

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

Date Order Created: 07/10/2026

Order ID: 1163/1150

Agency Assigned Id: 1648

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

Grace Home Healthcare, LLC 497754
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Orders:

07/09/2026 teach: Intake education, Target Date: 08/15/2026, how to prevent infection including hygiene, proper hand washing, food-safety techniques, travel precautions, vaccinations, animal-control, and cough etiquette, Target Date: 08/15/2026, how to support the immune system including personal hygiene, proper hand washing, food-safety techniques, travel precautions, vaccinations, animal-control, and cough etiquette, diet and fluid intake, Target Date: 08/15/2026, how to minimize hair loss and cope with related stress, Target Date: 08/15/2026, how to manage complications of immobility including skin care, strength, balance, dexterity and range-of-motion therapeutic exercises, promotion of peripheral circulation, fluid and diet intake to promote healing and prevent constipation, use of prescribe, Target Date: 08/15/2026, how to promote optimized mobility with strength, balance, dexterity and range-of-motion therapeutic exercises, promotion of peripheral circulation, fluid and diet intake to promote healing and prevent constipation, use of prescribed adaptive devices, Target Date: 08/15/2026,

07/09/2026 goal: patient/caregiver recalls

- * how to manage complications of immobility including

- * skin care

- * strength, balance

- * dexterity and range-of-motion therapeutic exercises

- * promotion of peripheral circulation

- * fluid and diet intake to promote healing and prevent constipation, Target Date: 08/15/2026:

DISCONTINUED, patient/caregiver recalls

- * how to manage complications of immobility including

- * skin care

- * strength, balance

- * dexterity and range-of-motion therapeutic exercises

- * promotion of peripheral circulation

- * fluid and diet intake to promote healing and prevent constipation, Target Date: 08/15/2026:

DISCONTINUED, patient/caregiver recalls

- * how to incorporate lifestyle modifications to optimize renal condition including renal-specific diet

- * exercise

- * monitoring of blood pressure

- * blood sugar

- * home

- * recalls related medication(s) purpose, schedule remedies, Target Date: 08/15/2026: DISCONTINUED,

patient/caregiver recalls

- * basic oral hygiene regimen including basic toothbrushing and flossing

- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED,

patient/caregiver recalls

- * how to manage the TPN pump including starting and stopping the infusion

- * flushing the catheter

- * catheter pump maintenance

- * troubleshooting

- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED,

patient/caregiver recalls

- * oral care

- * strategies to achieve optimum nutrition

- * control oral pain/discomfort
- * range of motion exercises to optimize jaw mobility
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * oral care
- * strategies to achieve optimum nutrition
- * control oral pain/discomfort
- * range of motion exercises to optimize jaw mobility, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * GI-specific diet including appropriate food choices
- * stress management
- * exercise
- * home remedies to manage GI condition
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * bowel incontinence management including dietary changes
- * bowel training
- * skin care
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * how to perform tube care
- * administer enteral feeding
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * dietary guidelines for managing nutritional deficit
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * prevention including increase fluid intake
- * increase Vitamin C intake to promote acidic bladder environment (cranberry juice)
- * perineal hygiene
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * urinary incontinence management including bladder training
- * Kegel exercises
- * skin care
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * how to incorporate lifestyle modifications to optimize genito-urinary condition including diet
- * exercise
- * home remedies
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, patient/caregiver recalls
- * how to keep journal of food and fluid intake
- * healthy meal plan tips
- * exercise program
- * nutritional knowledge
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026: DISCONTINUED, Intake education, Target Date: 08/15/2026, cellulitis, Target Date: 08/15/2026, patient/caregiver recalls
- * lifestyle modifications to manage cardiac condition including symptom management
- * diet changes
- * regular exercise
- * getting enough sleep
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls
- * how to take the patient's blood pressure
- * record the reading
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls
- * lifestyle modifications to manage peripheral vascular condition including how to apply compression stockings
- * physical exercise plan
- * diet
- * recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls
- * strict compliance with physician orders for anticoagulant administration
- * avoiding activities that create unnecessary risk for injury
- * monitoring for prolonged bleeding from cuts, blood in urine or stool, or unusual, Target Date: 08/15/2026, patient/caregiver recalls

- * *lifestyle modification to manage blood condition including dietary changes*
- * *bleeding precautions*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls*
- * *ventilator management including how to clean circuits*
- * *understand alarms*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls*
- * *how to prevent infection including hygiene*
- * *proper hand washing*
- * *food-safety techniques*
- * *travel precautions*
- * *vaccinations*
- * *animal-control*
- * *cough etiquette*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls*
- * *how to support the immune system including personal hygiene*
- * *proper hand washing*
- * *food-safety techniques*
- * *travel precautions*
- * *vaccinations*
- * *animal-control*
- * *cough etiquette*
- * *diet*
- * *fluid intake*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls*
- * *how to minimize chemotherapy and radiation side-effects including management of nausea or vomiting*
- * *diarrhea*
- * *appetite loss*
- * *hair loss*
- * *fatigue*
- * *insomnia*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls*
- * *how to manage skin condition including physician-prescribed treatment*
- * *skin care*
- * *bathing*
- * *sun protection*
- * *diet*
- * *exercise*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026, patient/caregiver recalls*
- * *how to minimize hair loss*
- * *cope with related stress*
- * *recalls related medication(s) purpose, schedule, Target Date: 08/15/2026,*

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Physician Signature _____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 07/13/2026