

Medical Update for Almetta Fitzsimmons DOB: 10/27/1936

Date Order Created: 04/27/2026

Order ID: 1150/18102

Agency Assigned Id: 24711

Certification Period: 04/12/2026 to 06/10/2026

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Orders:

04/22/2026 Problems : GG0170G1 - Car Transfer

M1400 - Dyspnea

Pain Interference with ADLs

GG0170P1 - Picking Up Object

GG0170O1 - 12 Steps

GG0170N1 - 4 Steps

GG0170M1 - 1 - Step (curb)

GG0170L1 - Walk 10 ft on Uneven Surface

GG0170K1 - Walk 150 Feet

GG0170J1 - Walk 50 ft with 2 Turns

GG0170I1 - Walk 10 Feet

GG0130B1 - Oral Hygiene

GG0170E1 - Chair to Bed to Chair

GG0170D1 - Sit to Stand

GG0170F1 - Toilet Transfer

GG0130A1 - Eating

GG0130C1 - Toileting Hygiene

GG0130E1 - Shower/Bathe Self

GG0130H1 - Don/Doff Footwear

GG0130G1 - Lower Body Dressing

GG0130F1 - Upper Body Dressing

04/21/2026 patient_goal: Patient wants to stop falling and walk better, Target Date: 06/10/2026,

04/21/2026 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , coordinate/arrange preparation of missing meals, Notes: , coordinate/arrange transportation services, Notes: , work simplification/energy conservation, Notes: , Patient/caregiver recalls related purpose and schedule of medications, Notes: Medication review, therapeutic exercises, Notes: Therapy, transfers training, Notes: Therapy, Functional ambulation , Notes: Therapy, cough/deep breathing exercises, Notes: , home exercise program, Notes: , transfers training, Notes: ,

04/21/2026 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: 06/10/2026, therapeutic exercises, Target Date: 06/10/2026, therapeutic modalities, Target Date: 06/10/2026, equipment training, Target Date: 06/10/2026, work simplification/energy conservation, Target Date: 06/10/2026, related medication(s) purpose and schedule, Target Date: 06/10/2026, symptoms requiring physician notification, Target Date: 06/10/2026, gait training, Target Date: 06/10/2026,

04/21/2026 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: 06/10/2026, 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: 06/10/2026: DISCONTINUED, Oral Hygiene - 05. Setup or clean-up assistance, Target Date: 06/10/2026, Toileting Hygiene - 06. Independent, Target Date: 06/10/2026, Shower/Bathe Self - 02. Substantial/maximal assistance, Target Date: 06/10/2026, Upper Body Dressing - 05. Setup or clean-up assistance, Target Date: 06/10/2026, Lower Body Dressing - 05. Setup or clean-up assistance, Target Date: 06/10/2026, Don/Doff Footwear - 05. Setup or clean-up assistance, Target Date: 06/10/2026, Eating - 06. Independent, Target Date: 06/10/2026, Patient will demonstrate improved bilateral upper extremity muscle strength from 3/5 mmt to 4-/5 mmt to improve ADLs and transfers within 6 wks , Target Date: 06/10/2026, 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: 06/10/2026, Sit to Stand - 06. Independent, Target Date: 06/10/2026, Chair to Bed to Chair - 06. Independent, Target Date: 06/10/2026, Toilet Transfer - 06. Independent, Target Date: 06/10/2026, Car Transfer - 06. Independent, Target Date: 06/10/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 06/10/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 06/10/2026, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 06/10/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 06/10/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 06/10/2026,

04/21/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 06/10/2026,

04/23/2026 Medications: Benzonatate - Benzonatate 100 mg 1 by mouth as necessary For cough

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 05/28/2026