

Medical Update for Nazira Alam DOB: 05/01/1970

Date Order Created: 07/01/2026

Order ID: 1163/1118

Agency Assigned Id: 1648

Certification Period: 06/17/2026 to 08/15/2026

Grace Home Healthcare, LLC 497754
9735 Main Street Suite 200 Fairfax,
Fairfax, VA 22031-3736
PHONE 703-865-7370 FAX

Orders:

07/01/2026 procedure: gait training/stair training, Notes: , transfers training, Notes: ,

07/01/2026 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: 08/15/2026, patient self-administers medications as prescribed

* recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 08/15/2026, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 08/15/2026, Toilet Transfer - 05. Setup or clean-up assistance, Target Date: 08/15/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 08/15/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 08/15/2026, Walk 150 Feet - 04.

Supervision or touching assistance, Target Date: 08/15/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 08/15/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 08/15/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 08/15/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 08/15/2026, Car Transfer - 05. Setup or clean-up assistance, Target Date: 08/15/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 08/15/2026,

Manan Shah
13285 Minnieville Rd

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Tele:8007777804 FAX:

Physician Signature _____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 07/06/2026