

FAX COVER PAGE



Date: 08/17/2026

To:

Anita Tammara , MD

From:

HomeCentris Healthcare LLC
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284

Phone: 410-321-8448

Fax: 410-559-3002

Subject:

2nd Request

Memo:

Please review the attached document.

URGENT: Please review and respond to this fax transmission promptly.

Home Health Certification and Plan of Care				Order ID: 1150/20700	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
7AQ5UR3MJ60		07/20/2026		From: 07/20/2026 To: 09/17/2026	
				4. Medical Record No.	
				27793	
				5. Provider No.	
				217058	
6. Patient's Name and Address				7. Provider's Name, Address and Telephone Number	
Elizabeth Hall				HomeCentris Healthcare LLC	
1315 Chesaco Avenue Apt 114,				10 Crossroads Drive, Suite 102	
Rosedale, MD 21237-				Owings Mills, MD 21117-8284	
4435965974				410-321-8448	
				1487113239	
8. DOB				9. Sex	
05/26/1947				Female	
11. ICD		Principal Diagnosis		Date	
I70.292		Oth athscl native arteries of extremities left leg		07/20/26	
13. ICD		Other Pertinent Diagnoses		Date	
I69.320		Aphasia following cerebral infarction		07/20/26	
I13.0		Hyp hrt & chr kdny dis w hrt fail and stg 1-4/unspr chr kdny		07/20/26	
I50.30		Unspecified diastolic (congestive) heart failure		07/20/26	
N18.30		Chronic kidney disease stage 3 unspecified		07/20/26	
I48.20		Chronic atrial fibrillation unspecified		07/20/26	
F41.9		Anxiety disorder unspecified		07/20/26	
E78.5		Hyperlipidemia unspecified		07/20/26	
F51.01		Primary insomnia		07/20/26	
Z79.01		Long term (current) use of anticoagulants		07/20/26	
Z86.718		Personal history of other venous thrombosis and embolism		07/20/26	
10. Medications: Dose/Frequency/Route (N)ew (C)hanged					
				Tylenol Es - Acetaminophen 500 mg/tablet / Give 2 tablet by mouth every 8 hours as needed for pain	
				Atorvastatin Calcium - Atorvastatin Calcium 40 MG / 1 Tablet by mouth at bedtime for hyperlipidemia	
				Dabigatran Etxilate Mesylate 150 MG / 1 Capsule by mouth twice a day for Afib/recurrent LLE DVT's	
				DIGOXIN 125 MCG / 1 Tablet by mouth one time a day for heart failure. Hold if <60	
				Diltiazem Hydrochloride - Diltiazem Hydrochloride 90 MG / 1 Tablet by mouth in the morning for HTN HOLD FOR SBP <110 OR HR <60	
				Hydroxyzine Hydrochloride - Hydroxyzine Hydrochloride 25 MG tablet by mouth in the evening for ANXIETY	
				MELATONIN 3 MG / 1 Tablet by mouth once a day every 24 hours as needed for insomnia give at hs	
				Metoprolol Tartrate - Metoprolol Tartrate 50 MG / 1 Tablet by mouth two times a day for HTN hold Sbp less than 110 and heart rate less than 50	
				MIRALAX Powder 17GM/SCOOP / Give 1 scoop by mouth every 24 hours as needed for Bowel Regimen Dissolve in 4oz of water; hold for loose stools	
				Tramadol Hcl - Tramadol Hydrochloride 50 MG / 1 Tablet by mouth every 8 hours as needed for pain 7-10	
				Senna S - Senna 8.6-50 MG / 1 Tablet by mouth twice a day for bowel regimen Hold for loose stools	
				Naloxone Hcl - Naloxone Hydrochloride Nasal Liquid 4 MG/0.1ML / 1 spray nasal as necessary every 3 minutes for suspected opioid overdose 1 spray in nostril every 3 minutes as needed for overdose may repeat in alternating nostrils every 3 minutes until Coherent. Call 911, continue until paramedics arrive. Notify provider	
				Dulcolax - Bisacodyl Suppository 10 MG / Insert 1 suppository rectally every 24 hours as needed for promote bm if miralax ineffective	
14. DME and Supplies:				15. Safety Measures:	
wound care supplies, bath bench, hand held shower, grab bars				smoke detectors , medication safety, fall precautions, bleeding precautions, transfer with assist, medical alert/lifeline, emergency phone # clearly displayed, ambulates with assistance, standard precautions, hand rails, cardiac precautions, bathroom safety, anticoagulant precautions, activity supervision	
16. Nutrition:				17. Allergies:	
Z. NO PHYSICIAN-ORDERED DIET				no known allergies	
18.A. Functional Limitations				18.B. Activities Permitted	
Endurance, Bowel/Bladder Incontinence, Ambulation!Dyspnea With Minimal Exertion				Exercises Prescribed, Up As Tolerated	
19. Mental & Pyschosocial Status:				COGNITION: 2. Requires assistance and some direction in specific situations (for example, on all tasks involving shifting of attention) or consistently requires low stimulus environment due to distractibility, ANXIETY: 1. In new or complex situations only, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: Yes	
20. Prognosis:				Fair	
22. A Rehabilitation Potential:				22.B.Discharge Plans	
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.				family/caregiver will be responsible for managing treatment patient will be responsible for managing treatment	
Homebound status:				Due to diagnosis of Other atherosclerosis of native arteries of extremities, left leg, 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.	
Clinical Condition Requiring Homecare:				<div>The patient is a 79-year-old female with a past medical history significant for chronic atrial fibrillation, heart failure with preserved ejection fraction (HFpEF), chronic kidney disease stage 3, peripheral arterial disease (PAD), and a prior left middle cerebral artery (MCA) stroke. The patient was assessed during today's skilled nursing visit and was found to be clinically stable with no acute distress observed. Vital signs were obtained and remained within acceptable parameters. The patient denied chest pain, shortness of breath at rest, dizziness, or any other acute complaints. A comprehensive nursing assessment and cardiovascular assessment were completed without complications. A thorough skin assessment revealed that the previously documented left lower extremity ulcer has completely healed with intact skin. No open wounds, drainage, erythema, signs of infection, or new pressure injuries were identified. Preventive skin care measures were reinforced, and continued skin surveillance remains part of the patient's ongoing plan of care. Medication reconciliation was completed, and the patient's medication regimen was reviewed with the patient and caregiver. The patient reported adherence to all prescribed medications without adverse effects. Education was provided regarding medication compliance, recognition of signs and symptoms of worsening heart failure and stroke, <hility is-highlighty="true" role="mark" data-hility="93032137-0230-4c13-a00b-e29ab027a8f4" data-hility-name="bleeding precautions" data-hility-match="highlight-pass-53:1" data-decoration-type="background" style="--decoration-thickness: auto;">bleeding precautions</hility> associated with anticoagulation therapy for atrial fibrillation when applicable, and indications for notifying the physician. Additional teaching included reinforcement of a low-sodium diet, prescribed fluid management, chronic kidney disease-friendly dietary recommendations, daily weight monitoring, edema surveillance, fall prevention, infection prevention, and recognition of emergency symptoms requiring immediate medical attention. The plan is to continue skilled nursing services for ongoing cardiovascular assessment and monitoring, renal status monitoring, medication management and education, continued skin surveillance and preventive skin care, reinforcement of disease process management related to atrial fibrillation, HFpEF, chronic kidney disease, peripheral arterial disease, and prior stroke, as well as coordination of care with the primary care provider and specialists as indicated. The patient remained clinically stable throughout the visit and tolerated the	
23. Signature and Date of Verbal SOC Where Applicable:				25. Date HHA Received Signed POT	
Electronically Signed by Messick, Charles RN on 07/20/2026					
24. Physician's Name and Address				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.	
Anita Tammara				F2F date : 07/06/2026	
9000 Franklin Square Dr					
Baltimore, MD 21237					
PHONE: 4437778300 FAX: 18665095858 NPI: 1578851986					
27. Attending Physician's Signature and Date Signed				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.	
07/28/2026 Date of physician last face-to-face					
				PAGE 1 of 3	

Signature of Physician:	Date
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Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	07/20/2026

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patient/caregiver. Notify the physician of increased drainage, foul odor, increased redness, warmth, swelling, worsening pain, fever, wound deterioration, or lack of healing. Encourage adequate nutrition, hydration, and pressure/offloading measures as appropriate to promote wound healing., cough/deep breathing exercises, incentive spirometer, coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, monitor intake & output, teach/coordinate/arrange medication packaging and/or administration 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 keep home safe for patient with dementia coping strategies for the caregiver*, related medication(s) purpose, schedule, * depression-prevention strategies including avoidance of isolation healthy eating sleeping habits identification of activities that bring pleasure preventive care, 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, * prevention including increase fluid intake increase Vitamin C intake to promote acidic bladder environment (cranberry juice) perineal hygiene, related medication(s) purpose, schedule, * urinary incontinence management including bladder training Kegel exercises skin care, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, caregiver administers and/or packages medications appropriately	OT Careplans OT WK1: 1 (07/17/26-07/18/26) PROBLEMS IDENTIFIED ON ASSESSMENT: M1400 - Dyspnea, GG0170O1 - 12 Steps, GG0130F1 - Upper Body Dressing, GG0130A1 - Eating, GG0130H1 - Don/Doff Footwear, GG0130G1 - Lower Body Dressing, GG0130E1 - Shower/Bathe Self, GG0130C1 - Toileting Hygiene, GG0130B1 - Oral Hygiene, GG0170E1 - Chair to Bed to Chair, GG0170P1 - Picking Up Object, GG0170N1 - 4 Steps, GG0170M1 - 1 - Step (curb), GG0170L1 - Walk 10 ft on Uneven Surface, GG0170K1 - Walk 150 Feet, GG0170J1 - Walk 50 ft with 2 Turns, GG0170I1 - Walk 10 Feet, GG0170G1 - Car Transfer, GG0170F1 - Toilet Transfer, GG0170D1 - Sit to Stand 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, Chair to Bed to Chair - 06. Independent, Sit to Stand - 06. Independent, Toilet Transfer - 06. Independent, Car Transfer - 06. Independent, Walk 10 Feet - 06. Independent, Walk 50 ft with 2 Turns - 06. Independent, Walk 150 Feet - 06. Independent, Walk 10 ft on Uneven Surface - 06. Independent, 1 - Step (curb) - 06. Independent, 4 Steps - 06. Independent, 12 Steps - 06. Independent, Picking Up Object - 06. Independent, Oral Hygiene - 06. Independent, Toileting Hygiene - 06. Independent, Shower/Bathe Self - 05. Setup or clean-up assistance, Lower Body Dressing - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Upper Body Dressing - 06. Independent	OT Goals PATIENT-STATED GOAL: Evaluation only GOALS Chair to Bed to Chair - 06. Independent Toilet Transfer - 06. Independent Shower/Bathe Self - 05. Setup or clean-up assistance 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 Sit to Stand - 06. Independent Car Transfer - 06. Independent Walk 10 Feet - 06. Independent Walk 50 ft with 2 Turns - 06. Independent Walk 150 Feet - 06. Independent Walk 10 ft on Uneven Surface - 06. Independent 1 - Step (curb) - 06. Independent 4 Steps - 06. Independent 12 Steps - 06. Independent Picking Up Object - 06. Independent Oral Hygiene - 06. Independent Toileting Hygiene - 06. Independent Lower Body Dressing - 06. Independent Don/Doff Footwear - 06. Independent Eating - 06. Independent Upper Body Dressing - 06. Independent
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Signature of Physician:	Date
	PAGE 3 of 3
Optional Name/Signature of Nurse/Therapist:	Date
Electronically Signed by Messick, Charles RN	07/20/2026