

Medical Update for Almetta Fitzsimmons DOB: 10/27/1936

Date Order Created: 06/15/2026

Order ID: 1150/19558

Agency Assigned Id: 24711

Certification Period: 04/12/2026 to 06/10/2026

HomeCentris Healthcare LLC 217058
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Owings Mills, MD 21117-8284
PHONE 410-321-8448 FAX

Orders:

Authorization changes of PT skill Total Visits: 4 and Visit Freq: CUSTOM
Authorization changes of OT skill Total Visits: 5 and Visit Freq: CUSTOM

04/29/2026 procedure: work simplification/energy conservation, Notes: , home exercise program, Notes: Home exercise program to constant of using water bottles, dumbbells or theraband for upper extremity daily., Functional ambulation , Notes: Therapy: DISCONTINUED, Patient/caregiver recalls related purpose and schedule of medications, Notes: Medication review: DISCONTINUED, Patient/caregiver recalls related purpose and schedule of medications, Notes: Medication review, therapeutic exercises, Notes: clinician will describe procedure at time of visits, transfers training, Notes: Therapy, wheelchair training, Notes: Instructions on safety using wc and self propelling,

04/29/2026 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: 06/10/2026,

04/29/2026 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: 06/10/2026, 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: 06/10/2026: DISCONTINUED, Oral Hygiene - 05. Setup or clean-up assistance, Target Date: 06/10/2026: DISCONTINUED, Toileting Hygiene - 06. Independent, Target Date: 06/10/2026: DISCONTINUED, Shower/Bathe Self - 02. Substantial/maximal assistance, Target Date: 06/10/2026: DISCONTINUED, Lower Body Dressing - 05. Setup or clean-up assistance, Target Date: 06/10/2026, Don/Doff Footwear - 05. Setup or clean-up assistance, Target Date: 06/10/2026, Eating - 06. Independent, Target Date: 06/10/2026: DISCONTINUED, Upper Body Dressing - 06. Independent, Target Date: 06/10/2026, Patient will demonstrate improved bilateral upper extremity muscle strength from 3/5 mmt to 4-/5 mmt to improve ADLs and transfers within 6 wks , Target Date: 06/10/2026,

Deepak Baskaran
3455 Wilkens Ave

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Physician Signature_____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 07/14/2026