

PT Re-Evaluation : 04/30/2025 (1275593296)

Diniz, Patricia (MA230106034701)

Date of Birth: 03/17/1947

✓ Patient identity confirmed

Time In: 10:50

Time Out: 11:20

Visit Date: 04/30/2025

Diagnosis / History**Medical Diagnosis:** K50.90**PT Diagnosis:** R26.81**Relevant Medical History:**

Patient is 78 yr old female alert and oriented being resumed for homecare services post hospitalization for acute crohns, and weakness. PT to address physical deconditioning and functional decline due multiple myeloma and reports of right sided low back pain and hip and leg pain. PMH: multiple myeloma not remission, colon (Continued)

Prior Level of Functioning:

PLOF: Pt lives with children in 1st floor apt with at least 6 outdoor stairs to manage. Pt requires assistance with adls and iadls, walks with no AD in home, using wheelchair for medical appt. Daughter and granddaughter are PCA assisting with meals, shower assist, food (Continued)

Patient's Goals:

increase strength and endurance

Precautions: Falls**Homebound?**☐ No

✓ Yes

For a patient to be eligible to receive covered home health services under both Part A and Part B, the law requires that a physician certify in all cases that the patient is confined to his/her home. For purposes of the statute, an individual shall be considered "confined to the home" (homebound) if the following two criteria are met:

Criteria One:

✓ Patient is confined because of illness, needs the aid of supportive devices such as crutches, canes, wheelchairs, and walkers; the use of special transportation; or the assistance of another person in order to leave their place of residence.

AND/OR

☐ Patient has a condition such that leaving his or her home is medically contraindicated.

Specify:

If the patient meets one of the criterion one conditions, then the patient must ALSO meet two additional requirements defined in criterion two below.

Criteria Two:

✓ Patient has a normal inability to leave home.

AND

✓ Leaving home requires a considerable and taxing effort for the patient.

Specify:

Patient is homebound due to decreased strength and endurance, requires assistance of 1 person and device to leave home due to high fall risk due to pain, balance issues and weakness.

Nightingale Visiting Nurses

125 County ST.

Taunton, MA 02780

Phone: (508) 967-0761

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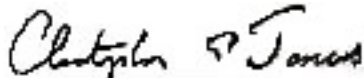
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Physician: Dr. Joncas, Christopher

Clinician: Clinician, Agency

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Signature:



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Social Supports / Safety Hazards

Patient Living Situation and Availability of Assistance

Patient lives: With other person(s) in the home
 Assistance is available: Around the clock

Current Types of Assistance Received

Pt requires assistance with adls and iadls. Daughter and granddaughter are PCA assisting with meals, shower assist, food shopping, homemaking and md appts. Patient self manages (Continued)

Safety / Sanitation Hazards

- ☐ No hazards identified
☒ Steps / Stairs: 5
☐ Narrow or obstructed walkway
☐ Cluttered / soiled living area
 Other:
- ☐ No running water, plumbing
☐ Lack of fire safety devices
☐ Inadequate lighting, heating and/or cooling
- ☐ Insect / rodent infestation
☐ No gas / electric appliance
☐ Pets
☐ Unsecured floor coverings

Evaluation of Living Situation, Supports, and Hazards

Pt lives with children in 1st floor apt with at least 6 outdoor stairs to manage. Daughter and granddaughter are PCA assisting with meals, shower assist, food shopping, homemaking and md appts.

Vital Signs

Temperature:

97.9 Taken: Temporal

BP:		Position	Side	Heart Rate:	Respirations:	O2 Sat:	Room Air / Rate	Route
Prior	146 / 80	Sitting	Left	Prior 72	Prior 17	Prior 98	Room Air	via
Post	/			Post	Post	Post		via

Comments:

Subjective Information

patient requesting to continue due to increase weakness and unsteadiness on feet.

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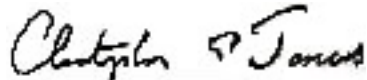
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Physical Assessment

	Level	Functional Impact
Orientation:	Impairment present but not impacting functional ability.	
Speech:	Impairment present but not impacting functional ability.	
Vision:	Impairment present.	poor vision
Hearing:	Impairment present.	HOH
Skin:	Impairment present but not impacting functional ability.	
Muscle Tone:	Impairment present.	poor mobility
Coordination:	Impairment present.	
Sensation:	Impairment present.	neuropathy
Endurance:	Impairment present.	poor endurance
Posture:	Impairment present.	slight kyphotic

Edema

☒ Absent

☐ Present

Pain Assessment

☐ No Pain Reported

	Location	Intensity (0-10)	Secondary Site:	Location	Intensity (0-10)
Primary Site:	Hip	5 Medium	Other Low back, LUQ		3
Increased by:	walking				
Relieved by:	rest, meds				
Interferes with:	adls, mobility				

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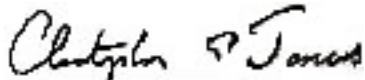
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Physical Assessment

ROM / Strength

[illegible]

Description of Functional Impact:

Functional Assessment

Dep	Max Assist	Mod Assist	Min Assist	CGA	SBA	Supervision	Ind with Equip	Indep
Independence Scale Key								
Bed Mobility		Gait						
	Assist Level			Assist Level		Distance/ Amount (Ft)	Assistive Device	
Rolling	sup	✓ L ✓ R		Level	SBA	X 150	walker	
Supine - Sit	Sup			Unlevel		X		
Sit - Supine	Sup			Steps / Stairs	unable	X		
Factors Contributing to Functional Impairment: pain, weakness, impaired balance				Factors Contributing to Functional Impairment: pain, weakness, impaired balance				

Physician: Dr. Jonas Christopher S.	Physician: Clinician_Agency	4/11
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Signature: Christy Jones

Signature:

Date: 6/12/2025

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Transfer

	Assist Level	Assistive Device
Sit - Stand	SBA	walker
Stand - Sit	SBA	
Bed - Wheelchair		
Wheelchair - Bed		
Toilet or BSC	SBA	
Tub or Shower		
Car / Van		
Factors Contributing to Functional Impairment: pain, weakness, impaired balance		

Wheelchair Mobility

Assist Level	Assist Level	Assist Level
Level	Unlevel	Maneuver
Factors Contributing to Functional Impairment:		

Weight Bearing Status

FWB

Balance

✓ Able to assume midline orientation
✓ Able to maintain midline orientation
Sitting: Movement/mobility within position
Standing: Maintain position

DME**Available**

☐ Wheelchair ✓ Walker ☐ Hospital Bed ✓ Bedside Commode ☐ Raised Toilet Seat ✓ Tub / Shower Bench
Other:
cane

Needs**Clinical Statement of Assessment Findings and Recommendations**

Patient is 78 yr old female alert and oriented being recertified for homecare services post hospitalization for acute crohns and weakness. Patient admitted to NGHHC for physical therapy evaluation referred by oncologist Dr. Pestana to PT to address physical deconditioning and functional decline due multiple myeloma and reports of right sided low back pain and hip and leg pain. PMH: multiple myeloma not remission, colon rectal/cancer, right upper lobe lung cancer, COPD, DM, anxiety,depression, (Continued)

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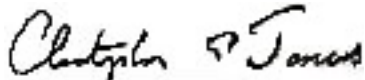
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PT Re-evaluation w/Supervisory Visit : 04/30/2025

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Treatment Goals and Plan*Refer to last page for patient goal and intervention documentation.*

☐ **No Change to Plan of Care:** physician signature is not required if no change to Plan of Care for therapy reassessment visit
 Comments:

Care Coordination

Conference with:

☐ PT ☒ PTA ☐ OT ☐ COTA ☐ ST ☐ SN ☐ Aide ☐ Supervisor Other:

Name(s): Alex

Regarding: POC, progress on goals

☒ Physician Notified Re: Plan of Care, Goals, Frequency, Duration and DirectionOther Discipline Recommendations: ☐ OT ☐ ST ☐ MSW ☐ Aide Other:

Reason:

Statement of Rehab Potential

This patient has the potential to benefit from interventions provided by physical therapy

☒ Yes ☐ No**Treatment / Skilled Intervention This Visit**☒ Completion of the evaluation and development of the plan of care☐ Other**Discharge Plan**☒ To self care when goals met☒ To self care when max potential achieved☐ To outpatient therapy with MD approval☐ Other:**Therapist Signature (BERNARDO , ROCHELLE) & Date of Verbal Order for Start of PT****Date****Treatment**

04/30/2025

Digitally Signed by: ROCHELLE BERNARDO , PT

Physician Name

CHRISTOPHER JONCAS MD

Physician Phone: (508) 235-5445**Physician FAX:** (508) 235-5594**Physician Signature****Date**

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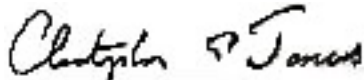
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PT Re-Evaluation Addendum Page : 04/30/2025
 Diniz, Patricia (MA230106034701)

Relevant Medical History

rectal/cancer, right upper lob lung cancer, COPD, DM, anxiety,depression, HTN, Crohn's disease, rectal cancer, osteoporosis, DJD lumbar spine, lumbosacral radiculopathy, other iron deficiency anemia, vit B12 deficiency. PSH: rectal resection, right upper lob resection, mediastinal lymph node dissection, low anterior resection, partial hysterectomy, bladder suspension, cholecystectomy.

Prior Level of Functioning

shopping, homemaking and md appts. Patient self manages medications with occasional assistance from daughter.

Current Types of Assistance Received (other than home health staff)

medications with occasional assistance from daughter.

Clinical Statement of Assessment Findings and Recommendations

HTN, Crohn's disease, rectal cancer, osteoporosis, DJD lumbar spine, lumbosacral radiculopathy, other iron deficiency anemia, vit B12 deficiency.
 PSH: rectal resection, right upper lob resection, mediastinal lymph node dissection, low anterior resection, partial hysterectomy, bladder suspension, cholecystectomy.
 Dme: walker, cane, shower chair, transport chair.
 PLOF: Pt lives with children in 1st floor apt with at least 6 outdoor stairs to manage. Pt requires assistance with adls and iadls, walks with no AD in home, using wheelchair for medical appt. Daughter and granddaughter are PCA assisting with meals, shower assist, food shopping, homemaking and md appts. Patient self manages medications with occasional assistance from daughter.
 CLOF this assessment, patient remains SBA on all functional transfers and supervision on bed mobility. She ambulates with walker device and transport chair for medical appts. Gait is slow, short steps and unsteady on turns, recommend consistent use of walker for safety and patient in agreement. Dynamic balance remains improved with tinetti 20/28 from 18/28. Patient continue with decreased functional endurance requires cues for pacing and longer rest periods each functional activity due to pain, poor endurance and leg weakness. Physical therapy will continue to provide thera ex program for strengthening, provide endurance and balance activities, gait training to improve overall functional mobility to reach good functional baseline. Patient goal is to walk longer distance, get stronger and decrease burden of care. Patient in agreement with POC and vfo for the remainder of cert period.

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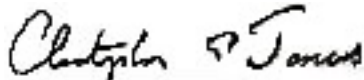
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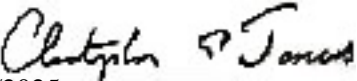
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Supervisory Visit : 04/30/2025 (1275593296)
 Diniz, Patricia (MA230106034701)
 Date of Birth: 03/17/1947

Nightingale Visiting Nurses
 125 County ST.
 Taunton , MA 02780
 Phone: (508) 967-0761
 Fax: (508) 967-0767

Visit Assessment

Supervision Date: 04/30/2025 Start: 10:50 End: 11:20
 Supervisor Name: ROCHELLE BERNARDO, PT
 Clinician Name: CORDEIRO, ALEX
Name of person being supervised

Clinician Present at Time of Visit: ☐ Yes ☒ No
 Notifies client/caregiver of schedule: Excellent
 Reports for duty as assigned: Excellent
 Cooperative with client and others: Excellent
 Courteous toward client and others: Excellent
 Maintains an open communication with client and others: Excellent
 Follows client plan of care as instructed: Excellent
 Demonstrates competency with assigned tasks: Excellent
 Documents appropriately: Excellent
 Timely notification to supervisor of client's needs or changes in condition: Excellent
 Adheres to organizational policies and procedures: Excellent
 Complies with infection prevention and control policies and procedures: Excellent
 Honors patient rights: Excellent

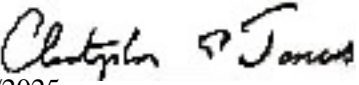
Changes and/or Instructions

Comments

Therapist Signature (BERNARDO , ROCHELLE) & Date of Verbal Order for Start of PT Treatment
 Digitally Signed by: ROCHELLE BERNARDO , PT

Date
 04/30/2025

Physician: Dr. Joncas, Christopher S. Clinician: Clinician, Agency
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PT Re-evaluation w/Supervisory Visit : 04/30/2025
 Diniz, Patricia (MA230106034701)

Treatment Goals and Plan Audits

Goal Summary

Unmet Goals (4)

Patient will improve dynamic balance as evidenced by the tinetti score from 18/28 to >24/28 to allow patient to perform all functional mobility and ADLs safely with decrease risk of fall. **Goal Term:** long **Target Date:** 05/30/25

Patient will improve gait capacity as evidenced by the ability to ambulate with walker or cane steadily for >250 feet including stairs to allow patient to access bedroom/bathroom and exit home for MD appts within 8 weeks. **Goal Term:** long **Target Date:** 05/30/25

Patient/CG will demonstrate compliance with home exercise program and improvement to BLE strength and dynamic balance to return to PLOF. **Goal Term:** long **Target Date:** 05/30/25

Patient will have no falls during the episode of care **Goal Term:** long **Target Date:** 05/30/25

Goal Progress Summary For This Visit

Goals Addressed (4)

(1 of 4) Patient will improve gait capacity as evidenced by the ability to ambulate with walker or cane steadily for >250 feet including stairs to allow patient to access bedroom/bathroom and exit home for MD appts within 8 weeks.

Progress:Improving

Progress Note:

(2 of 4) Patient will have no falls during the episode of care

Progress:Improving

Progress Note:

(3 of 4) Patient will improve dynamic balance as evidenced by the tinetti score from 18/28 to >24/28 to allow patient to perform all functional mobility and ADLs safely with decrease risk of fall.

Progress:Improving

Progress Note:

(4 of 4) Patient/CG will demonstrate compliance with home exercise program and improvement to BLE strength and dynamic balance to return to PLOF.

Progress:Improving

Progress Note:

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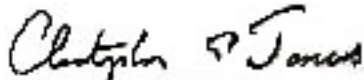
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Test and Measures : 04/30/2025
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Standardized Tests and Measures

Tinetti - POMA

Balance Test

Sitting Balance

Arises

Attempts to Rise

Immediate Standing Balance (first 5 seconds)

Standing Balance

Nudged

Eyes Closed

Turning 360 Degrees I

Turning 360 Degrees II

Sitting Down

Answers

(1) Steady, safe

(1) Able, but uses arms to help

(2) Able to rise with one attempt

(1) Steady, but uses walker or other support

(1) Steady, but wide stance (medial heels > 4 inches apart) and uses cane or other support

(1) Staggers, grabs, catches self

(0) Unsteady

(1) Continuous steps

(1) Steady

(1) Uses arms or not a smooth motion

Gait Test

Initiation of Gait

Step Length and Height - Right Foot Swing

Step Length and Height - Right Foot Clearance

Step Length and Height - Left Foot Swing

Step Length and Height - Left Foot Clearance

Step Symmetry

Step Continuity

Path

Trunk

Walk Stance

(1) No hesitancy

(1) Passes left stance foot

(1) Right foot completely clears floor

(1) Passes right stance foot

(1) Left foot completely clears floor

(1) Right and left step length appear equal

(1) Steps appear continuous

(1) Mild/moderate deviation or uses a walking aid

(1) No sway, but flexion of knees or back or spreads arms out while walking

(1) Heels almost touching while walking

Total Score: 20/28

Interpretation: 0-19 = High fall risk | 20-24 = Medium fall risk | 25-28 = Low fall risk

Result Interpretation:

Reference:

1. Tinetti ME. Performance orientated assessment of mobility problems in elderly patients. JAGS 1986; 34: 119-126. (Scoring description: PT Bulletin Feb. 10, 1993).

PT Re-evaluation w/Supervisory Visit : Patricia Diniz (MA230106034701)

(OASIS-D/2019)

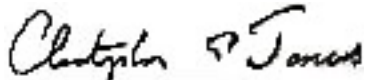
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