Home Health Certification and Plan of Care

Order ID: 1150/21381

1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
43101494600	08/15/2026	From: 08/15/2026 To: 10/13/2026	28907	217058

6. Patient's Name and Address

Andrew Dale
4704 Green Spring Ave Apt B3,
BALTIMORE, MD 21209-
667-504-4313

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 07/29/1960 | **9.Sex** Male

11. ICD	Principal Diagnosis	Date
T82.392D	Mech compl of femoral arterial graft (bypass) subs encntr	08/15/26

13. ICD	Other Pertinent Diagnoses	Date
I70.202	Unsp athscl native arteries of extremities left leg	08/15/26
T81.41XD	Infct fol a proc superfic incisional surgical site subs	08/15/26
T81.31XD	Disruption of external operation (surgical) wound NEC subs	08/15/26
E11.51	Type 2 diabetes w diabetic peripheral angiopath w/o gangrene	08/15/26
I10.	Essential (primary) hypertension	08/15/26
I25.10	Athscl heart disease of native coronary artery w/o ang pctrs	08/15/26
J44.9	Chronic obstructive pulmonary disease unspecified	08/15/26
E11.40	Type 2 diabetes mellitus with diabetic neuropathy unsp	08/15/26
E78.5	Hyperlipidemia unspecified	08/15/26
K21.9	Gastro-esophageal reflux disease without esophagitis	08/15/26
D63.8	Anemia in other chronic diseases classified elsewhere	08/15/26
E55.9	Vitamin D deficiency unspecified	08/15/26
B20.	Human immunodeficiency virus [HIV] disease	08/15/26
F17.210	Nicotine dependence cigarettes uncomplicated	08/15/26
Z95.5	Presence of coronary angioplasty implant and graft	08/15/26
Z95.1	Presence of aortocoronary bypass graft	08/15/26
Z79.01	Long term (current) use of anticoagulants	08/15/26
Z79.82	Long term (current) use of aspirin	08/15/26

10. Medications: Dose/Frequency/Route (N)ew (C)hanged

ACETAMINOPHEN 500 mg/tablet / Give 2 tablet by mouth every 8 hours as needed for PAIN (1-5) do not exceed 4g daily
ASPIRIN Delayed Release 81 MG / 1 Tablet by mouth one time a day for CAD
Atorvastatin Calcium - Atorvastatin Calcium 80 MG / 1 Tablet by mouth at bedtime for HYPERLIPIDEMIA
Biktarvy (Bictegravir-Emtricitabine-Tenofovir Alafenamide Fumarate) 50-200-25 MG / 1 Tablet by mouth once a day for HIV
CARVEDILOL 6.25 MG / 1 Tablet by mouth two times a day for HYPERTENSION Hold for SBP <110 or HR <60
Budesonide-Formoterol Fumarate Inhalation Aerosol 160-4.5 MCG/ACT / Inhale 2 puff by mouth twice a day for COPD
Cholecalciferol 25 MCG (1000 UT)/tablet / Give 2 tablet by mouth once a day for Vit D3 DEFICIENCY (2000 units)
METHOCARBAMOL 500 MG / 1 Tablet by mouth every 8 hours as needed for MUSCLE SPASM
NIFEDIPINE Extended Release 24 Hour 60 MG / 1 Tablet by mouth one time a day for HYPERTENSION Hold for SBP <110 or HR <60
Oxycodone Hydrochloride - Oxycodone Hydrochloride 10 MG / 1 Tablet by mouth every 4 hours as needed for pain
Pantoprazole Sodium - Pantoprazole Sodium Delayed Release 40 MG / 1 Tablet by mouth one time a day for GERD
Polyethylene Glycol 3350 - Polyethylene Glycol 3350 Powder / Give 17 gram by mouth one time a day for BOWEL REGIMEN Mix with 120ml-240ml of water or juice prior to administration
PREGABALIN 150 MG / 1 Capsule by mouth two times a day for neuropathy
Senna-Docusate Sodium Oral Tablet (Sennosides-Docusate Sodium) 8.6-50 MG / 1 Tablet by mouth two times a day for BOWEL REGIMEN
SILDENAFIL CITRATE 50 MG / 1 Tablet by mouth every 24 hours as needed for erectile dysfunction
Theragran-M Give 1 tablet by mouth once a day for Supplement
INCRUSE ELLIPTA 0 Inhalation Aerosol Powder Breath Activated 62.5 MCG/ACT / Inhale 1 puff by mouth one time a day for COPD
Narcan - Naloxone Hydrochloride Nasal Liquid 4 MG/0.1ML / 1 spray nostril as needed for SUSPECTED OPIOID OVERDOSE Give a second dose after 2 to 3 minutes if the resident has not woken up or breathing is not improved. Alternate nostrils with each dose.

14. DME and Supplies:

wound care supplies, cane, walker, wheelchair, 4 wheeled walker

15. Safety Measures:

fall precautions, medication safety, walker precautions, supervision at all times, standard precautions, infectious material management, bleeding precautions, bathroom safety, activity supervision, ambulates with assistance, ambulates with device

16. Nutrition:

low cholesterol, diabetic, low sodium

17. Allergies:

linezolid vancomycin zidovudine

18.A. Functional Limitations

Ambulation, Endurance

18.B. Activities Permitted

Walker, Cane, Up As Tolerated

19. Mental & Pyschosocial Status: COGNITION: 1. Requires prompting (cuing, repetition, reminders) only under stressful or unfamiliar conditions., ANXIETY: 1. In new or complex situations only, 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: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities., MOBILITY: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities.

22.B.Discharge Plans

patient will be responsible for managing treatment

Homebound status:

Due to diagnosis of Mechanical complication of femoral arterial graft (bypass), subsequent encounter, 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

23. Signature and Date of Verbal SOC Where Applicable:

Electronically Signed by Messick, Charles RN on 08/15/2026

25. Date HHA Received Signed POT

24. Physician's Name and Address

Gregory Lucas
600 N Wolfe St
Baltimore, MD 21287
PHONE: 4109551725 FAX: 14109557733 NPI: 1093751810

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 : 07/15/2026

27. Attending Physician's Signature and Date Signed : 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.

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Clinical Condition Requiring Homecare:

Patient is a 65-year-old male admitted to skilled home health services following recent aortocoronary bypass surgery, with orders for SN, PT, and OT due to postoperative wound care needs, impaired mobility, and decreased functional independence. PMH includes hyperlipidemia, hypertension, acute thrombosis, vitamin D deficiency, type 2 diabetes mellitus, COPD, neuropathy, atherosclerotic heart disease, GERD, HIV, long-term anticoagulation and aspirin use, and history of nicotine use. Patient is alert and oriented x2-3, with friends, neighbors, and aide Tina involved in his care. Medications were reviewed individually, including indications and potential side effects; Xarelto was not available in the home, and caregiver will contact the pharmacy for a refill. Patient has a postoperative wound to the left lower leg following bypass surgery; the wound VAC was recently removed, and the wound bed is pink/red with moderate bloody drainage and no odor. The lower-leg wound measures approximately 9 7.5 cm, with an inner-leg surgical incision measuring 19.5 2.75 cm. No specific wound care orders were available other than the prior wound VAC order; patient was recently seen by vascular surgery and provided with dressing supplies, with follow-up and Doppler scheduled. Patient reports pain of 4/10 and continues to smoke cigarettes. He denies falls, urinary discomfort, cough, or abnormal bleeding and reports sleeping well. Patient ambulates with a cane or rollator and has a walker and wheelchair available for safety. PT evaluation revealed bilateral lower-extremity weakness (3-/5), impaired balance, and decreased functional mobility, requiring minimal assistance for transfers and short-distance ambulation with a rolling walker and verbal cues for posture. Skilled SN is indicated for postoperative wound management, medication education, and disease monitoring, while skilled PT/OT are necessary to improve strength, balance, mobility, ADL performance, and safety, with the goal of maximizing independence and returning toward prior level of function. Patient is homebound due to postoperative limitations, need for supervision and assistive devices, and the taxing effort required to leave the home.<o:p></o:p>   Date of Order<o:p></o:p> 08/15/2026<o:p></o:p> Physician Face-to-Face Date: 07/15/2026<o:p></o:p> Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat dx: Mechanical complication of femoral arterial graft (bypass), subsequent encounter<o:p></o:p> Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home<o:p></o:p>   1 - SOC - SN Notes:<o:p></o:p> PT Eval Notes:<o:p></o:p> Physician: Lucas, Gregory

SN Careplans

SN WK1: 1 (08/15/26-08/15/26) ,WK2: 1 (08/16/26-08/22/26)

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: 2. Non-agency caregiver(s) need training/supportive services to provide assistance

HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications

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; 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 ; 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

SN Goals

PATIENT-STATED GOAL: For wound to heal

GOALS
patient/caregiver recalls
* how to achieve wound healing including cleaning and dressing wound
* position changes
* skin care
* diet modification
* record wound measurements
* recalls related medication(s) purpose, schedule

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

patient self-administers medications as prescribed
* recalls related medication(s) purpose, schedule

caregiver performs medical/rehabilitation treatments with adequate competence

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

patient is adequately supervised

meal preparation is available to patient for all meals

caregiver administers and/or packages medications appropriately

Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	08/15/2026

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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.

Need to obtain current wound care orders. Wound size 9x7.5 lower left leg and inner leg incision site 19.5x2.75cm. Supplies to order mepilex border gauze, kerlix, medium gloves, wound cleanse post op sponge 4x3, leg sleeve and aquacel.
Advance Directive:Na

PROBLEMS IDENTIFIED ON ASSESSMENT: M2102d - Caregiver Performs Treatment, M2102c - Med Admin, meal preparation, M2102f - Patient Supervision, M2020 - Oral Med Management, abnormal blood pressure, M1400 - Dyspnea, abn cholesterol > 200 mg/dL, abnormal BS < 70/140 > mg/dL, heartburn/indigestion, frequent urination, limited endurance, muscle weakness, limited range of motion, Pain Effect on Sleep, Pain Interference with Therapy activities, Pain Interference with ADLs, balance deficit, swell/redness surround. skin, red/tender pressure points, #1 - Observable Surgical Wound - Anterior Left Below Knee - , #2 - Observable Surgical Wound - Other - Inner left leg -

PROCEDURES: physician-ordered wound care: #2 - Observable Surgical Wound - Other - Inner left leg -: Need to obtain current wound care orders. Wound size 9x7.5 lower left leg and inner leg incision site 19.5x2.75cm. Supplies to order mepilex border gauze, kerlix, medium gloves, wound cleanse post op sponge 4x3, leg sleeve and aquacel., physician-ordered wound care: #1 - Observable Surgical Wound - Anterior Left Below Knee -: Need to obtain current wound care orders. Wound size 9x7.5 lower left leg and inner leg incision site 19.5x2.75cm. Supplies to order mepilex border gauze, kerlix, medium gloves, wound cleanse post op sponge 4x3, leg sleeve and aquacel., cough/deep breathing exercises, apply anti-embolitic stockings, train caregiver(s) to perform medical/rehabilitation treatments, monitor intake & output, teach/coordinate/arrange medication packaging and/or administration, coordinate/arrange for adequate patient supervision, coordinate/arrange preparation of missing 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, * how to achieve wound healing including cleaning and dressing wound position changes skin care diet modification record wound measurements, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, patient is adequately supervised, meal preparation is available to patient for all meals, caregiver administers and/or packages medications appropriately, caregiver performs medical/rehabilitation treatments with adequate competence

PT Careplans

PT WK2: 1 (08/16/26-08/22/26)

PROBLEMS IDENTIFIED ON ASSESSMENT: GG0170G1 - Car Transfer, GG0130H1 - Don/Doff Footwear, GG0130G1 - Lower Body Dressing, GG0130F1 - Upper Body Dressing, GG0130E1 - Shower/Bathe Self, GG0130C1 - Toileting Hygiene, GG0130B1 - Oral Hygiene, GG0170L1 - Walk 10 ft on Uneven Surface, GG0170E1 - Chair to Bed to Chair, GG0170D1 - Sit to Stand, GG0170P1 - Picking Up Object, GG0170O1 - 12 Steps, GG0170N1 - 4 Steps, GG0170M1 - 1 - Step (curb), GG0170K1 - Walk 150 Feet, GG0170J1 - Walk 50 ft with 2 Turns, GG0170I1 - Walk 10 Feet, GG0170F1 - Toilet Transfer

PROCEDURES: Medication Review: - medications reviewed with patient/caregiver, home exercise program: Review HEP: seated knee ext, hip flex, hip abd, quad sets, gluteal squeezes, ankle pumps at least 1x10. Once tolerated, upgrade to standing heel/ toe raises, knee flex, hip flex, hip abd at least 1x10 with UE support as needed. Upgrade as tolerated, equipment training, work simplification/energy conservation, gait training/stair training, transfers training

TEACH PATIENT/CAREGIVER: Sit to Stand - 05. Setup or clean-up assistance, Chair to Bed to Chair - 05. Setup or clean-up assistance, Toilet Transfer - 05. Setup or clean-up assistance, Walk 10 Feet - 04. Supervision or touching assistance, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Walk 150 Feet - 04. Supervision or touching assistance, 1 - Step (curb) - 04. Supervision or touching assistance, Picking Up Object - 04. Supervision or touching assistance, Car Transfer - 05. Setup or clean-up assistance, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Oral Hygiene - 05. Setup or clean-up assistance, Toileting Hygiene - 05. Setup or clean-up assistance, Upper Body Dressing - 05. Setup or clean-up assistance, Lower Body Dressing - 05. Setup or clean-up assistance, Don/Doff Footwear - 05. Setup or clean-up assistance

PT Goals

PATIENT-STATED GOAL: To be able to walk without pain

GOALS
Sit to Stand - 05. Setup or clean-up assistance

Chair to Bed to Chair - 05. Setup or clean-up assistance

Toilet Transfer - 05. Setup or clean-up assistance

Walk 10 Feet - 04. Supervision or touching assistance

Walk 50 ft with 2 Turns - 04. Supervision or touching assistance

Walk 150 Feet - 04. Supervision or touching assistance

1 - Step (curb) - 04. Supervision or touching assistance

Picking Up Object - 04. Supervision or touching assistance

Car Transfer - 05. Setup or clean-up assistance

Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance

Oral Hygiene - 05. Setup or clean-up assistance

Toileting Hygiene - 05. Setup or clean-up assistance

Upper Body Dressing - 05. Setup or clean-up assistance

Lower Body Dressing - 05. Setup or clean-up assistance

Don/Doff Footwear - 05. Setup or clean-up assistance

Signature of Physician:	Date
	PAGE 3 of 3
Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	08/15/2026