



AlphaCare Home Health Agency, Inc.

**PLAN OF CARE**

Patient: Vieira, Maria N.-MR#000003969

Date: 05/04/2025

□ Chart: 1 Episode: 10

<b>Patient's HI Claim No</b> 708308	<b>Start of Care Date</b> 11/11/2023	<b>Certification Period</b> 05/04/2025 -- 07/02/2025	<b>Medical Record No</b> 000003969	<b>Provider No</b> 227523
<b>Patient's Name and Address</b> Vieira, Maria N 24 Orchard Street Suite/Apt #3rd floor Fall River, MA 02723 Phone: 508-567-6231		<b>Provider's Name Address and Telephone Number</b> AlphaCare Home Health Agency, Inc. 1707 GAR Highway Swansea, MA 02777 Phone: 617-600-4547 Fax: 855-225-2958		
<b>Date of Birth:</b> 12/22/1958		<b>Sex</b> <input type="radio"/> Male <input checked="" type="radio"/> Female		
<b>Summary of Changes Since Last Plan of Care Update</b> Physician Name: Mendes, Manuela (MD (Dr. Alliance)) Date Order Received: 02/20/2025 Time Order Received: 10:31 AM <b>MEDICATIONS:</b> Active Vibegron (Gemtesa) 75 MG Tab(s) Oral 75mg Daily Start Effective Date: 02/20/2025				
<b>ELIGIBILITY</b> <b>HOMEBOUND STATUS:</b> Patient is NOT HOMEBOUND. Please be advised, patient is not confined to place of residence. Patient goes out independently for errands, social reasons, and leisure activities, and does so routinely without any taxing effort. Services are medically necessary. Start Effective Date: 05/04/2025  <b>RECERTIFICATION OF PATIENT ELIGIBILITY:</b> I estimate the duration of continued Home Health services for this patient to be 60 days Start Effective Date: 05/04/2025 Please note, as per 114.3 CMR 50.02/101 CMR 350.02 (general definitions), services provided by a professional registered nurse, licensed practical nurse, or a nursing student under the supervision of a registered nurse include giving medications ordered by the physician and are nursing services. As such, per 114.3 CMR 50.04/101 CMR 350.04, said nursing services are reimbursable by MassHealth (Medicaid) as skilled nursing services. Start Effective Date: 05/04/2025 Services are expected to end within 60 days unless goals are not met. Patient will be discharged when goals are met and patient is safe and independent with care at home or when patient is no longer in need of skilled nursing services. Start Effective Date: 05/04/2025 <b>VERBAL ORDER FOR PLAN OF CARE:</b> Verbal order for this plan of care taken and read back by clinician signing this plan of care. Start Effective Date: 05/04/2025  <b>FACE TO FACE ENCOUNTER:</b> <b>NON-HOMEBOUND:</b> I certify/recertify that this patient is under my care, I have established a plan of care, and that I, or a nurse practitioner or physician's assistant working in collaboration with me or a physician who cared for the patient in an acute or post-acute facility, had a face-to-face encounter with this patient and documentation of that face-to-face encounter is attached to the plan of care for certifying physician's acknowledgement. The face-to-face encounter occurred on (11/01/2023) and meets the physician face-to-face encounter requirements. The encounter with the patient was in whole, or in part, for the following medical condition, which is the primary reason for home health care: (Major depressive disorder). I certify/recertify that the above stated patient is NOT HOMEBOUND and that upon completion of the FTF encounter, has a medically necessary need/continued need for intermittent skilled nursing, physical therapy and/or speech or occupational therapy services in their home. These services will continue to be monitored by myself or another physician (nurse practitioner or physicians assistant working with me), who will periodically review and update the plan of care as required. Start Effective Date: 11/11/2023				
<b>DIAGNOSIS</b> Primary F33.2 Major depressv disorder, recurrent severe w/o psych features Start Effective Date: 11/11/2023 0  Other				
<b>Clinician's Signature and Date Of Verbal SOC Where Applicable (see below):</b> Electronically Signed by: Rapoza, Kelsey (RN) RN 04/30/2025 07:43:32 AM EDT			<b>Date HHA Received Signed POT</b>	
<b>Physician's Name and Address</b> Mendes, Manuela (MD (Dr. Alliance)) 289 Plesasnt St Suite/Apt #Bldg 4 Suite203 Fall River MA, 02720		<b>Physician's Phone # (508) 679-1033</b> <b>Physician's Fax # 508-675-2008</b> <b>Physician's NPI # 1912904988</b>		
<b>Attending Physician's Signature and Date Signed</b>		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.		
<b>Caregiver Signature:</b>				



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**DIAGNOSIS**

E11.65 Type 2 diabetes mellitus with hyperglycemia Start Effective Date: 11/11/2023 0  
I10 Essential (primary) hypertension Start Effective Date: 11/11/2023 0  
J44.9 Chronic obstructive pulmonary disease, unspecified Start Effective Date: 11/11/2023 0  
M16.0 Bilateral primary osteoarthritis of hip Start Effective Date: 11/11/2023 0  
M17.0 Bilateral primary osteoarthritis of knee Start Effective Date: 11/11/2023 0  
E78.2 Mixed hyperlipidemia Start Effective Date: 11/11/2023 0  
Z91.199 Pt noncompl with other med trtmt and regimen d/t unsp reason Start Effective Date: 11/11/2023 0

**MEDICATIONS**

Cholecalciferol 50 MCG (2000 UT) Tab(s) Oral 50mcg Daily Start Effective Date: 11/11/2023  
Atorvastatin Calcium (Lipitor) 10 MG Tab(s) Oral 10mg Twice per day Start Effective Date: 11/11/2023  
Albuterol Sulfate HFA (Ventolin HFA) 108 (90 Base) MCG/ACT Inhalation 2 puffs PRN/As Needed every 4 hours shortness of breath Start Effective Date: 11/11/2023  
Acetaminophen (Tylenol) 325 MG Tab(s) Oral 650mg PRN/As Needed every 8 hours pain Start Effective Date: 11/11/2023  
Gabapentin 100 MG Cap(s) Oral 200mg Three times per day Start Effective Date: 12/07/2023  
Cyanocobalamin 50 MCG Tab(s) Oral 50mcg Daily Start Effective Date: 11/11/2023  
Vitamin A (Natural Vitamin A) 3 MG (10000 UT) Cap(s) Oral 3mg Daily Start Effective Date: 02/24/2024  
Repaglinide 0.5 MG Tab(s) Oral 0.5mg Three times per day 15-30minutes before meals Start Effective Date: 03/29/2024  
Sucralfate (Carafate) 1 GM Tab(s) Oral 1 GM Twice per day 20 minutes before meals on an empty stomach Change Start Effective Date: 05/04/2024  
Empagliflozin (Jardiance) 25 MG Tab(s) Oral 25mg Daily Change Start Effective Date: 05/24/2024  
Citalopram Hydrobromide 20 MG Tab(s) Oral 20mg Daily Start Effective Date: 06/05/2024  
Lisinopril 5 MG Tab(s) Oral 5mg Twice per day Start Effective Date: 08/20/2024  
Glimepiride 1 MG Tab(s) Oral 0.5mg Every morning Start Effective Date: 08/30/2024  
buPROPion HCl ER (SR) (Wellbutrin SR) 150 MG Tab(s) Oral 150mg Every morning Start Effective Date: 09/13/2024  
metFORMIN HCl ER 500 MG Tab(s) Oral 500mg Twice per day Start Effective Date: 10/09/2024  
Umeclidinium-Vilanterol (Anoro Ellipta) 62.5-25 MCG/ACT Inhalation 1 inhalation Daily Start Effective Date: 12/27/2024  
Vibegron (Gemtesa) 75 MG Tab(s) Oral 75mg Daily Start Effective Date: 02/20/2025

**DME/SUPPLIES**

**DIABETIC SUPPLIES:**  
Glucometer Start Effective Date: 05/04/2025  
Lancets Start Effective Date: 05/04/2025  
Sharps container Start Effective Date: 05/04/2025  
Test Strips Start Effective Date: 05/04/2025  
  
**DME:**  
Commode Start Effective Date: 05/04/2025  
Medication Lockbox Start Effective Date: 05/04/2025  
Rollator Start Effective Date: 05/04/2025  
Shower transfer bench Start Effective Date: 05/04/2025

**SAFETY MEASURES**

**SAFETY MEASURES:**  
911 Protocol Start Effective Date: 05/04/2025  
Clear Pathways Start Effective Date: 05/04/2025  
Diabetic precautions Start Effective Date: 05/04/2025  
Emergency Care Plan Start Effective Date: 05/04/2025  
Fall Prevention Start Effective Date: 05/04/2025  
Infection Control: Standard Precautions Start Effective Date: 05/04/2025  
Infection Prevention Start Effective Date: 05/04/2025  
Medication Safety/Storage. The Patient/ Caregiver was provided with an updated copy of the Medication list and Instruction on the ordered Medications. Start Effective Date: 05/04/2025  
Safety in ADLs Start Effective Date: 05/04/2025  
Smoke Detectors Start Effective Date: 05/04/2025

**NUTRITIONAL REQUIREMENTS**

**DIET/HYDRATION:**  
Diabetic Diet Start Effective Date: 05/04/2025  
Low Cholesterol Start Effective Date: 05/04/2025  
Low Sodium Start Effective Date: 05/04/2025

**ALLERGIES**

NKDA Start Effective Date: 11/11/2023

**FUNCTIONAL LIMITATIONS**

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The patient's routine inability to follow instructions affects daily function related to medication administration.  
Start Effective Date: 05/04/2025

**ACTIVITIES PERMITTED**

ACTIVITIES PERMITTED:  
No Restrictions Start Effective Date: 05/04/2025

**MENTAL STATUS**

MENTAL/PSYCHOSOCIAL/COGNITIVE STATUS:  
Alert Start Effective Date: 05/04/2025  
Anxious Start Effective Date: 05/04/2025  
Depressed Start Effective Date: 05/04/2025  
Difficulty Coping Start Effective Date: 05/04/2025  
Forgetful Start Effective Date: 05/04/2025  
Impaired Judgment Start Effective Date: 05/04/2025  
Inadequate Support System Start Effective Date: 05/04/2025  
Oriented Start Effective Date: 05/04/2025

**PROGNOSIS**

PROGNOSIS:  
Guarded Start Effective Date: 05/04/2025

**GOALS/INTERVENTIONS**

**VISIT FREQUENCY:**  
VISIT FREQUENCY:  
SNV 5-7x/week for skilled assessment, medication management, and comprehensive teaching. Start Effective Date: 05/04/2025

**Vital Sign Parameters**

VITAL SIGN PARAMETERS Notify Physician if:  
Pain Rating is greater than 8 on 0-10 scale Start Effective Date: 05/04/2025  
NOTIFY MD IF:  
BP less than 90/50 OR greater than 150/90  
HR less than 50 OR greater than 120  
TEMP greater than 100  
O2 less than 90%  
BS less than 60 OR greater than 400 Start Effective Date: 05/04/2025

**Rehospitalization/Emergency Risk**

REHOSPITALIZATION/EMERGENCY RISKS & INTERVENTIONS:  
Assess patient's knowledge, ability, resources, and adherence to medication regimen Start Effective Date: 05/04/2025  
Establish Patient Emergency Plan and instructions for 24-hour contact Start Effective Date: 05/04/2025  
Implement Fall Prevention Program Start Effective Date: 05/04/2025  
Provide education content at patient's level of health literacy Start Effective Date: 05/04/2025  
Provide medication education Start Effective Date: 05/04/2025  
Simplify medication schedule Start Effective Date: 05/04/2025  
RISK: Currently reports exhaustion Start Effective Date: 05/04/2025  
RISK: Currently taking 5 or more medications Start Effective Date: 05/04/2025  
RISK: Decline in mental, emotional, or behavioral status in the past 3 months Start Effective Date: 05/04/2025  
RISK: other risk: impaired judgement/impaired decision making Start Effective Date: 05/04/2025  
RISK: Reported or observed history of difficulty complying with any medical instructions in the past 3 months Start Effective Date: 05/04/2025

**REHOSPITALIZATION/EMERGENCY GOALS:**

Patient/Caregiver will verbalize/demonstrate understanding of symptom management, resource utilization and medication management to reduce unplanned hospital or emergency department visits Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**Cardiovascular**

**CARDIOVASCULAR INTERVENTIONS**  
Assess for and Teach Patient to recognize Signs & Symptoms of Hypertension, explaining first that HTN can sometimes present without any symptoms Start Effective Date: 05/04/2025  
Assess: Cardiovascular status Start Effective Date: 05/04/2025  
Educate patient on measures to manage Hypertension Start Effective Date: 05/04/2025  
  
**CARDIOVASCULAR GOALS**  
BP range will be within physician established parameters Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**Endocrine**

**ENDOCRINE INTERVENTIONS**  
Assess for and Teach Patient to recognize Signs & Symptoms of Hyperglycemia/Hypoglycemia and educate on measures to manage Start Effective Date: 05/04/2025  
Assess for and Teach Patient to recognize Signs & Symptoms of Type 2 Diabetes Start Effective Date: 05/04/2025



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Assess/Instruct Pt/Pcg: Exercise, activity level/modification and sick day management Start Effective Date: 05/04/2025  
Assess/Perform/Instruct Pt/Pcg: Blood glucose testing and importance of recording/monitoring for trends Start Effective Date: 05/04/2025  
Educate Patient on following a Diabetic Diet Start Effective Date: 05/04/2025  
Educate Patient on long-term complications of DM Start Effective Date: 05/04/2025  
Educate Patient on measures to manage DM Start Effective Date: 05/04/2025  
Educate Patient on measures to manage low blood sugars Start Effective Date: 05/04/2025  
Educate Patient on possible emergent complications of Diabetes Mellitus Start Effective Date: 05/04/2025  
Prompt/assist pt to check CBG 1x a day at SNV Start Effective Date: 05/04/2025

**ENDOCRINE GOALS**

Pt/Pcg will verbalize & demonstrate understanding of diabetic self-care needs Start Effective Date: 05/04/2025  
Progress Towards Goals: 20%

**Gastrointestinal**

**GASTROINTESTINAL INTERVENTIONS**

Assess: Elimination status Start Effective Date: 05/04/2025  
Assess: Gastrointestinal status Start Effective Date: 05/04/2025

**Genitourinary**

**GENITOURINARY INTERVENTIONS**

Observation and Assessment related to urinary urgency, pt recently started on vibegron Start Effective Date: 05/04/2025

**Integumentary**

**INTEGUMENTARY INTERVENTIONS**

Assess Feet and educate patient on Diabetic Foot/Skin Care Start Effective Date: 05/04/2025

**Medication Management**

**MEDICATION MANAGEMENT INTERVENTIONS**

Administer AM medications via lockbox per medication profile/MD orders Start Effective Date: 05/04/2025  
Perform/Instruct Pt/Pcg: Medication management; pill box, calendar, reminders Start Effective Date: 05/04/2025  
Prepour remaining medication doses (including max PRN) per medication profile/MD orders, leading up to next SNV for pt to attempt to self-administer. SN will assess for compliance with prepoured meds at following visit. Start Effective Date: 05/04/2025  
Assess for S/S intoxication; hold medications if pt appears intoxicated and notify MD. Start Effective Date: 05/04/2025  
Assess: Medication compliance, effectiveness, side effects Start Effective Date: 05/04/2025  
Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds Start Effective Date: 05/04/2025  
To promote patient independence okay for skilled nurse to prefill/prepour medication doses per medication profile/MD orders, and reduce visits within frequency range. If patient demonstrates ability, plan of care will be re-evaluated and MD notified of requested changes. Start Effective Date: 05/04/2025

**MEDICATION MANAGEMENT GOALS**

Pt/Pcg will verbalize/demonstrate knowledge of and compliance with medication management: dose, route and schedule/ actions, interactions and contraindication/administration and compliance with prefilled medications/adherence to diet impacting medications/safe preparation and storage of medications/side effects and symptoms to report Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**Musculoskeletal**

**MUSCULOSKELETAL INTERVENTIONS**

Assess/Instruct Pt/Pcg: Safety measures to prevent injury Start Effective Date: 05/04/2025  
Assess: Musculoskeletal status Start Effective Date: 05/04/2025  
Assess; Instruct Pt/Pcg: Proper use of assistive devices Start Effective Date: 05/04/2025

**Psychiatric/Neurological**

**PSYCHIATRIC/NEUROLOGICAL INTERVENTIONS:**

Assess for and teach patient to recognize s/s anxiety Start Effective Date: 05/04/2025  
Assess for and teach patient to recognize s/s of depression Start Effective Date: 05/04/2025  
Assess for: Suicidal ideations and/or thoughts of self-harm Start Effective Date: 05/04/2025  
Assess: mental status, mood, s/s mania/depression Start Effective Date: 05/04/2025  
Assess: Neurological status Start Effective Date: 05/04/2025  
Educate patient on measures to manage depressive d/o Start Effective Date: 05/04/2025  
Instruct Pt/Pcg: Signs and symptoms of anxiety, agitation, ineffective coping Start Effective Date: 05/04/2025  
Instruct Pt/Pcg: Stress management skills Start Effective Date: 05/04/2025  
Teach measures and coping skills to manage Anxiety disorder Start Effective Date: 05/04/2025

**PSYCHIATRIC/NEUROLOGICAL GOALS:**

Pt will develop positive coping skills to manage feelings of anxiety/depression. Start Effective Date: 05/04/2025  
Progress Towards Goals: 10%



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**Pain**

**PAIN INTERVENTIONS**

Assess/Instruct Pt/Pcg: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage  
Start Effective Date: 05/04/2025

Assess: Pain level Start Effective Date: 05/04/2025

Assess: Pt response to and effectiveness of current pain management regimen Start Effective Date: 05/04/2025

**PAIN GOALS**

Pt/Pcg will verbalize/demonstrate measures to manage pain: medication management/alternative pain relief measures, behavior modification to avoid factors that increase pain/use of pain scale to identify intensity and determine comfort goal Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**Respiratory**

**RESPIRATORY INTERVENTIONS**

Assess: Respiratory status Start Effective Date: 05/04/2025

Assess for and Educate Patient on emergency S/S of respiratory distress/oxygen deprivation Start Effective Date: 05/04/2025

Educate Patient on measures to manage or prevent COPD Start Effective Date: 05/04/2025

Teach Patient proper use of nebulizers/inhalers and how to care for equipment Start Effective Date: 05/04/2025

**RESPIRATORY GOALS**

SP02 will be within physician established parameters Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**Patient Centered Goal**

**PATIENT CENTERED GOAL**

Patient-Centered Goal: Pt will improve knowledge and adherence to diabetic diet to maintain blood sugar readings within range Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**Long Term Goal**

**SN LONG TERM GOALS:**

Patient will remain safely at home and in the community with clinical management by SN and MD follow-up until independent with care Start Effective Date: 05/04/2025 Progress Towards Goals: 10%

**ADVANCE DIRECTIVES**

**ADVANCE DIRECTIVES:**

FULL CODE Start Effective Date: 05/04/2025

**REHAB POTENTIAL**

**SN REHAB POTENTIAL:**

SN Rehab Potential: Guarded Start Effective Date: 05/04/2025

**DISCHARGE PLANNING**

**SN DISCHARGE PLAN:**

Patient will be discharged when goals are met and patient is safe and independent with care at home or when patient is no longer in need of skilled nursing services. Start Effective Date: 05/04/2025

**FREQUENCIES**

**Active**

RN/LPN: 1 x day for 60 days starting 05/04/2025 (week 1) Start Date: 05/04/2025 End Date: 07/02/2025