

Medical Update for Frederick Rolfes DOB: 07/12/1933

Date Order Created: 06/17/2026

Order ID: 1150/19710

Agency Assigned Id: 25981

Certification Period: 05/20/2026 to 07/18/2026

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

Orders:

06/17/2026 Problems : GG0130B1 - Oral Hygiene
GG0130C1 - Toileting Hygiene
GG0130E1 - Shower/Bathe Self
GG0130G1 - Lower Body Dressing
GG0130H1 - Don/Doff Footwear
GG0130A1 - Eating
GG0130F1 - Upper Body Dressing
Pain Effect on Sleep
Pain Interference with Therapy activities
Pain Interference with ADLs
M1400 - Dyspnea

06/17/2026 patient_goal: add patient-stated goal, Target Date: 07/18/2026, Get in the shower, Target Date: 07/18/2026,

06/17/2026 procedure: equipment training, Notes: , work simplification/energy conservation, Notes: , home exercise program, Notes: Triceps extensions, biceps curls, shoulder raises, armchair press-ups 2-3 sets, Medication Review , Notes: Medication reviewed with patient with all medications in the home, transfers training, Notes: Skilled OT, assist with bathing, Notes: Skilled OT, assist with grooming, Notes: Skilled OT,

06/17/2026 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: 07/18/2026, related medication(s) purpose and schedule, Target Date: 07/18/2026, symptoms requiring physician notification, Target Date: 07/18/2026, 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: 07/18/2026, 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: 07/18/2026, therapeutic exercises, Target Date: 07/18/2026, therapeutic modalities, Target Date: 07/18/2026, equipment training, Target Date: 07/18/2026, work simplification/energy conservation, Target Date: 07/18/2026, related medication(s) purpose and schedule, Target Date: 07/18/2026, symptoms requiring physician notification, Target Date: 07/18/2026,

06/17/2026 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: 07/18/2026, 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: 07/18/2026, Oral Hygiene - 06. Independent, Target Date: 07/18/2026, Toileting Hygiene - 06. Independent, Target Date: 07/18/2026, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 07/18/2026, Lower Body Dressing - 06. Independent, Target Date: 07/18/2026, Don/Doff Footwear - 06. Independent, Target Date: 07/18/2026, Eating - 06. Independent, Target Date: 07/18/2026, Upper Body Dressing - 06. Independent, Target Date: 07/18/2026,*

06/17/2026 discharge_plan: add discharge plan, Target Date: 07/18/2026, patient will be responsible for managing treatment, Target Date: 07/18/2026,

*Binu Batajoo Shrestha
1447 York Rd*

*1447 York Rd, MD 21093
Tele:4109337600 FAX: 14109337666*

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 06/18/2026