

Home Health Certification and Plan of Care				Order ID: 1150/19216
1. Patient s HI claim No.	2. Start Of Care Date	3. Certification Period	4. Medical Record No.	5. Provider No.
56216048	06/03/2026	From: 06/03/2026 To: 08/01/2026	18534	217058
6. Patient's Name and Address Esteban Sandrino 711 Kent Ave, CATONSVILLE, MD 21228- 410-949-4565			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	12/26/1962	9. Sex	Male	10. Medications: Dose/Frequency/Route (N)ew (C)hanged
11. ICD	Principal Diagnosis	Date		
Z47.1	Aftercare following joint replacement surgery	06/03/26		Tylenol - Acetaminophen 325 mg by mouth every 4-6 hours every 4 to 6 hours as needed for pain; maximum daily dose: 3250 mg daily
13. ICD	Other Pertinent Diagnoses	Date		Alvesco - Ciclesonide 0.16 mg/inh 160 mcg/actuation , Inhale 1 puff by mouth twice a day by mouth 2 times a day (controller inhaler)
Z96.652	Presence of left artificial knee joint	06/03/26		Norvasc - Amlodipine Besylate 5 mg, take 1 tablet by mouth once a day HTN
M17.11	Unilateral primary osteoarthritis right knee	06/03/26		Asa 81 Mg - Aspirin 81MG; 1 TAB by mouth twice a day POST LEFT KNEE REPLACEMENT
I10.	Essential (primary) hypertension	06/03/26		Lipitor - Atorvastatin Calcium eq 40 mg base 40 mg, take 1 tablet by mouth at bedtime CHOLESTEROL
E78.5	Hyperlipidemia unspecified	06/03/26		Zyrtec - Cetirizine Hydrochloride 10 mg, take 1 tablet by mouth twice a day ALLERGIES
L40.9	Psoriasis unspecified	06/03/26		Colace - Docusate Sodium 1 CAP by mouth twice a day STOOL SOFTNER
N52.8	Other male erectile dysfunction	06/03/26		Cymbalta - Duloxetine Hydrochloride 30 mg 30 mg, take 1 capsule by mouth once a day ANTI-DEPRESSANT
H90.3	Sensorineural hearing loss bilateral	06/03/26		Hydrochlorothiazide - Hydrochlorothiazide 25 mg 25 mg, take 1 tablet by mouth once a day HTN
E55.9	Vitamin D deficiency unspecified	06/03/26		Meclizine - Meclizine Hydrochloride 25 mg, take 1 tablet by mouth three times a day Take 1 tablet by mouth 3 times a day as needed for dizziness
H04.123	Dry eye syndrome of bilateral lacrimal glands	06/03/26		Mobic - Meloxicam 15 mg 15 mg, take 1 tablet by mouth once a day OA
R73.03	Prediabetes	06/03/26		Singulair - Montelukast Sodium 10 mg, take 1 tablet by mouth in the evening Take 1 tablet by mouth every evening
Z86.0100	Personal history of colonic polyps	06/03/26		Prilosec - Omeprazole 20 mg 20 mg, take 1 capsule by mouth twice a day take 1 capsule orally twice per day; before breakfast and before dinner
				Revatio - Sildenafil Citrate 20 or 60 mg, take 1 or 3 tablet by mouth as necessary Take 1 or 3 tablets (20 or 60 mg) by mouth 1 hour prior to sexual activity. Do not exceed 1 dose (3 tablets) in 24 hours
				Protonix - Pantoprazole Sodium eq 40 mg base 40 mg, take 1 tablet by mouth once a day Take 1 tablet by mouth daily 30 to 60 minutes prior to a meal
				Mucinex Dm - Dextromethorphan Hydrobromide: Guaifenesin 30-600 mg by mouth every 12 hours One every 12 hours PRN Cough

23. Signature and Date of Verbal SOC Where Applicable: Electronically Signed by Messick, Charles RN on 06/03/2026		25. Date HHA Received Signed POT
24. Physician's Name and Address James Huang 8028 Ritchie Hwy Pasadena, MD 21122 PHONE: 410-737-5600 FAX: 14107375391 NPI: 1154567709		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 : 05/13/2026
27. Attending Physician's Signature and Date Signed 06/10/2026 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. PAGE 1 of 4

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Esteban Sandrino			HomeCentris Healthcare LLC		
711 Kent Ave,			10 Crossroads Drive, Suite 102		
CATONSVILLE, MD 21228-			Owings Mills, MD 21117-8284		
410-949-4565			410-321-8448		
			1487113239		
			and		
			Congestion		
			Oxycodone - Ibuprofen: Oxycodone Hydrochloride 5MG; 1 TAB by mouth		
			every 4 hours AS NEEDED FOR PAIN		
			Albuterol - Albuterol 90 mcg/actuation , Inhale 2 Puffs inhalant every 6 hours		
			Inhale 2		
			Puffs by		
			mouth every		
			6 hours as		
			needed for		
			wheezing		
			(rescue		
			inhaler)		
			Pulmicort - Budesonide 0.5 mg/2 mL Inhl NbSp inhalant twice a day Use 1		
			respule in 8		
			oz of Neil		
			Med		
			irrigation		
			twice a day		
			every day		
			until directed		
			otherwise by		
			Dr Aguilar		
			Astelín - Azelastine Hydrochloride 137mcg (0.1 %) Nasl Aero Spray, Use 1		
			Spray Nasal at bedtime Use 1 Spray		
			in each		
			nostril daily		
			at bedtime		
			Atrovent - Ipratropium Bromide 0.02 perc 21 mcg (0.03 %) Nasl Spray, Use		
			2 sprays Nasal twice a day Use 2		
			Sprays in		
			each nostril		
			2 times a		
			day		
			Loprox - Ciclopirox 0.77% apply to affected area topical twice a day Apply to		
			affected		
			area(s) 2		
			times a day		
			for		
			maintenance		
			Vectical - Calcitriol 3 mcg/gram, apply to affected area topical as necessary		
			apply to		
			affected		
			area on		
			weekdays		
			Temovate - Clobetasol Propionate 0.05% apply to affected area topical twice		
			a day Apply to		
			affected		
			area(s) 2		
			times a day		
			Up to 14		
			days per		
			month		
14. DME and Supplies:			15. Safety Measures:		
walker, cane, ICE MAN			standard precautions, knee precautions, fall precautions, ambulates with		
			device, walker precautions, medication safety, ambulates with assistance,		
			supervision at all times, transfer with assist, 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, Ambulation			Cane, Exercises Prescribed, Walker		
19. Mental & COGNITION: 0. Alert/ oriented, able to focus and shift attention, comprehends and recalls task directions independently., ANXIETY: 0. Never, SOCIAL ISOLATION: 0.					
Pyschosocial Status: Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: No					
20. Prognosis: good					
22. A Rehabilitation Potential:			22.B.Discharge Plans		
SELF-CARE: 3. Independent - Patient completed all the activities by			patient will be responsible for managing treatment		
Signature of Physician:			Date		
			PAGE 2 of 4		
Optional Name/Signature of Nurse/Therapist:			Date		
Electronically Signed by Messick, Charles RN			06/03/2026		

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him/herself, with or without an assistive device, with no assistance from a helper., MOBILITY: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities.				

Homebound status: After undergoing Left Total Knee Replacement surgery, 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:	<p class="MsoNoSpacing">Patient is a 63-year-old male admitted to home health services following left total knee arthroplasty (TKA) secondary to advanced bilateral knee osteoarthritis. Past medical history is significant for hypertension, hyperlipidemia, obesity, prediabetes, psoriasis, vitamin D deficiency, and chronic bilateral knee pain. Patient is alert and oriented 3 and reports left knee pain at 2/10, effectively managed with Tylenol, ice therapy, and use of TED stockings postoperatively. Patient denies shortness of breath, lung sounds are clear throughout, appetite is good, and no bowel movement has occurred since surgery. Left knee surgical dressing is intact with no concerns noted at this time. Patient presents with postoperative edema, decreased left knee range of motion and strength, antalgic gait, impaired transfers, reduced activity tolerance, and limited functional mobility requiring the use of an assistive device for ambulation and stair negotiation, contributing to increased fall risk and decline from prior level of function. Skilled nursing reviewed all medications, including dosages, frequency, side effects, pain management, and postoperative instructions, with patient and spouse verbalizing understanding. Skilled physical therapy is medically necessary to address range of motion, strengthening, gait mechanics, balance, transfer safety, pain management, and progression of functional mobility to maximize independence, promote safe recovery, and reduce the risk of complications or rehospitalization.</o:p></o:p></p> <p class="MsoNoSpacing"><o:p> </o:p></p> <p class="MsoNoSpacing">Date of Order<o:p></o:p></p> <p class="MsoNoSpacing">06/03/2026 Physician Face-to-Face Date: 05/13/2026 Clinical Condition Requiring Home Care per Certifying Physician: SN-pain control PT-eval & treat due to Left Total Knee Replacement surgery 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></p> <p class="MsoNoSpacing"> 1 - SOC - SN Notes: PT Eval Notes: <o:p></o:p></p> <p class="MsoNoSpacing">Physician: Huang, James</p>
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SN Careplans

SN WK1: 1 (06/03/26-06/06/26) ,WK2: 1 (06/07/26-06/13/26)

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: 1. Non-agency caregiver(s) currently provide assistance

HOSPITALIZATION RISKS: 7. Currently taking 5 or more medications, 9. Other risk(s) not listed in 1- 8

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; 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 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.

; 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 Advance Directive:No Advance Directive

PROBLEMS IDENTIFIED ON ASSESSMENT: M2020 - Oral Med Management, meal preparation, M1400 - Dyspnea, limited endurance, limited range of motion, limited strength, balance deficit, Pain Effect on Sleep, Pain Interference with ADLs, #1 - Observable Surgical Wound - Anterior Left Knee - CLOSED NO S/S OF INFECTION NOTED

PROCEDURES: cough/deep breathing exercises, incentive spirometer, physician-ordered wound care:

SN Goals

PATIENT-STATED GOAL: TO WALK BETTER

GOALS

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/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 self-administers medications as prescribed

- * recalls related medication(s) purpose, schedule

meal preparation is available to patient for all meals

Signature of Physician:	Date
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SN TO REMOVE LEFT KNEE DRESSING POST OP DAY 7					
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, patient self-administers medications as prescribed, related medication(s) purpose, schedule, meal preparation is available to patient for all meals					
PT Careplans PT WK1: 2 (06/03/26-06/06/26) ,WK2: 3 (06/07/26-06/13/26) ,WK3: 1 (06/14/26-06/20/26) PROBLEMS IDENTIFIED ON ASSESSMENT: 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, GG0170D1 - Sit to Stand, 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 PROCEDURES: B LE mm strengthening: 1, Medication Review-: Patient verbalized understanding of current prescriptions, dosages, and schedule. No reported issues with adherence, side effects, or confusion at this time., home exercise program: Ankle pumps, quad sets, glute sets, heel slides, partial squats, and seated/standing knee flexion and extension within tolerance. 10-15 reps ea. 1-2 set per day. Emphasis on improving right knee ROM, reducing stiffness, and promoting quadriceps activation. Patient instructed on proper technique, pacing, use of ice after exercises, and safe frequency throughout the day. Patient verbalized understanding and demonstrated good carryover., gait training/stair training, transfers training TEACH PATIENT/CAREGIVER: Sit to Stand - 06. Independent, Chair to Bed to Chair - 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 - 06. Independent, Lower Body Dressing - 06. Independent, Don/Doff Footwear - 06. Independent, Eating - 06. Independent, Upper Body Dressing - 06. Independent			PT Goals PATIENT-STATED GOAL: to have a successful post surgical outcome GOALS Chair to Bed to Chair - 06. Independent Toilet Transfer - 06. Independent 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 Shower/Bathe Self - 06. Independent Lower Body Dressing - 06. Independent Don/Doff Footwear - 06. Independent Eating - 06. Independent Upper Body Dressing - 06. Independent		

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