication, rest, body alignment, ROM, meditation, massage.
Pt/Pcg educated in pain management techniques including positioning and relaxation techniques
Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds, Provide medication education,.
Assess/Instruct Pt/Pcg: Safety measures to prevent injury, Therapeutic Exercise, Transfer Training
Monitor surgical wound for s/s of infection, educate on s/s of concern and infection prevention to promote wound healing.

; 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:Durable power of attorney for health care/Medical power of attorney

PROBLEMS IDENTIFIED ON ASSESSMENT: D0160 - Depression, M2020 - Oral Med Management, abnormal blood pressure, M1033 - Exhaustion, M1400 - Dyspnea, abnormal BS < 70/140 > mg/dL, muscle weakness, weak hand grips, balance deficit, Pain Interference with ADLs, skin breakdown r/t incontinence, #1 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Posterior Right Buttock - , #2 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Posterior Left Buttock - , #3 - Observable Surgical Wound - Anterior Left Knee - left knee surgical site

PROCEDURES: physician-ordered wound care: #3 - Observable Surgical Wound - Anterior Left Knee - left knee surgical site: Left Knee surgical site: leave open to air and allow the Steri strips to fall off on its own., physician-ordered wound care: #2 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Posterior Left Buttock -: The verbal order was given by Dr. Jerome Chambers to cleanse the right and left buttocks with Normal saline, apply Aquacel alginate, and cover with a bordered foam dressing. Change dressing daily or PRN if soiled., physician-ordered wound care: #1 - 2 - Partial thickness loss of dermis presenting as a shallow open ulcer with red pink wound bed. - Posterior Right Buttock -: The verbal order was given by Dr. Jerome Chambers to cleanse the right and left buttocks with Normal saline, apply Aquacel alginate, and cover with a bordered foam dressing. Change dressing daily or PRN if soiled., cough/deep breathing exercises, incentive spirometer, glucose testing via monitor, venipuncture: On 6/4/26, draw labs for CBC no differential, Chem 7 non fasting, Hemoglobin A1C, Digoxin level, TSH with reflex to Free T4.

TEACH PATIENT/CAREGIVER: * 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, * 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, related medication(s) purpose, schedule, * depression-prevention strategies including avoidance of isolation healthy eating sleeping habits identification of activities that bring pleasure preventive care, related medication(s) purpose, schedule, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound

PATIENT-STATED GOAL: For wounds to heal

GOALS
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

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
* 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

patient/caregiver recalls
* 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 self-administers medications as prescribed
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* strategies to minimize fatigue and exhaustion including work simplification
* energy conservation
* lifestyle changes
* diet
* recalls related medication(s) purpose, schedule

| Signature of Physician: | Date |
|---|---|
| | PAGE 2 of 3 |
| Optional Name/Signature of Nurse/Therapist: | Date |
| Electronically Signed by Messick, Charles RN | 05/13/2026 |

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measurements, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule

## PT Careplans

PT WK1: 1 (05/13/26-05/16/26) ,WK2: 2 (05/17/26-05/23/26) ,WK3: 1 (05/24/26-05/30/26) ,WK4: 1 (05/31/26-06/06/26) ,WK5: 1 (06/07/26-06/13/26) ,WK6: 1 (06/14/26-06/20/26) ,WK7: 1 (06/21/26-06/27/26) ,WK8: 1 (06/28/26-07/04/26) ,WK9: 1 (07/05/26-07/11/26)

PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with Therapy activities, Pain Interference with ADLs, M1400 - Dyspnea, GG0170F1 - Toilet Transfer, GG0170R1 - Wheel 50 ft w 2 Turns, GG0170S1 - Wheel 150 feet, GG0170D1 - Sit to Stand, GG0170E1 - Chair to Bed to Chair, GG0170G1 - Car Transfer

PROCEDURES: Bed mobility : Focus on rolling amd side<>sit transfer techniques, Sitting balance : Focus on achieving and maintaining static and dynamic balance sitting with bil UE support, cough/deep breathing exercises, wheelchair training, home exercise program: Le and trunk stretching all planes to improve mobility, supine heelslides, hip abduction add, saq, slr, qs, GS, KTC AND Ltr stretching, seated tes as tolerated, equipment training, work simplification/energy conservation, transfers training

TEACH PATIENT/CAREGIVER: * 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, * 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, related medication(s) purpose, schedule, Sit to Stand - 04. Supervision or touching assistance, Chair to Bed to Chair - 04. Supervision or touching assistance, Toilet Transfer - 03. Partial/moderate assistance, Wheel 50 ft w 2 Turns - 06. Independent, Oral Hygiene - 05. Setup or clean-up assistance, Toileting Hygiene - 03. Partial/moderate assistance, Shower/Bathe Self - 03. Partial/moderate assistance, Upper Body Dressing - 05. Setup or clean-up assistance, Lower Body Dressing - 03. Partial/moderate assistance, Don/Doff Footwear - 03. Partial/moderate assistance, Eating - 05. Setup or clean-up assistance

## PT Goals

PATIENT-STATED GOAL: To be able to get out of bed I to a chair, improve my strength

GOALS
Sit to Stand - 04. Supervision or touching assistance

Chair to Bed to Chair - 04. Supervision or touching assistance

Toilet Transfer - 03. Partial/moderate assistance

Wheel 50 ft w 2 Turns - 06. Independent

Toileting Hygiene - 03. Partial/moderate assistance

Shower/Bathe Self - 03. Partial/moderate assistance

Upper Body Dressing - 05. Setup or clean-up assistance

Lower Body Dressing - 03. Partial/moderate assistance

Don/Doff Footwear - 03. Partial/moderate assistance

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
* 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

Oral Hygiene - 05. Setup or clean-up assistance

Eating - 05. Setup or clean-up assistance

## OT Careplans

OT WK2: 1 (05/17/26-05/23/26) ,WK3: 1 (05/24/26-05/30/26) ,WK4: 1 (05/31/26-06/06/26) ,WK5: 1 (06/07/26-06/13/26) ,WK6: 1 (06/14/26-06/20/26) ,WK7: 1 (06/21/26-06/27/26)

PROBLEMS IDENTIFIED ON ASSESSMENT: M1400 - Dyspnea, GG0130B1 - Oral Hygiene, GG0130C1 - Toileting Hygiene, GG0130E1 - Shower/Bathe Self, GG0130G1 - Lower Body Dressing, GG0130H1 - Don/Doff Footwear, GG0130A1 - Eating, GG0130F1 - Upper Body Dressing

PROCEDURES: Medication Review : Medication reviewed with patient and caregiver with all medications in the home, cough/deep breathing exercises, incentive spirometer, home exercise program: Bilateral UE strengthening of anterior deltoid, biceps, triceps, work simplification/energy conservation, transfers training: Skilled OT 1x5, assist with bathing: Skilled OT 1x5, assist with toilet transferring: Skilled OT 1x5, assist with transferring: Skilled OT 1x5, assist with lower body dressing: Skilled OT 1x5, assist with upper body dressing: Skilled OT 1x5

TEACH PATIENT/CAREGIVER: * 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, Oral Hygiene - 06. Independent, Toileting Hygiene - 05. Setup or clean-up assistance, Shower/Bathe Self - 05. Setup or clean-up assistance, Lower Body Dressing - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Upper Body Dressing - 06. Independent

## OT Goals

PATIENT-STATED GOAL: Walk better

GOALS
Shower/Bathe Self - 05. Setup or clean-up assistance

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

Oral Hygiene - 06. Independent

Toileting Hygiene - 05. Setup or clean-up assistance

Lower Body Dressing - 06. Independent

Don/Doff Footwear - 06. Independent

Eating - 06. Independent

Upper Body Dressing - 06. Independent

## HHA Careplans

HHA WK2: 1 (05/17/26-05/23/26) ,WK3: 2 (05/24/26-05/30/26) ,WK4: 2 (05/31/26-06/06/26) ,WK5: 2 (06/07/26-06/13/26) ,WK6: 2 (06/14/26-06/20/26)

PROCEDURES: assist with bathing: Max A, assist with toilet transferring: Max A, assist with toileting hygiene: Max A, assist with transferring: Max A, assist with mobility: Bed mobility Max A, assist with feeding/eating: Max A, assist with grooming: Max A, assist with lower body dressing: Max A, assist with lower body dressing: Max A, assist with upper body dressing: Max A

## HHA Goals

Signature of Physician:

Date



Optional Name/Signature of Nurse/Therapist:
Electronically Signed by Messick, Charles RN

Date
05/13/2026