

Medical Update for Kathy Alford DOB: 07/24/1955

Date Order Created: 08/13/2026

Order ID: 1150/21198

Agency Assigned Id: 28307

Certification Period: 08/07/2026 to 10/05/2026

HomeCentris Healthcare LLC 217058
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
PHONE 410-321-8448 FAX

Orders:

08/13/2026 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , teach/coordinate/arrange medication packaging and/or administration, Notes: ,

08/13/2026 teach: prevention exacerbation of anxiety condition including coping patterns, improved concentration, strategies to reduce anxiety, identification of anxiety precipitants, conflicts, and threats, Target Date: 10/05/2026, how to keep journal of food and fluid intake, healthy meal plan tips, exercise program and nutritional knowledge, Target Date: 10/05/2026,

08/13/2026 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: 10/05/2026: DISCONTINUED, patient/caregiver recalls

- * depression-prevention strategies including avoidance of isolation

- * healthy eating

- * sleeping habits

- * identification of activities that bring pleasure

- * preventive care

- * recalls related medication(s) purpose, schedule, Target Date: 10/05/2026: DISCONTINUED, patient self-administers medications as prescribed

- * recalls related medication(s) purpose, schedule, Target Date: 10/05/2026: DISCONTINUED,

08/13/2026 Medications: Extra Strength Tylenol - Acetaminophen 500mg, 2 tablets by mouth every 6 hours

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Physician Signature _____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 08/14/2026