

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

**Date Order Created:** 07/08/2026

**Order ID:** 1163/1140

**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

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**Orders:**

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

07/07/2026 goal: 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,

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Manan Shah  
13285 Minnieville Rd

13285 Minnieville Rd, VA 22192  
Tele:8007777804 FAX:

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff Signature: Electronically Signed by Messick, Charles Date 07/08/2026