

HOME HEALTH CERTIFICATION AND PLAN OF CARE

Order ID 115022036

Patient Details				
Patient's HI Claim No. 42404359700	Start of Care Date 09/18/2025	Certification Period 09/13/2026 - 11/11/2026	Medical Record No. 17568	Provider No. 217058
Patient's Name and Address Ida Khazina 7601 Carla Road Pikesville, MD 21208		Gender Female	Date of Birth 01/12/1939	Phone Number 443-850-5615
		Email		Primary Language English
Clinical Profile				
Provider's Name HomeCentris Healthcare LLC		Address 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117		Phone Number 410-321-8448
NPI 1487113239				Fax Number 410-559-3002
Clinical Condition Requiring Homecare: The patient resides with cousins in a single-family ranch-style home without steps and currently sleeps in a queen-sized bed. The patient requires total assistance with all activities of daily living (ADLs), and a hospital bed is recommended to facilitate safe and effective personal care, as turning and repositioning are very difficult for the caregiver, who also has health concerns. The caregiver reported that the patient experienced a fall on 9/15, requiring 911 assistance, and the patient has since complained of pain and soreness. The physician referred the patient to home health services. A 16 Fr Foley catheter was placed during the visit, with urine noted to be brown in color; an order is needed for a urine specimen to rule out urinary tract infection. The skilled nurse educated the caregiver on Foley catheter care, including how to empty the urine bag and recognize symptoms to report to the agency. The caregiver demonstrated understanding through return demonstration. Redness and rash were observed in the perineal, groin, and anal areas, likely contact dermatitis related to urine exposure, as well as a facial rash. Skilled nursing is scheduled for six weeks for ongoing assessment, education, disease management, and Foley care/teaching. Referrals for PT and OT evaluations and a home health aide to assist with ADLs were initiated. At present, the patient is dependent with ADLs but was previously able to assist with dressing, bathing, and perform stand-pivot transfers before the fall. The patient is able to follow one-step directions. Date of Order 09/09/2026 Orders Physician Face-to-Face Date: 09/16/2025 Clinical Condition Requiring Home Care per Certifying Physician: SN-disease management, Verbal Order for PT/OT Evaluation and Home Health Aide due to Urinary Tract Infection Site Not Specified Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home		Physician Statement on Homebound Status: Due to diagnosis of Urinary tract infection site not specified, 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.		

4 - Recertification Notes: The patient is recertified due to ongoing need for Foley management. The patient has constipation and complained of stomach pain, with relief reported after a bowel movement; continued monitoring is required.

Physician
Kreynovich Np, Slava

ICD-10 CM Principal Diagnosis: N39.0. Urinary tract infection site not specified

Other Pertinent Diagnoses

ICD-10 CM	Description	Medications
I10.	Essential (primary) hypertension	Memantine HCl 5 MG , Take 1 tablet by mouth once a day Take 1 tablet by mouth daily Silver sulfADIAZINE 1% External Cream, Apply 1 application to affected area topical twice a day Apply 1 application topically to affected area 2 times per N/Aday traMADol HCl 50 MG , Take 1 tablet by mouth every 8 hours Take 1 tablet by mouth every 8 hours as needed Atorvastatin Calcium - Atorvastatin Calcium 10 MG , Take 1 tablet by mouth at bedtime Take 1 tablet (10 mg) by mouth qhs Esomeprazole Magnesium - Esomeprazole Magnesium 40 MG , Take 1 capsule by mouth once a day Take 1 capsule (40 mg) by mouth daily 1 hour before breakfast Docusate Sodium - Docusate Sodium 100 MG , Take 1 capsule by mouth twice a day Take 1 capsule (100 mg) by mouth 2 times per day for constipation Folic Acid - Folic Acid 1 MG , Take 1 tablet by mouth once a day Take 1 tablet by mouth daily Fluticasone Propionate - Fluticasone Propionate 50 MCG/ACT , 2 sprays in each nostril (Nasal Suspension) Nasal once a day 2 sprays intranasally daily in each nostril Zolpidem Tartrate - Zolpidem Tartrate 10 MG , Take 1 tablet by mouth at bedtime Take 1 tablet by mouth daily at bedtime as needed Januvia - Sitagliptin Phosphate 100 MG , Take 1 tablet by mouth once a day Take 1 tablet by mouth daily Bystolic - Nebivolol Hydrochloride 10 MG , Take 1 tablet by mouth once a day Take 1 tablet (10 mg) by mouth daily Ergocalciferol - Ergocalciferol 1.25 MG (50000 UT) , take 1 capsule by mouth once a week take 1 capsule (50000 iu) by mouth biweekly Nystatin - Nystatin 100000 UNIT/GM , Apply 1 application cream to affected area topical twice a day Apply 1 application topically to affected area 2 times per day Ammonium Lactate - Ammonium Lactate 12% External Cream , 1 application to affected area topical twice a day 1 application topically to affected area 2 times per day Fluocinolone Acetonide - Fluocinolone Acetonide 0.01% External Cream , Apply 1 application to affected area topical twice a day Apply 1 application topically to affected area 2 times per day Seroquel - Quetiapine Fumarate eq 25 mg base 25 mg by mouth in the evening PRN around 3pm or 5PM for agitation Clonazepam - Clonazepam 0.5 mg 1/2 tablet by mouth twice a day Take 1/2 tablet 2x day PRN, as needed Hiprex - Methenamine Hippurate 1gm One half tablet by mouth twice a day Take 1 gram total in 24 hour period. 1/2 nill twice a day
E11.9	Type 2 diabetes mellitus without complications	
M25.551	Pain in right hip	
M25.562	Pain in left knee	
M25.561	Pain in right knee	
Z46.6	Encounter for fitting and adjustment of urinary device	
L22.	Diaper dermatitis	
G47.00	Insomnia unspecified	
F34.1	Dysthymic disorder	
F03.94	Unspecified dementia unspecified severity with anxiety	
B35.6	Tinea cruris	
H91.93	Unspecified hearing loss bilateral	
E55.9	Vitamin D deficiency unspecified	
E78.5	Hyperlipidemia unspecified	
Z79.51	Long term (current) use of inhaled steroids	
Z79.84	Long term (current) use of oral hypoglycemic drugs	
Z74.01	Bed confinement status	
Z91.81	History of falling	

K21.9	Gastro-esophageal reflux disease without esophagitis	Remeron - Mirtazapine 15 mg 15 mg by mouth at bedtime D Mannose 4 by mouth in the morning Take 4 tablets (1 tablet equals 500mg) daily with food for prevention of UTI
Prognosis fair		Mental and Psychosocial Status COGNITION: 4. Is totally dependent in toileting., ANXIETY: 1. In new or complex situations only, SOCIAL ISOLATION: , BEHAVIORAL ISSUES: , HISTORY OF DEPRESSION:
Functional Limitations Hearing, Bowel/Bladder Incontinence, Ambulation, Dyspnea With Minimal Exertion		Activities Permitted Wheelchair, Transfer bed/Chair, Walker, Up As Tolerated
DME & Supplies wound care supplies, commode, walker, wheelchair, urinary/catheter supplies, rolling walker, diabetic supplies, hospital bed		Safety Measures ambulates with device, medication safety, , , infectious material management, walker precautions, fall precautions, diabetic precautions, transfer with assist, ambulates with assistance, cardiac precautions, standard precautions, wheelchair precautions
Nutrition regular, cardiac diet, 1400cal ADA		Allergies no known allergies
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Advance Directives No Advance Directive	Caregiver Status 2. Non-agency caregiver(s) need training/supportive services to provide assistance
Rehabilitation Potential SELF-CARE: , MOBILITY:	DISCHARGE PLAN: SN: patient to receive home care indefinitely
Orders for Discipline and Treatment: 4 - Recertification SN	
SN CAREPLAN SN frequency WK2: 1 (09/20/26-09/26/26),WK3: 1 (09/27/26-10/03/26),WK5: 1 (10/11/26-10/17/26),WK6: 1 (10/18/26-10/24/26),WK9: 1 (11/08/26-11/11/26) 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: 5. Decline in mental, emotional, or behavioral status in the past 3 months, 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; 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 09/15/2026 Problems : blood in urine obesity PROCEDURES: Medication Review- : Medications reviewed with patient/caregiver., Wound care to buttock : Cleanse area with warm soapy water. Pat dry. Apply silver sulfadiazine cream to open wound. Measure open wound each visit. Apply Calmosphere over redness on backside. Apply pink foam bandage to open skin. , Catheter change, irrigation and care.: Verbal order from NP Salava Kreynovich: 04/22/2026 Nurse to change Foley every 3 weeks, or PRN for leaking. Use 22 French catheter with a 30cc Balloon and add 7 cc extra to prevent leaking. Catheter care done, cleanse perineal area with soap and water., train caregiver(s) to perform medical/rehabilitation treatments, coordinate/arrange caregiver support to prevent caregiver physical, emotional and mental exhaustion, monitor intake & output, coordinate/arrange home modifications for hearing impaired, i.e. alarms TEACH PATIENT/CAREGIVER: * how to take the patient's blood pressure record the reading, related medication(s) purpose, schedule, * 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, * low cholesterol dietary guidelines, 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 relaxatio, * prevention exacerbation of anxiety condition including coping patterns improved concentration strategies to reduce anxiety identification of anxiety precipitants, conflicts, and threats, related medication(s) purpose, schedule, * how to manage sleep disorder including changes to daytime habits and bedtime routine maintaining a journal to track sleep patterns, 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, * management of mental health condition including joining a peer group maintaining regular contact with mental health professional avoiding known stressors controlling impulses, 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, * how to manage skin condition including physician-prescribed treatment skin care bathing sun protection diet exercise, related medication(s) purpose, schedule, * prescribed dietary modifications monitoring intake and output monitoring weight loss or weight gain monitor changes in neurological status, related medication(s) purpose, schedule, * basic oral hygiene regimen including basic toothbrushing and flossing, related medication(s) purpose, schedule, * bowel incontinence management including dietary changes bowel training skin care, related medication(s) purpose, schedule, * how to control and manage pain adequate fluid intake monitor for S&S of	SN NARRATIVE Patient Alert and oriented to self, place, situation sometimes but not time. Patient is Being seen for Foley management. Skin intact, vital signs stable, systolic high. Room air, lungs clear, heart rate regular, bowel sounds present. Patient complaining of stomach pain. But patient had bowel movement and stated she felt relief. Constipation is a problem as well. Will continue to monitor. SN GOALS PATIENT-STATED GOAL: regain strength GOALS patient/caregiver recalls * how to keep home safe for hearing-impaired including installing special fire-detector/CO2 alarms * recalls related medication(s) purpose, schedule patient/caregiver recalls * management of mental health condition including joining a peer group * maintaining regular contact with mental health professional * avoiding known stressors * controlling impulses * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to take the patient's blood pressure * record the reading * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to manage sleep disorder including changes to daytime habits and bedtime routine * maintaining a journal to track sleep patterns * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to manage skin condition including physician-prescribed treatment * skin care * bathing * sun protection * diet * exercise * recalls related medication(s) purpose, schedule patient self-administers medications as prescribed * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to keep home safe for patient with vision loss including eliminating hazards * enhancing lighting * using mechanical aids patient/caregiver recalls * low cholesterol dietary guidelines * recalls related medication(s) purpose, schedule 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 meal preparation is available to patient for all meals patient is adequately supervised patient's transportation needs are met patient/caregiver recalls * prevention exacerbation of anxiety condition including coping patterns * improved concentration * strategies to reduce anxiety * identification of anxiety precipitants, conflicts, and threats * recalls related medication(s) purpose, schedule

infection high fiber diet, related medication(s) purpose, schedule, * hernia care including avoidance of lifting avoidance of smoking, related medication(s) purpose, schedule, * urinary catheter management including how to flush catheter change and wash drainage bags prevent infection including proper handwashing positioning of catheter, related medication(s) purpose, schedule, * dietary guidelines for managing nutritional deficit, 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, * how to keep home safe for hearing-impaired including installing special fire-detector/CO2 alarms, related medication(s) purpose, schedule, * how to keep home safe for patient with vision loss including eliminating hazards enhancing lighting using mechanical aids, patient self-administers medications as prescribed, related medication(s) purpose, schedule, patient's transportation needs are met, patient is adequately supervised, meal preparation is available to patient for all meals, caregiver performs medical/rehabilitation treatments with adequate competence, caregiver, how to inspect regularly for gaps where patient can become trapped between the mattress, rail, or bed frame ensure the top of the bed rail is at least 4 inches (100mm) above the mattress to avoid using bed rails with a soft mattress to decrease entrapment risk, Catheter care, Intake of fluids and nutrition , Medication administration , Medication teaching

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

caregiver recalls how to
* inspect regularly for gaps where patient can become trapped between the mattress, rail, or bed frame
* ensure the top of the bed rail is at least 4 inches (100mm) above the mattress
* to avoid using bed rails with a soft mattress to decrease entrapment risk

patient/caregiver recalls
* how to keep home safe for patient with dementia
* coping strategies for the caregiver
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* hernia care including avoidance of lifting
* avoidance of smoking
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* prescribed dietary modifications
* monitoring intake and output
* monitoring weight loss or weight gain
* monitor changes in neurological status
* recalls related medication(s) purpose, schedule

Intake of fluids and nutrition

patient/caregiver recalls
* how to control and manage pain
* adequate fluid intake
* monitor for S&S of infection
* high fiber diet
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* basic oral hygiene regimen including basic toothbrushing and flossing
* 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 relaxatio

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
* urinary catheter management including how to flush catheter
* change and wash drainage bags
* prevent infection including proper handwashing
* positioning of catheter
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* dietary guidelines for managing nutritional deficit
* recalls related medication(s) purpose, schedule

patient/caregiver recalls
* bowel incontinence management including dietary changes
* bowel training
* skin care
* recalls related medication(s) purpose, schedule

Catheter care

Medication administration

patient/caregiver recalls
* prevention including increase fluid intake
* increase Vitamin C intake to promote acidic bladder environment (cranberry juice)
* perineal hygiene
* recalls related medication(s) purpose, schedule

caregiver performs medical/rehabilitation treatments with adequate competence

Medication teaching

OT CAREPLAN

OT NARRATIVE

Pt remains dependent for most of the bathing/dressing. Pt is min A for bed mobility and mod A for sit to supine.

Set up is needed for feeding and min A with UB dressing. Pt is able to follow 1 step directions with vc.

OT GOALS

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PT CAREPLAN		PT NARRATIVE PT follow up completed. Pt has received skilled PT services over the past few weeks with emphasis on increasing strength and safety in mobility. Pt has demonstrated some progress toward goals as she is now able to perform bed mobility with CGA-minA and requires min-modA for transfers instead of maxA. Pt is still not able to initiate gait training, mainly due to fear of falling. PT has encouraged pt and caregivers to practice standing between therapy sessions, but they need further encouragement. They state they did transfer pt to wc one or two times but only with another person there. Pt would benefit from continued skilled PT services to increase strength, improve balance and increase safety and independence in functional mobility in order to return to PLOF. PT GOALS	
Signature and Date of Verbal SOC Where Applicable: Electronically signed by: Charles Messick RN on 09/09/2026			
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. This patient is under my care, and I have authorized the services on this plan of care and I or another physician will periodically review this plan. I attest that a valid face-to-face encounter occurred (or will occur) within timeframe requirements and it is related to the primary reason the patient requires home health services. F2F date: 09/16/2025		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.	
Certifying Physician or Allowed Practitioner Name and Address Slava Kreynovich NP 2005 Jolly Road Baltimore, MD 21209 NPI 1265763155		Phone Number 4109419040 Fax Number 14109410027	
Physician's Signature and Date Signed X Slava Kreynovich NP 09/16/2025: Date of physician last face-to-face			
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