

## Medical Update for Doris Jacob-Alexander DOB: 07/01/1937

**Date Order Created:** 06/30/2026

**Order ID:** 1150/20043

**Agency Assigned Id:** 26190

**Certification Period:** 06/11/2026 to 08/09/2026

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### Orders:

06/28/2026 Problems : Pain Effect on Sleep  
Pain Interference with Therapy activities  
Pain Interference with ADLs  
M1400 - Dyspnea  
GG0130B1 - Oral Hygiene  
GG0130C1 - Toileting Hygiene  
GG0130E1 - Shower/Bathe Self  
GG0130F1 - Upper Body Dressing  
GG0130G1 - Lower Body Dressing  
GG0130H1 - Don/Doff Footwear  
GG0130A1 - Eating

06/28/2026 patient\_goal: To get out of bed, Target Date: 08/09/2026,

06/28/2026 procedure: cough/deep breathing exercises, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , home exercise program, Notes: L hand A/PROM as tolerated, 1-2# weight Bilateral shoulder flex, abd, horizontal abd/add, bicep curls 10 reps each,

06/28/2026 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: 08/09/2026, therapeutic exercises, Target Date: 08/09/2026, therapeutic modalities, Target Date: 08/09/2026, equipment training, Target Date: 08/09/2026, work simplification/energy conservation, Target Date: 08/09/2026,

06/28/2026 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: 08/09/2026, 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: 08/09/2026, Oral Hygiene - 05. Setup or clean-up assistance, Target Date: 08/09/2026, Toileting Hygiene - 03. Partial/moderate assistance, Target Date: 08/09/2026, Shower/Bathe Self - 02. Substantial/maximal assistance, Target Date: 08/09/2026, Upper Body Dressing - 05. Setup or clean-up assistance, Target Date: 08/09/2026, Lower Body Dressing - 03. Partial/moderate assistance, Target Date: 08/09/2026, Don/Doff Footwear - 03. Partial/moderate assistance, Target Date: 08/09/2026, Eating - 06. Independent, Target Date: 08/09/2026,

06/28/2026 discharge\_plan: family/caregiver will be responsible for managing treatment, Target Date: 08/09/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles      Date 07/01/2026