Home Health Certification and Plan of Care

Order ID: 1150/20075

1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
21104331	06/24/2026	From: 06/24/2026 To: 08/22/2026	26486	217058

6. Patient's Name and Address

Larry Jenkins
7316 Taylors Hill Ln,
HANOVER, MD 21076-
443-540-5610

7. Provider's Name, Address and Telephone Number

HomeCentris Healthcare LLC
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
410-321-8448
1487113239

8. DOB 04/27/1954 **9.Sex** Male

11. ICD	Principal Diagnosis	Date
Z47.1	Aftercare following joint replacement surgery	06/24/26

13. ICD	Other Pertinent Diagnoses	Date
Z96.652	Presence of left artificial knee joint	06/24/26
M17.11	Unilateral primary osteoarthritis right knee	06/24/26
I13.0	Hyp hrt & chr kdny dis w hrt fail and stg 1-4/unsp chr kdny	06/24/26
I50.20	Unspecified systolic (congestive) heart failure	06/24/26
E11.22	Type 2 diabetes mellitus w diabetic chronic kidney disease	06/24/26
N18.31	Chronic kidney disease stage 3a	06/24/26
D63.1	Anemia in chronic kidney disease	06/24/26
J43.9	Emphysema unspecified	06/24/26
I70.0	Atherosclerosis of aorta	06/24/26
I25.10	Athscl heart disease of native coronary artery w/o ang pctrs	06/24/26
M10.9	Gout unspecified	06/24/26
I42.9	Cardiomyopathy unspecified	06/24/26
E11.39	Type 2 diabetes w oth diabetic ophthalmic complication	06/24/26
G47.33	Obstructive sleep apnea (adult) (pediatric)	06/24/26
I25.2	Old myocardial infarction	06/24/26
N52.8	Other male erectile dysfunction	06/24/26
E78.00	Pure hypercholesterolemia unspecified	06/24/26
K21.9	Gastro-esophageal reflux disease without esophagitis	06/24/26
R51.9	Headache unspecified	06/24/26
R91.1	Solitary pulmonary nodule	06/24/26
E66.9	Obesity unspecified	06/24/26
Z68.34	Body mass index [BMI] 34.0-34.9 adult	06/24/26
Z79.51	Long term (current) use of inhaled steroids	06/24/26
Z79.84	Long term (current) use of oral hypoglycemic drugs	06/24/26

10. Medications: Dose/Frequency/Route (N)ew (C)hanged

Proventil - Albuterol 90 mcg/actuation Inhl HFAA / Inhale 2 puffs by mouth every 4 hours as needed (Rescue inhaler)
LASIX 40 MG / 1 Tablet by mouth in the morning for fluid retention
LIPITOR 80 MG / 1 Tablet by mouth daily for cholesterol and heart protection
Toprol-Xl - Metoprolol Succinate SR 50 MG / 1 Tablet by mouth daily
Spiriva Respimat - Tiotropium Bromide 2.5 mcg/actuation Inhl Mist / Inhale 2 Puffs by mouth daily
Glucophage Xr - Metformin Hydrochloride SR 500 MG / 1 Tablet by mouth 2 times a day for diabetes
SINGULAIR 10 MG / 1 Tablet by mouth in the evening
ATIVAN 0.5 MG / 1 Tablet by mouth one time 1 hour before procedure
DRISDOL 1,250 mcg (50,000 unit) / 1 Capsule by mouth every 7 days
ACETAMINOPHEN 500 mg/tablet / Take 2 tablets by mouth 3 times a day as needed for pain
APRESOLINE 25 MG / 1 Tablet by mouth every 8 hours if blood pressure over 150 Patient not taking; Reported on 4/20/2026
WIXELA INHUB 250-50 mcg/dose Inhl Disk w/devi Inhale 1 Puff by mouth 2 times a day controller inhaler
REVATIO 20 mg/tablet / Take 4 to 5 tablets by mouth as needed 1 hour prior to sexual activity Do not exceed 5 tablets in 24 hours (Patient not taking; Reported on 4/20/2026)
PEPCID 40 MG / 1 Tablet by mouth daily at bedtime Patient not taking; Reported on 4/20/2026
ASPIRIN DR 81 MG / 1 Tablet by mouth DAILY
Klor-Con M20 - Potassium Chloride SR 20 MEQ / 1 Tablet by mouth daily with a meal Swallow tablet whole or dissolve in water
ASTELIN 137 mcg (0.1 %) Nasl Spray / Use 2 Sprays in each nostril 2 times a day
Flonase Allergy Relief - Fluticasone Propionate 50 mcg/actuation Nasl SpSn / Use 2 Sprays in each nostril daily
VOLTAREN Arthritis Pain 1 % Top Gel / Apply 2 g to affected area(s) topical 4 times a day
Ciclopirox (CICLODAN) 8 % Top Soln / Apply to affected area(s) topical once a day
Lidocaine (LMX 4) 4 % Top Cream / Apply to affected area(s) topical four times a day as needed (pain)
DUONEB 0.5 mg-3 mg(2.5 mg base)/3 mL Inhl Neb Soln / Use 3 mL via nebulizer every 6 hours as needed for wheezing

14. DME and Supplies:

wound care supplies, walker, small base cane, diabetic supplies, cane, bath bench

15. Safety Measures:

walker precautions, transfer with assist, supervision at all times, standard precautions, smoke detectors , sharps precautions, medication safety, infectious material management, fall precautions, diabetic precautions, bathroom safety, aspiration precautions, anticoagulant precautions, ambulates with device, ambulates with assistance, activity supervision

16. Nutrition:

Z. NO PHYSICIAN-ORDERED DIET

17. Allergies:

clindamycin doxycycline lisinopril pcn shellfish sulfa antibiotics

18.A. Functional Limitations

Endurance, Ambulation

18.B. Activities Permitted

Walker, Up As Tolerated

19. Mental & Pyschosocial Status: COGNITION: 3. Requires considerable assistance in routine situations. Is not alert and oriented or is unable to shift attention and recall directions more than half the time., ANXIETY: 3. During the day and evening, but not constantly, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: Yes

20. Prognosis: fair

22. A Rehabilitation Potential:

SELF-CARE: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper., MOBILITY: 3. Independent - Patient completed all the activities by him/herself, with or without an assistive device, with no assistance from a helper.

22.B.Discharge Plans

patient will be responsible for managing treatment

23. Signature and Date of Verbal SOC Where Applicable:

Electronically Signed by Messick, Charles RN on 06/24/2026

25. Date HHA Received Signed POT

24. Physician's Name and Address

James Huang
8028 Ritchie Hwy
Pasadena, MD 21122
PHONE: 410-737-5600 FAX: 14107375391 NPI: 1154567709

26. I certify/recertify that this patient is confined to his/her home and needs intermittent skilled nursing care, physical therapy and/or speech therapy or continues to need occupational therapy. The patient is under my care, and I have authorized the services on this plan of care and will periodically review the plan.

F2F date : 06/10/2026

27. Attending Physician's Signature and Date Signed : Date of physician last face-to-face

28. Anyone who misrepresents, falsifies, or conceals essential information required for payment of Federal funds may be subject to fine, imprisonment, or civil penalty under applicable Federal laws.

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Homebound status:

After undergoing Left Total Knee Replacement surgery, the patient is experiencing decreased endurance and mobility, increasing the likelihood of falls. To safely leave their home, the patient needs assistance from another person and an assistive mobility device.

Clinical Condition Requiring Homecare:

The patient is a 72-year-old male who is three days status post left total knee arthroplasty (TKA). He was greeted by his adopted daughter upon the nurse's arrival and resides with a supportive friend and adopted daughter, with additional family members checking on him regularly. The patient reported persistent postoperative pain at the surgical site despite taking oxycodone and acetaminophen as prescribed. Vital signs were stable; however, he noted that his oxygen saturation was lower than his usual baseline. He has a history of COPD and asthma and completed a nebulizer treatment during the visit, after which his oxygen saturation improved to 98%. He denied shortness of breath, and no respiratory distress was observed. The surgical dressing was clean, dry, and intact with no signs or symptoms of infection. Kaiser was contacted during the visit, and after consultation with the physician, the patient was advised to be evaluated at urgent care due to inadequate pain control and clinical concerns; the patient acknowledged the recommendation and stated he would seek evaluation if needed. Postoperative instructions, including signs and symptoms of infection, pain management, edema control, fall prevention, and home safety, were reviewed, and the patient demonstrated understanding. Physical therapy evaluation revealed decreased left knee strength, impaired balance, reduced endurance, unsteady gait, difficulty with transfers and stair negotiation, and increased fall risk, requiring standby to minimal assistance for functional mobility and ambulation with a walker. The patient was instructed in weight-bearing as tolerated (WBAT), a home exercise program, safe transfer techniques, gait training, edema management, and progressive ambulation. He will benefit from continued skilled home health physical therapy to improve strength, mobility, balance, functional independence, and safety, with plans to transition to outpatient physical therapy on July 8, 2026, following orthopedic follow-up on July 6, 2026.<o:p></o:p>   Date of Order 06/24/2026
Physician Face-to-Face Date: 06/10/2026<o:p></o:p> Clinical Condition Requiring Home Care per Certifying Physician: SN-pain control PT-eval & treat due to Left Total Knee Replacement surgery<o:p></o:p> Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home<o:p></o:p>
1 - SOC - SN Notes:<o:p></o:p> PT Eval Notes: <o:p></o:p> Physician: Huang, James

SN Careplans

SN WK1: 1 (06/24/26-06/27/26) ,WK2: 1 (06/28/26-07/04/26)

PARAMETERS FOR PHYSICIAN NOTIFICATION: temperature < 95 > 100.5, heart rate < 50 > 110, respiratory rate < 8 > 22, blood pressure systolic < 90 > 169, blood pressure diastolic < 60 > 90, O2 saturation < 88 > 100, pain < 0 > 10

CAREGIVER: 2. Non-agency caregiver(s) need training/supportive services to provide assistance

HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications, 8. Currently reports exhaustion

STANDING ORDERS: infection control: hygiene, proper hand washing; advance directive: plan if patient is unable to make healthcare decisions ; fall precautions: wear sensible shoes, remove home hazards, living space adequately lit, assistive devices prn; emergency preparedness: plan for prn evacuation, resumption of home health visits; Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed.
Assess/Instruct Pt/Pcg: Ice to ____ x 20 minutes each hour while awake. If cold machine ordered apply 20 minutes on and 20 minutes off for 3-4 times a day.
Assess/Instruct all body systems/vital signs/complications, Blood Pressure; systolic is greater than 169 mm Hg or less than 90 mm Hg; diastolic is greater than 100 mm Hg or less than 55 mm Hg, Clinician to assess comorbidities and report changes in condition to the patient's physician, Pain Rating is greater than 6 on 0-10 scale, Pulse is greater than 110 or less than 50, Respirations are

SN Goals

PATIENT-STATED GOAL: To get back to my normal self

GOALS
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

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

patient living environment has safe floor coverings

caregiver performs medical/rehabilitation treatments with adequate competence

Signature of Physician:

Date

Optional Name/Signature of Nurse/Therapist:

Electronically Signed by Messick, Charles RN

Date

06/24/2026

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greater than 22 or less than 8, SPO2: is less than 90 % at rest /with exertion, Temperature is greater than 100.5 F or less than 95.0 F, Pain Rating is greater than 6 on 0-10 scale
Implement Fall Prevention Program, Instruct and educate the patient/PCG on wearing compression stockings for the next 4 weeks per discharge instructions.
Instruct the pt/PCG on using the incentive spirometer 10 times every 2 hour while awake.
Provide education content at patient's level of health literacy.
Assess/Instruct Pt/Pcg: Safety measures to prevent injury.
Assess: Musculoskeletal status.
Teach Pt/Pcg to maintain appropriate wt bearing status as ordered by MD, total joint replacement precautions as applicable, Safe stair climbing skills, Safe, effective use of adaptive/assist device
Assess/Instruct Pt/Pcg: Pain management measures; assess pain level, pain medication, rest, body alignment, ROM, meditation, massage.
Pt/Pcg educated in pain management techniques including positioning and relaxation techniques
Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds, Provide medication education,.
Assess/Instruct Pt/Pcg: Safety measures to prevent injury, Therapeutic Exercise, Transfer Training
Monitor surgical wound for s/s of infection, educate on s/s of concern and infection prevention to promote wound healing.

; Skin Preservation: Measures to prevent skin breakdown; pressure relief, incontinence care, nutrition, hydration ; Pain: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage ; Medications: Medication actions, uses, frequency, dose, interactions of all new/change meds
Advance Directive:No

PROBLEMS IDENTIFIED ON ASSESSMENT: D0160 - Depression, M2102d - Caregiver Performs Treatment, M2102c - Med Admin, M2102f - Patient Supervision, Home Safety, M2020 - Oral Med Management, swelling in legs/around eyes, M1400 - Dyspnea, M1033 - Exhaustion, swelling in the arms/legs, lightheadedness, coughing, abn cholesterol > 200 mg/dL, abnormal blood pressure, abnormal BS < 70/140 > mg/dL, heartburn/indigestion, nausea/vomiting, muscle spasms, poor muscle tone, muscle weakness, swelling of affected area, limited endurance, limited range of motion, limited strength, Pain Effect on Sleep, balance deficit, difficulty sleeping, daytime fatigue, Pain Interference with ADLs, headache, obesity, red/tender pressure points, swell/redness surround. skin, open sores/lesions, discolored patches of skin, bruising/discoloration

PROCEDURES: cough/deep breathing exercises, incentive spirometer, physician-ordered wound care, glucose testing via monitor, monitor intake & output, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision, coordinate/arrange repair of unsafe floor coverings

TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * 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, related medication(s) purpose, schedule, * depression-prevention strategies including avoidance of isolation healthy eating sleeping habits identification of activities that bring pleasure preventive care, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, patient living environment has safe floor coverings, patient is adequately supervised, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence

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

patient/caregiver recalls
* strategies to minimize fatigue and exhaustion including work simplification
* energy conservation
* lifestyle changes
* diet
* recalls related medication(s) purpose, schedule

patient self-administers medications as prescribed
* recalls related medication(s) purpose, schedule

patient is adequately supervised

caregiver administers and/or packages medications appropriately

PT Careplans

PT WK1: 2 (06/24/26-06/27/26) ,WK2: 2 (06/28/26-07/04/26) ,WK3: 1 (07/05/26-07/11/26)

PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Interference with Therapy activities, Pain Interference with ADLs, M1400 - Dyspnea, Pain Effect on Sleep, 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, 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, GG0170G1 - Car Transfer, GG0170F1 - Toilet Transfer, GG0170D1 - Sit to Stand

PROCEDURES: home exercise program: Supine- ankle pump, quad set, gluteal set, heel slide, SLR, bridging. Seated-LAQ, hip flex, seated heel slides, operated knee flex with opposite LE assist Standing-Mini squat, heel/toe raise, hip flex, leg curls, operated leg up down on 1st step, 1st step lunge with quad set on extension., therapeutic modalities: Apply ice to L knee x 20 minutes with necessary barrier and skin assessments q 5 minutes., gait training on uneven surfaces, gait training/stair training, transfers training, assist with infection control: Instruct Pt/PCG insigns and symptoms of infection of incision/wound, including fever, chills, redness, swelling, pain, bleeding, or any discharge from the surgical or wound site. When to notify EMS-Nausea or vomiting that does not get better, or pain that does not get better with medication, assist with fall prevention: Falls prevention -use recomended AD at all times and/or direct assistance by CG as needed -make sure clothing does not drag on floor to create trip hazard -proper footwear, no scuffs - Strength program has been initiated for LEs, continue 1-2x/day -carry phone at all times in case of emergency -Consider medic alert button -Fall recover technique discussed -Keep stairs free of obstacles -Maintain functional pathways throughout the

PT Goals

PATIENT-STATED GOAL: I just want to be able to get back to driving again

GOALS
Chair to Bed to Chair - 06. Independent

Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance

Toilet Transfer - 06. Independent

1 - Step (curb) - 05. Setup or clean-up assistance

Shower/Bathe Self - 05. Setup or clean-up assistance

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

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

Signature of Physician:	Date

Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	06/24/2026

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home and at all exits -use night lights -Advised against holding onto towel bars or soap dishes, consider grab bars, check grab bars before use -remove scatter rugs, if one must remain use double sided rug tape -Add non skid mat in the shower -keep the floor dry in the bathroom, if using a shower seat dry self completely before stepping out.

TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * 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, related medication(s) purpose, schedule, Chair to Bed to Chair - 06. Independent, Sit to Stand - 06. Independent, Toilet Transfer - 06. Independent, Car Transfer - 06. Independent, Walk 10 Feet - 05. Setup or clean-up assistance, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Walk 150 Feet - 05. Setup or clean-up assistance, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, 1 - Step (curb) - 05. Setup or clean-up assistance, 4 Steps - 05. Setup or clean-up assistance, 12 Steps - 05. Setup or clean-up assistance, Picking Up Object - 05. Setup or clean-up assistance, Oral Hygiene - 06. Independent, Toileting Hygiene - 06. Independent, Shower/Bathe Self - 05. Setup or clean-up assistance, Lower Body Dressing - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Upper Body Dressing - 06. Independent

Sit to Stand - 06. Independent

Car Transfer - 06. Independent

Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance

Walk 150 Feet - 05. Setup or clean-up assistance

4 Steps - 05. Setup or clean-up assistance

12 Steps - 05. Setup or clean-up assistance

Picking Up Object - 05. Setup or clean-up assistance

Toileting Hygiene - 06. Independent

Lower Body Dressing - 06. Independent

Don/Doff Footwear - 06. Independent

Upper Body Dressing - 06. Independent

Walk 10 Feet - 05. Setup or clean-up assistance

Oral Hygiene - 06. Independent

Eating - 06. Independent

Signature of Physician:	Date
	PAGE 4 of 4
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