

Medical Update for Ainagul Jumabaeva DOB: 05/27/1976

Date Order Created: 08/17/2026

Order ID: 1163/1201

Agency Assigned Id: 1767

Certification Period: 07/27/2026 to 09/24/2026

Grace Home Healthcare, LLC 497754
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Orders:

Authorization changes of SN skill Total Visits: 6 and Visit Freq: SN WK1: 2 (07/27/26-08/01/26),WK4: 1 (08/16/26-08/22/26),WK5: 1 (08/23/26-08/29/26),WK6: 1 (08/30/26-09/05/26),WK7: 1 (09/06/26-09/12/26)

07/30/2026 Problems : GG0170I1 - Walk 10 Feet

GG0130G1 - Lower Body Dressing

GG0130H1 - Don/Doff Footwear

GG0130E1 - Shower/Bathe Self

GG0170F1 - Toilet Transfer

GG0130C1 - Toileting Hygiene

GG0170D1 - Sit to Stand

GG0170E1 - Chair to Bed to Chair

GG0170G1 - Car Transfer

GG0130F1 - Upper Body Dressing

GG0170J1 - Walk 50 ft with 2 Turns

GG0170K1 - Walk 150 Feet

GG0170L1 - Walk 10 ft on Uneven Surface

GG0170M1 - 1 - Step (curb)

GG0170N1 - 4 Steps

GG0170O1 - 12 Steps

GG0170P1 - Picking Up Object

#1 - GI Ostomy - Other - RUQ - Stoma size 30mm

Pink, moist edematous red rubber cath

output is brown liquid

GG0130B1 - Oral Hygiene

nausea/vomiting (GI)

diarrhea (GI)

Malignant neoplasm of rectum (C20.)

Secondary and unsp malignant neoplasm of intra-abd nodes (C77.2)

Rheumatic mitral insufficiency (I05.1)

Major depressive disorder, recurrent, unspecified (F33.9)

Encounter for attention to ileostomy (Z43.2)

Personal history of nicotine dependence (Z87.891)

M1610 - Urinary Catheter

Pain Interference with Therapy activities

Pain Interference with ADLs

M1400 - Dyspnea

M2020 - Oral Med Management

bruising/discoloration

D0160 - Depression

M2102c - Med Admin

08/06/2026 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

07/28/2026 patient_goal: Patient wants to learn how to be independent with her loop ileostomy, Target Date: 09/24/2026, Increase sitting/tolerance for 1 hour with modified RPE < 4/10, Target Date: 09/24/2026,

07/31/2026 procedure: catheter change, care & irrigation, Notes: , ostomy care & irrigation, Notes: SN Orders – Loop Ileostomy

Assess loop ileostomy at each visit for stoma color, size, edema, viability, output, and peristomal skin integrity.

Empty ostomy pouch when 1/3 full to prevent leakage and excess weight on the pouching system. Change ostomy pouching system every 3–5 days and as needed for leakage, loss of seal, or skin irritation.

Remove existing pouch gently using adhesive remover wipes.

Cleanse peristomal skin with water only using disposable washcloths; avoid soaps or cleansers that may interfere with pouch adhesion. Pat skin completely dry.

Measure stoma as needed and cut skin barrier opening to fit the stoma, allowing no more than 1/8 inch of exposed peristomal skin. For moldable barriers, roll back barrier to fit snugly around the stoma. If peristomal skin is denuded or irritated, apply stoma powder to affected skin, brush away excess, then apply no-sting barrier film. Allow to dry for 20–30 seconds before applying the skin barrier. If skin is intact, omit this step.

Apply skin barrier securely to clean, dry skin and attach ostomy pouch per manufacturer instructions. Connect ostomy pouch to bedside gravity drainage while patient is in bed, if indicated, using the appropriate adapter.

Monitor stool output, hydration status, signs of dehydration, electrolyte imbalance, leakage, skin breakdown, bleeding, prolapse, retraction, or obstruction. Notify the provider of significant changes. Reinforce patient/caregiver education on ostomy care, pouch emptying and changing, skin care, hydration, diet, and when to report complications.

Encourage patient independence with ostomy care as tolerated., home exercise program, Notes: diaphragmatic breathing, ankle pumps, seated heel/toe raises, seated marches, LAQ, seated hip abduction, sit-to-stands, standing weight shifts, standing marches, heel raises, standing hip abduction, standing hip extension, mini squats, side stepping, tandem stance, and progressive walking program., cough/deep breathing exercises, Notes: , incentive spirometer, Notes: , apply collection/fistula pouch, Notes: , teach/coordinate/arrange medication packaging and/or administration, Notes: , physician-ordered wound care: #1 - GI Ostomy - Other - RUQ - Stoma size 30mm

Pink, moist edematous red rubber cath

output is brown liquid, Notes: , gait training/stair training, Notes: , transfers training, Notes: ,

07/28/2026 teach: lifestyle modifications to manage cardiac condition including symptom management, diet changes, regular exercise, getting enough sleep, Target Date: 09/24/2026, 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: 09/24/2026, 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, Target Date: 09/24/2026, depression-prevention strategies including avoidance of isolation, healthy eating and sleeping habits, identification of activities that bring pleasure, preventive care, Target Date: 09/24/2026, how to minimize chemotherapy and radiation side-effects including management of nausea and/or vomiting, diarrhea, appetite loss, hair loss, fatigue and insomnia, Target Date: 09/24/2026, ostomy management including how to clean stoma and change ostomy pouch, Target Date: 09/24/2026, urinary catheter management including how to flush catheter, change and wash drainage bags, prevent infection including proper handwashing, positioning of catheter, Target Date: 09/24/2026, teach patient how to self-administer medications as prescribed, Target Date: 09/24/2026, related medication(s) purpose and schedule, Target Date: 09/24/2026, symptoms requiring physician notification, Target Date: 09/24/2026, 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, Target Date: 09/24/2026, therapeutic exercises, Target Date: 09/24/2026, therapeutic modalities, Target Date: 09/24/2026, balance training, Target Date: 09/24/2026, equipment training, Target Date: 09/24/2026, gait training, Target Date: 09/24/2026, work simplification/energy conservation, Target Date: 09/24/2026, transfer training, Target Date: 09/24/2026, related medication(s) purpose and schedule, Target Date: 09/24/2026, symptoms requiring physician notification, Target Date: 09/24/2026,

07/28/2026 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: 09/24/2026, patient/caregiver recalls
- * urinary catheter management including how to flush catheter
- * change and wash drainage bags
- * prevent infection including proper handwashing
- * positioning of catheter
- * recalls related medication(s) purpose, schedule, Target Date: 09/24/2026, patient/caregiver recalls
- * ostomy management including how to clean stoma
- * change ostomy pouch
- * recalls related medication(s) purpose, schedule, Target Date: 09/24/2026, caregiver administers and/or packages medications appropriately, Target Date: 09/24/2026, 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: 09/24/2026, 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: 09/24/2026, patient self-administers medications as prescribed
- * recalls related medication(s) purpose, schedule, Target Date: 09/24/2026, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 09/24/2026, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 09/24/2026, Toilet Transfer - 05. Setup or clean-up assistance, Target Date: 09/24/2026, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 09/24/2026, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 09/24/2026, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 09/24/2026, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 09/24/2026, 4 Steps - 04. Supervision or touching assistance, Target Date: 09/24/2026, 12 Steps - 04. Supervision or touching assistance, Target Date: 09/24/2026, Picking Up Object - 04. Supervision or touching assistance, Target Date: 09/24/2026, Car Transfer - 05. Setup or clean-up assistance, Target Date: 09/24/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 09/24/2026, Oral Hygiene - 06. Independent, Target Date: 09/24/2026, Toileting Hygiene - 05. Setup or clean-up assistance, Target Date: 09/24/2026, Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 09/24/2026, Lower Body Dressing - 06. Independent, Target Date: 09/24/2026, Don/Doff Footwear - 06. Independent, Target Date: 09/24/2026, Upper Body Dressing - 06. Independent, Target Date: 09/24/2026,

07/30/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 09/24/2026, family/caregiver will be responsible for managing treatment, Target Date: 09/24/2026,

08/13/2026 Medications: Vitamin B Complex - Alpha-Tocopherol Acetate: Ascorbic Acid: Biotin: Cholecalciferol: Cyanocobalamin: Dexpantenol: Folic Acid: Niacinamide: Pyridox Take 1 capsule by mouth daily Patient not taking: Reported on 7/2/2026
 Zofran Odt - Ondansetron Disintegrating 8 MG / Dissolve 1 tablet on the tongue by mouth twice a day as needed for nausea or vomiting. Patient not taking: Reported on 7/2/2026

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles

Date 08/18/2026