

Medical Update for Cynthia Clemmons DOB: 03/26/1953

Date Order Created: 05/28/2026

Order ID: 1150/18894

Agency Assigned Id: 20582

Certification Period: 05/19/2026 to 07/17/2026

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

Orders:

Authorization changes of PT skill Total Visits: 8 and Visit Freq: CUSTOM

05/28/2026 Problems : GG0170O1 - 12 Steps

GG0130F1 - Upper Body Dressing

GG0130A1 - Eating

GG0130H1 - Don/Doff Footwear

GG0130G1 - Lower Body Dressing

GG0130E1 - Shower/Bathe Self

GG0130C1 - Toileting Hygiene

GG0130B1 - Oral Hygiene

GG0170L1 - Walk 10 ft on Uneven Surface

GG0170E1 - Chair to Bed to Chair

GG0170G1 - Car Transfer

GG0170P1 - Picking Up Object

Pain Effect on Sleep

GG0170N1 - 4 Steps

GG0170M1 - 1 - Step (curb)

GG0170K1 - Walk 150 Feet

GG0170J1 - Walk 50 ft with 2 Turns

GG0170I1 - Walk 10 Feet

GG0170F1 - Toilet Transfer

GG0170D1 - Sit to Stand

M1400 - Dyspnea

Pain Interference with ADLs

Pain Interference with Therapy activities

05/28/2026 patient_goal: add patient-stated goal, Target Date: 07/17/2026, Walk better, Target Date: 07/17/2026,

05/26/2026 procedure: cough/deep breathing exercises, Notes: , monitor intake & output, Notes: , coordinate/arrange for adequate patient supervision, Notes: , coordinate/arrange preparation of missing meals, Notes: , equipment training, Notes: , gait training/stair training, Notes: , transfers training, Notes: , assist with mobility, Notes: , assist with feeding/eating, Notes: , assist with lower body dressing, Notes: Min A, assist with upper body dressing, Notes: Min A, assist with bathing, Notes: Patient unable to get in the shower, assist with transferring, Notes: Min A, equipment training, Notes: , Medication Review , Notes: Medication reviewed with patient with all medications in the home, transfers training, Notes: Skilled OT 1x4wks, assist with bathing, Notes: Skilled OT 1x4wks, assist with lower body dressing, Notes: Skilled OT 1x4wks, assist with upper body dressing, Notes: Skilled OT 1x4wks, monitor dialysis schedule, Notes: , home exercise program, Notes: Bilateral UE strengthening of anterior deltoid, biceps and triceps muscles, therapeutic exercises, Notes: Skilled OT 1x4wks,

05/28/2026 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: 07/17/2026, related medication(s) purpose and schedule, Target Date: 07/17/2026, symptoms requiring physician notification, Target Date: 07/17/2026, 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: 07/17/2026, 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: 07/17/2026, therapeutic exercises, Target Date: 07/17/2026, therapeutic modalities, Target Date: 07/17/2026, equipment training, Target Date: 07/17/2026, work simplification/energy conservation, Target Date: 07/17/2026, related medication(s) purpose and schedule, Target Date: 07/17/2026, symptoms requiring physician notification, Target Date: 07/17/2026,

05/26/2026 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: 07/17/2026, 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: 07/17/2026, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 07/17/2026: DISCONTINUED, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 07/17/2026: DISCONTINUED, Toilet Transfer - 06. Independent, Target Date: 07/17/2026: DISCONTINUED, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 07/17/2026: DISCONTINUED, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 07/17/2026: DISCONTINUED, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 07/17/2026: DISCONTINUED, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 07/17/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 07/17/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 07/17/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 07/17/2026, Car Transfer - 05. Setup or clean-up assistance, Target Date: 07/17/2026: DISCONTINUED, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 07/17/2026, Oral Hygiene - 06. Independent, Target Date: 07/17/2026, Toileting Hygiene - 06. Independent, Target Date: 07/17/2026, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 07/17/2026, Lower Body Dressing - 06. Independent, Target Date: 07/17/2026, Don/Doff Footwear - 06. Independent, Target Date: 07/17/2026, Upper Body Dressing - 06. Independent, Target Date: 07/17/2026, 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: 07/17/2026, 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: 07/17/2026, Oral Hygiene - 06. Independent, Target Date: 07/17/2026, Toileting Hygiene - 06. Independent, Target Date: 07/17/2026, Shower/Bathe Self - 02. Substantial/maximal assistance, Target Date: 07/17/2026, Lower Body Dressing - 06. Independent, Target Date: 07/17/2026, Don/Doff Footwear - 06. Independent, Target Date: 07/17/2026, Eating - 06. Independent, Target Date: 07/17/2026, Upper Body Dressing - 06. Independent, Target Date: 07/17/2026,

05/28/2026 discharge_plan: add discharge plan, Target Date: 07/17/2026, patient will be responsible for managing treatment, Target Date: 07/17/2026,

1447 York Rd, MD 21093
Tele:410-847-3000 FAX: 18554160890

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 05/29/2026