

Home Health Certification and Plan of Care				Order ID: 1150/19847															
1. Patient's HI claim No. 8AV8N47DN45		2. Start Of Care Date 06/15/2026		3. Certification Period From: 06/15/2026 To: 08/13/2026		4. Medical Record No. 26896		5. Provider No. 217058											
6. Patient's Name and Address Marie Gellert 7628 Gough Street, BALTIMORE, MD 21224- 410-288-4278					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 05/10/1944					9. Sex Female					10. Medications: Dose/Frequency/Route (N)ew (C)hanged DICLOFENAC 2 gems apply to both knees topically every 6 hours for Pain management unsupervised self-administration Tylenol - Acetaminophen 325 mg/tablet / Give 2 tablet by mouth every 6 hours as needed for knee pain and fever of 100 and greater ROSUVASTATIN CALCIUM 40 mg tablet by mouth at bedtime for HLD METOPROLOL tablet by mouth every 12 hours for systolic less than 90 or HR less than 60 Fluticasone-Salmeterol Inhalation Aerosol Powder Breath Activated 250-50 MCG/ACT / 1 Inhalation by mouth every 12 hours for Asthma Rinse mouth and expectorate after use Ferrous Sulfate - Ferrous Sulfate: Folic Acid 325 (65 Fe) MG / 1 Tablet by mouth once a day every other day for iron deficiency give with food CALCITRIOL 1 capsule by mouth one time a day every Mon, Wed, Fri for AKI Zinc Oxide - Zinc Oxide External Paste 20 % / Apply to coccyx topical as necessary every shift for IAD prevention									
11. ICD L89.313 Principal Diagnosis Pressure ulcer of right buttock stage 3 Date 06/15/26					12. ICD L24.9 Other Pertinent Diagnoses Irritant contact dermatitis unspecified cause Date 06/15/26 111.0 Hypertensive heart disease with heart failure Date 06/15/26 150.32 Chronic diastolic (congestive) heart failure Date 06/15/26 I25.10 Athscl heart disease of native coronary artery w/o ang pctrs Date 06/15/26 E78.5 Hyperlipidemia unspecified Date 06/15/26 D50.9 Iron deficiency anemia unspecified Date 06/15/26 Z95.810 Presence of automatic (implantable) cardiac defibrillator Date 06/15/26					13. DME and Supplies: rolling walker, bath bench, walker, grab bars, , cane					14. Safety Measures: walker precautions, medication safety, fall precautions, ambulates with device, standard precautions, knee precautions, bathroom safety				
16. Nutrition: cardiac diet, regular					17. Allergies: codeine sulfa antibiotics					18. A. Functional Limitations Ambulation					18.B. Activities Permitted Up As Tolerated, ,				
19. Mental & Psychosocial Status: COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 0. Never, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No										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									
Homebound status: Due to diagnosis of Pressure ulcer of right buttock stage 3, 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: <div>The patient is an 82-year-old female admitted to home health services with a past medical history significant for hypertension, asthma, atherosclerotic heart disease of the native coronary artery without angina pectoris, hyperlipidemia, and other chronic comorbidities. The patient is alert and oriented to person, place, time, and situation (A&O x4). She reported that she initially developed a fever and contacted her primary care provider, who advised evaluation at an urgent care center. However, while attempting to get up, she lost her balance and was subsequently transported to the emergency department for further evaluation and treatment. During her hospitalization, the patient developed pressure injuries and was later transferred to a rehabilitation facility for wound management and therapy services before returning home. Upon assessment, previously reported pressure sores were found to be fully healed, with skin warm, dry, and intact and no evidence of current skin breakdown. Vital signs were within normal limits, and respirations were even and unlabored. The patient reported bilateral knee pain rated at 4/10, which she manages effectively with prescribed pain medications and topical analgesic creams. Physical assessment revealed +2 bilateral lower extremity edema. Education was provided regarding edema management, including the importance of routine lower extremity elevation to promote venous return and reduce swelling. Medication reconciliation and review were completed with the patient, including reinforcement of medication adherence and monitoring for potential side effects. The patient has an implantable cardioverter-defibrillator (ICD) located in the left upper chest, originally implanted in May 2017. She resides alone in a multi-level home but receives regular assistance and supervision from two cousins, with her cousin Pam serving as the primary caregiver. Due to mobility limitations, the patient utilizes a rollator walker on the main level of the home and a standard walker on the upper level. A stair lift has been installed to allow safe access to her upstairs bedroom. The patient remains at risk for falls due to her recent balance impairment, lower extremity edema, chronic bilateral knee pain, and overall medical complexity. Skilled nursing services remain medically necessary for ongoing assessment, disease process management, medication education, monitoring of cardiovascular and respiratory status, edema management, skin integrity surveillance, fall prevention education, and reinforcement of safety measures to support the patient's continued recovery and ability to remain safely in the home environment.</div> </div><div>Date of Order</div>06/15/2026</div><div>Orders</div><div>Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat hha-adl's due to Pressure ulcer of right buttock stage 3</div><div>Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home</div><div> </div><div>1 - SOC - SN Notes: soc</div><div> </div><div>Physician Face-to-Face Date: 06/02/2026</div><div> </div><div>Collector, Daniel</div></div>																			
SN Careplans SN WK1: 1 (06/15/26-06/20/26) 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 > 5 CAREGIVER: 1. Non-agency caregiver(s) currently provide assistance HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications, 8. Currently reports exhaustion,										SN Goals PATIENT-STATED GOAL: To get back to my baseline and be independent 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									
23. Signature and Date of Verbal SOC Where Applicable: Electronically Signed by Messick, Charles RN on 06/15/2026										25. Date HHA Received Signed POT									
24. Physician's Name and Address Daniel Collector 7505 Osler Dr #405 Towson, MD 21204 PHONE: 410-427-5551 FAX: 14106166823 NPI: 1255341475										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 : 06/02/2026									
27. Attending Physician's Signature and Date Signed 07/14/2026 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. PAGE 1 of 2									

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				26896	
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Marie Gellert			HomeCentris Healthcare LLC		
7628 Gough Street,			10 Crossroads Drive, Suite 102		
BALTIMORE, MD 21224-			Owings Mills, MD 21117-8284		
410-288-4278			410-321-8448		
			1487113239		
9. Other risk(s) not listed in 1- 8					
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 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.			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		
; 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 Advance Directive			patient/caregiver recalls * strategies to minimize fatigue and exhaustion including work simplification * energy conservation * lifestyle changes * diet * recalls related medication(s) purpose, schedule		
PROBLEMS IDENTIFIED ON ASSESSMENT: M2020 - Oral Med Management, meal preparation, abnormal blood pressure, M1033 - Exhaustion, M1400 - Dyspnea, muscle weakness, balance deficit, Pain Interference with ADLs			patient self-administers medications as prescribed * recalls related medication(s) purpose, schedule		
PROCEDURES: cough/deep breathing exercises			meal preparation is available to patient for all meals		
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, * 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, meal preparation is available to patient for all meals					

Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	06/15/2026