

Medical Update for PEGGY DAY DOB: 08/15/1936

Date Order Created: 08/31/2026

Order ID: 1195/1078

Agency Assigned Id: 577

Certification Period: 08/20/2026 to 10/18/2026

Evergreen Home Health 239350
403 W Main Street Suite A1
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Orders:

08/04/2026 Problems : STEMI involving oth coronary artery of inferior wall (I21.19)
Paroxysmal atrial fibrillation (I48.0)
Essential (primary) hypertension (I10.)
Hyperlipidemia, unspecified (E78.5)
Age-related osteoporosis w/o current pathological fracture (M81.0)
Sleep apnea, unspecified (G47.30)
Encntr for surgical after following surgery on the circ sys (Z48.812)
Primary osteoarthritis, right hand (M19.041)
Contusion of left upper arm, subsequent encounter (S40.022D)
Obstructive sleep apnea (adult) (pediatric) (G47.33)
Polyneuropathy, unspecified (G62.9)
Body mass index [BMI] 21.0-21.9, adult (Z68.21)
Abnormal weight loss (R63.4)
Presence of coronary angioplasty implant and graft (Z95.5)
Long term (current) use of antithrombotics/antiplatelets (Z79.02)
Long term (current) use of anticoagulants (Z79.01)
Personal history of malignant neoplasm of breast (Z85.3)
Acquired absence of both cervix and uterus (Z90.710)
Presence of other cardiac implants and grafts (Z95.818)
Personal history of other venous thrombosis and embolism (Z86.718)
Acquired absence of other specified parts of digestive tract (Z90.49)
Acquired absence of other organs (Z90.89)
Personal history of malignant melanoma of skin (Z85.820)
Presence of artificial knee joint, bilateral (Z96.653)
limited endurance

08/27/2026 parameters for physician notification: temperature < 94 > 101.0, heart rate < 50 > 100, respiratory rate < 12 > 20, blood pressure systolic < 90 > 150, blood pressure diastolic < 60 > 100, O2 saturation < 90 > 100, pain < 0 > 7

08/04/2026 patient_goal: (In patient's Own Words): increased strength and mobility and no longer use walker, Target Date: 10/18/2026,

08/26/2026 procedure: cough/deep breathing exercises, Notes: , incentive spirometer, Notes: ,

08/04/2026 teach: lifestyle modifications to manage cardiac condition including symptom management, diet changes, regular exercise, getting enough sleep, Target Date: 10/18/2026, 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: 10/18/2026, low cholesterol dietary guidelines, Target Date: 10/18/2026, how to take the patient's blood pressure and record the reading, Target Date: 10/18/2026, 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: 10/18/2026, how to manage sleep disorder including changes to daytime habits and bedtime routine, maintaining a journal to track sleep patterns, Target Date: 10/18/2026, urinary

incontinence management including bladder training, Kegel exercises, skin care, Target Date: 10/18/2026, strategies to minimize fatigue and exhaustion including work simplification, energy conservation, lifestyle changes and diet, Target Date: 10/18/2026, how to manage inflammatory process and optimize mobility with active and passive range of motion exercises, fluid and diet intake to promote healing and prevent constipation, home safety, Target Date: 10/18/2026, diet and weight-bearing exercises to promote bone healing and strengthening, fluids to prevent constipation, home safety, pain control, Target Date: 10/18/2026, pain control, therapeutic exercises to optimize range of motion of affected area, diet and fluids to promote healing, Target Date: 10/18/2026, how to keep home safe for hearing-impaired including installing special fire-detector/CO2 alarms, Target Date: 10/18/2026, teach patient how to self-administer medications as prescribed, Target Date: 10/18/2026, related medication(s) purpose and schedule, Target Date: 10/18/2026, symptoms requiring physician notification, Target Date: 10/18/2026, strategies to increase caloric intake, Target Date: 10/18/2026,

08/04/2026 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: 10/18/2026, patient/caregiver recalls*
- * urinary incontinence management including bladder training*
- * Kegel exercises*
- * skin care*
- * recalls related medication(s) purpose, schedule, Target Date: 10/18/2026, patient/caregiver recalls*
- * strategies to minimize fatigue and exhaustion including work simplification*
- * energy conservation*
- * lifestyle changes*
- * diet*
- * recalls related medication(s) purpose, schedule, Target Date: 10/18/2026, patient's transportation needs are met, Target Date: 10/18/2026, patient/caregiver recalls*
- * lifestyle modifications to manage cardiac condition including symptom management*
- * diet changes*
- * regular exercise*
- * getting enough sleep*
- * recalls related medication(s) purpose, schedule, Target Date: 10/18/2026,*

08/04/2026 discharge_plan: patient will be responsible for managing treatment, Target Date: 10/18/2026,

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Physician Signature _____ Date _____

Staff Signature: Electronically Signed by LUBELAN, SAMANTHA Date 08/31/2026