

Medical Update for Kathryn Mokwa DOB: 05/06/1940

Date Order Created: 06/19/2026

Order ID: 1150/19810

Agency Assigned Id: 26458

Certification Period: 06/05/2026 to 08/03/2026

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

Orders:

06/19/2026 Problems : GG0170N1 - 4 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
GG0170E1 - Chair to Bed to Chair
GG0170P1 - Picking Up Object
GG0170O1 - 12 Steps
Pain Effect on Sleep
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
GG0170G1 - Car Transfer
GG0170F1 - Toilet Transfer
GG0170D1 - Sit to Stand
M1400 - Dyspnea
Pain Interference with ADLs

06/19/2026 patient_goal: Able to use l arm, get up and move more,, Target Date: 08/03/2026,

06/19/2026 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , home exercise program, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: ,

06/19/2026 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: 08/03/2026, 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: 08/03/2026, therapeutic exercises, Target Date: 08/03/2026, therapeutic modalities, Target Date: 08/03/2026, equipment training, Target Date: 08/03/2026, work simplification/energy conservation, Target Date: 08/03/2026, related medication(s) purpose and schedule, Target Date: 08/03/2026, symptoms requiring physician notification, Target Date: 08/03/2026,

06/19/2026 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: 08/03/2026, 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: 08/03/2026, Oral Hygiene - 06. Independent, Target Date: 08/03/2026, Toileting Hygiene - 06. Independent, Target Date: 08/03/2026, Shower/Bathe Self - 06. Independent, Target Date: 08/03/2026, Lower Body Dressing - 06. Independent, Target Date: 08/03/2026, Don/Doff Footwear - 06. Independent, Target Date: 08/03/2026, Eating - 06. Independent, Target Date: 08/03/2026, Upper Body Dressing - 06. Independent, Target Date: 08/03/2026,

06/19/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 08/03/2026, , Target Date: 08/03/2026,

06/19/2026 Medications: lidocaine (LIDOCARE) 4 % patch / 1 Patch Apply to low back transdermal once a day every 24 hours. Admin Instructions: Patch may remain for p to 12 hours within 24 hour period. Remove patch before MRI.

Lauren Psoras
6740 Alexander Bell Dr Ste 300

6740 Alexander Bell Dr Ste 300, MD 21046
Tele:4105640000 FAX: 14105640032

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 06/22/2026