

## Medical Update for Lois Freeman DOB: 06/07/1952

**Date Order Created:** 09/09/2026

**Order ID:** 1150/21815

**Agency Assigned Id:** 28705

**Certification Period:** 08/06/2026 to 10/04/2026

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### Orders:

Authorization changes of OT skill Total Visits: 3 and Visit Freq: WK3: 1 (08/16/26-08/22/26),WK4: 1 (08/23/26-08/29/26),WK5: 1 (08/30/26-09/05/26)

Authorization changes of SN skill Total Visits: 4 and Visit Freq: WK1: 1 (08/06/26-08/08/26),WK2: 1 (08/09/26-08/15/26),WK3: 1 (08/16/26-08/22/26),WK4: 1 (08/23/26-08/29/26)

Authorization changes of PT skill Total Visits: 4 and Visit Freq: WK1: 1 (08/06/26-08/08/26),WK2: 1 (08/09/26-08/15/26),WK4: 1 (08/23/26-08/29/26),WK5: 1 (08/30/26-09/05/26)

08/18/2026 Problems : GG0170P1 - Picking Up Object

GG0130F1 - Upper Body Dressing

GG0130A1 - Eating

GG0130H1 - Don/Doff Footwear

GG0130G1 - Lower 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

GG0170G1 - Car Transfer

Pain Effect on Sleep

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

GG0170D1 - Sit to Stand

M1400 - Dyspnea

Pain Interference with ADLs

08/18/2026 patient\_goal: Patient wants to get stronger, Target Date: 10/04/2026,

08/13/2026 procedure: cough/deep breathing exercises, Notes: , train caregiver(s) to perform medical/rehabilitation treatments, Notes: , coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, Notes: , monitor intake & output, Notes: , bladder training, Notes: , coordinate/arrange long-term socialization activities, Notes: , equipment training, Notes: , work simplification/energy conservation, Notes: , gait training/stair training, Notes: , transfers training, Notes: , cough/deep breathing exercises, Notes: , Patient/caregiver recalls related purpose and schedule of medications, Notes: Medication Review, Transfer training, Notes: Sit to stand transfer and toilet transfers, therapeutic exercises, Notes: Using dumbbells or therabands to perform bilateral upper extremity muscle strength exercises and Arom exercises,

08/13/2026 teach: prescribed dietary modifications, monitoring intake and output, monitoring weight loss or weight gain, monitor changes in neurological status, Target Date: 10/04/2026, 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: 10/04/2026, 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: 10/04/2026, therapeutic exercises, Target Date: 10/04/2026, therapeutic modalities, Target Date: 10/04/2026, equipment training, Target Date: 10/04/2026, work simplification/energy conservation, Target Date: 10/04/2026, related medication(s) purpose and schedule, Target Date: 10/04/2026, symptoms requiring physician notification, Target Date: 10/04/2026,

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: 10/04/2026, 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: 10/04/2026: DISCONTINUED, patient self-administers medications as prescribed
- \* recalls related medication(s) purpose, schedule, Target Date: 10/04/2026: DISCONTINUED, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 10/04/2026: DISCONTINUED, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 10/04/2026: DISCONTINUED, Toilet Transfer - 05. Setup or clean-up assistance, Target Date: 10/04/2026: DISCONTINUED, Walk 10 Feet - 04. Supervision or touching assistance, Target Date: 10/04/2026: DISCONTINUED, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Target Date: 10/04/2026: DISCONTINUED, Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 10/04/2026: DISCONTINUED, 1 - Step (curb) - 04. Supervision or touching assistance, Target Date: 10/04/2026: DISCONTINUED, Picking Up Object - 04. Supervision or touching assistance, Target Date: 10/04/2026, Car Transfer - 05. Setup or clean-up assistance, Target Date: 10/04/2026, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance, Target Date: 10/04/2026: DISCONTINUED, 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: 10/04/2026, 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: 10/04/2026, Oral Hygiene - 06. Independent, Target Date: 10/04/2026: DISCONTINUED, Toileting Hygiene - 06. Independent, Target Date: 10/04/2026: DISCONTINUED, Shower/Bathe Self - 02. Substantial/maximal assistance, Target Date: 10/04/2026: DISCONTINUED, Lower Body Dressing - 06. Independent, Target Date: 10/04/2026: DISCONTINUED, Don/Doff Footwear - 06. Independent, Target Date: 10/04/2026, Eating - 06. Independent, Target Date: 10/04/2026: DISCONTINUED, Upper Body Dressing - 06. Independent, Target Date: 10/04/2026: DISCONTINUED, Patient will demonstrate improved right upper extremity muscle strength from 3+/5 mmt to 4+/5 mmt to improve Adls and transfers safely, Target Date: 10/04/2026, Patient will demonstrate improve left shoulder flexion from 90 degs to 105 degs to improve adls, Target Date: 10/04/2026,

08/18/2026 discharge\_plan: family/caregiver will be responsible for managing treatment, Target Date: 10/04/2026,

09/09/2026 Medications: HYDRALAZINE 100 MG / 1 Tablet by mouth three times a day  
PROCRT 10,000 units/ml / Take 10,000 unit(s) subcutaneous once a week 10,009units per ml  
Take 1ml, every Friday  
Wegovy 25 mg by mouth once a day Kidney protection also with weight loss  
Increased dose to 9mg July 1.

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles      Date 09/10/2026