



AlphaCare Home Health Agency, Inc.

PLAN OF CARE

Patient: Cromwell, Hector-MR#000000316

Date: 05/10/2025

Chart: 2 Episode: 2

Patient's HI Claim No 9159P8518	Start of Care Date 03/11/2025	Certification Period 05/10/2025 -- 07/08/2025	Medical Record No 000000316	Provider No 227523
Patient's Name and Address Cromwell, Hector 158 Fourth St Suite/Apt #2nd Floor Fall River, MA 02721 Phone: (508) 623-6798		Provider's Name Address and Telephone Number AlphaCare Home Health Agency, Inc. 1707 GAR Highway Swansea, MA 02777 Phone: 617-600-4547 Fax: 855-225-2958		
Date of Birth: 02/09/1970		Sex <input checked="" type="radio"/> Male <input type="radio"/> Female		
Summary of Changes Since Last Plan of Care Update Physician Name: Hinedi, Tamim (MD (Dr. Alliance)) Date Order Received: 05/21/2025 Time Order Received: 2:00 PM MEDICATIONS: Active Atorvastatin Calcium 40 MG Tab(s) Oral 80 mg Every night at bedtime Change Start Effective Date: 03/11/2025 Carvedilol 12.5 MG Tab(s) Oral 25 mg Twice per day HTN. Hold for systolic <100, diastolic <60 Change Start Effective Date: 03/11/2025 Prasugrel HCl 10 MG Tab(s) Oral 10 mg Daily Start Effective Date: 05/21/2025 Sacubitril-Valsartan (Entresto) 24-26 MG Tab(s) Oral 1 tab Twice per day Start Effective Date: 05/21/2025 Spironolactone 25 MG Tab(s) Oral 25 mg Daily Start Effective Date: 05/21/2025 Dapagliflozin Propanediol (Farxiga) 10 MG Tab(s) Oral 10 mg Daily Start Effective Date: 05/21/2025 Ergocalciferol 1.25 MG (50000 UT) Cap(s) Oral 1.25 mg Every seven days Start Effective Date: 05/21/2025 Discontinued amLODIPine Besylate 10 MG Tab(s) Oral 10 mg Daily HTN Start Effective Date: 03/11/2025 Discontinued Date: 05/21/2025				
ELIGIBILITY HOMEBOUND STATUS: 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: 05/10/2025 RECERTIFICATION OF PATIENT ELIGIBILITY: I estimate the duration of continued Home Health services for this patient to be 60 days Start Effective Date: 05/10/2025 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: 05/10/2025 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: 05/10/2025 VERBAL ORDER FOR PLAN OF CARE: Verbal order for this plan of care taken and read back by clinician signing this plan of care. Start Effective Date: 05/10/2025 FACE TO FACE ENCOUNTER: NON-HOMEBOUND/f2f SCHEDULED WITHIN 30 DAYS: I certify/recertify that this patient is under my care and that I, or a nurse practitioner or physicians assistant working with me, has a scheduled face to face encounter within the next 30 days that meets the physician face to face encounter requirements with this patient. I certify/recertify that the above stated patient is NOT HOMEBOUND and that upon completion of the/this FTF encounter, has a need/continued need for intermittent skilled nursing, physical therapy and/or speech or occupational therapy services in their home for their current diagnoses as outlined in their initial plan of care. These services will continue to be monitored by				
Clinician's Signature and Date Of Verbal SOC Where Applicable (see below): Electronically Signed by: Lopes, Amanda (RN) RN 05/07/2025 04:54:17 PM EDT			Date HHA Received Signed POT	
Physician's Name and Address Hinedi, Tamim (MD (Dr. Alliance)) 277 Pleasant Street Suite/Apt #Suite 208 Fall River MA, 02720		Physician's Phone # (508) 567-6065 Physician's Fax # 774-365-4082 Physician's NPI # 1447255880		
Attending Physician's Signature and Date Signed		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.		
Caregiver Signature:				



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ELIGIBILITY
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: 03/11/2025

DIAGNOSIS
Primary
F33.9 Major depressive disorder, recurrent, unspecified Start Effective Date: 03/11/2025

Other
I10 Essential (primary) hypertension Start Effective Date: 03/11/2025
E11.9 Type 2 diabetes mellitus without complications Start Effective Date: 03/11/2025
J44.9 Chronic obstructive pulmonary disease, unspecified Start Effective Date: 03/11/2025
M10.9 Gout, unspecified Start Effective Date: 03/11/2025
F12.20 Cannabis dependence, uncomplicated Start Effective Date: 03/11/2025
I72.4 Aneurysm of artery of lower extremity Start Effective Date: 03/11/2025
K57.32 Diverticuli of large intestine with perforation or abscess without bleeding Start Effective Date: 03/11/2025
Z91.198 Patient noncompliant with other medical treatment and regimen for other reason Start Effective Date: 03/11/2025
Z79.4 Long term (current) use of insulin Start Effective Date: 03/11/2025
N18.9 Chronic kidney disease, unspecified Start Effective Date: 05/21/2025 E
I21.4 Non-ST elevation (NSTEMI) myocardial infarction Start Effective Date: 05/21/2025 E
Z95.5 Presence of coronary angioplasty implant and graft Start Effective Date: 05/21/2025 E

MEDICATIONS
Aspirin (Aspirin 81) 81 MG Tab(s) Oral 81 mg Daily Start Effective Date: 03/11/2025
Atorvastatin Calcium 40 MG Tab(s) Oral 80 mg Every night at bedtime Change Start Effective Date: 03/11/2025
bupropion HCl ER (SR) (Wellbutrin SR) 150 MG Tab(s) Oral 150 mg Daily Depression Start Effective Date: 03/11/2025
Carvedilol 12.5 MG Tab(s) Oral 25 mg Twice per day HTN. Hold for systolic <100, diastolic <60 Change Start Effective Date: 03/11/2025
clonidine HCl 0.1 MG Tab(s) Oral 0.1 mg Every night at bedtime Start Effective Date: 03/11/2025
Colchicine 0.6 MG Tab(s) Oral 0.6 mg Daily Start Effective Date: 03/11/2025
Escitalopram Oxalate 20 MG Tab(s) Oral 20 mg Daily Start Effective Date: 03/11/2025
Gabapentin 600 MG Tab(s) Oral 600 mg Three times per day Start Effective Date: 03/11/2025
Insulin Glargine (Lantus) 100 UNIT/ML ml Subcutaneous 24 units Daily Insulin Start Effective Date: 03/11/2025
Insulin Lispro (HumaLOG) 100 UNIT/ML ml Subcutaneous 12 units Q Noon (Lunch) Insulin Start Effective Date: 03/11/2025
Insulin Lispro (HumaLOG) 100 UNIT/ML Subcutaneous 16 units Q AM (Breakfast) Insulin Start Effective Date: 03/11/2025
Insulin Lispro (HumaLOG) 100 UNIT/ML Subcutaneous 16 units Q PM (Dinner) Insulin Start Effective Date: 03/11/2025
Mirtazapine (Remeron) 15 MG Tab(s) Oral 15 mg Every night at bedtime Start Effective Date: 03/11/2025
Potassium Chloride ER (Klor-Con 10) 10 MEQ Tab(s) Oral 10 MEQ Twice per day Start Effective Date: 03/11/2025
Prasugrel HCl 10 MG Tab(s) Oral 10 mg Daily Start Effective Date: 05/21/2025
Sacubitril-Valsartan (Entresto) 24-26 MG Tab(s) Oral 1 tab Twice per day Start Effective Date: 05/21/2025
Spironolactone 25 MG Tab(s) Oral 25 mg Daily Start Effective Date: 05/21/2025
Dapagliflozin Propanediol (Farxiga) 10 MG Tab(s) Oral 10 mg Daily Start Effective Date: 05/21/2025
Ergocalciferol 1.25 MG (50000 UT) Cap(s) Oral 1.25 mg Every seven days Start Effective Date: 05/21/2025

DME/SUPPLIES
DME:
Medication Lockbox Start Effective Date: 05/10/2025
Shower Chair Start Effective Date: 05/10/2025

SAFETY MEASURES
SAFETY MEASURES:
911 Protocol Start Effective Date: 05/10/2025
Diabetic precautions Start Effective Date: 05/10/2025
Emergency Care Plan Start Effective Date: 05/10/2025
Fall Prevention Start Effective Date: 05/10/2025
Hazardous Waste Disposal Start Effective Date: 05/10/2025
Infection Control: Standard Precautions Start Effective Date: 05/10/2025
Safety in ADLs Start Effective Date: 05/10/2025
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: 05/10/2025

NUTRITIONAL REQUIREMENTS
DIET/HYDRATION:
Cardiac Diet Start Effective Date: 05/10/2025
Diabetic Diet Start Effective Date: 05/10/2025

ALLERGIES
NKDA Start Effective Date: 03/11/2025

FUNCTIONAL LIMITATIONS
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The patient's routine inability to follow instructions affects daily function related to medication administration.
Start Effective Date: 05/10/2025

ACTIVITIES PERMITTED

ACTIVITIES PERMITTED:

No Restrictions Start Effective Date: 05/10/2025

MENTAL STATUS

MENTAL/PSYCHOSOCIAL/COGNITIVE STATUS:

Agitated Start Effective Date: 05/10/2025

Alert Start Effective Date: 05/10/2025

Anxious Start Effective Date: 05/10/2025

Depressed Start Effective Date: 05/10/2025

Forgetful Start Effective Date: 05/10/2025

Impaired Judgment Start Effective Date: 05/10/2025

Oriented Start Effective Date: 05/10/2025

PROGNOSIS

PROGNOSIS:

Guarded Start Effective Date: 05/10/2025

GOALS/INTERVENTIONS

VISIT FREQUENCY:

VISIT FREQUENCY:

Skilled Nursing Visits 10-14/wk for SN assessment, education, med admin Start Effective Date: 05/10/2025

Vital Sign Parameters

VITAL SIGN PARAMETERS Notify Physician if:

Pain Rating is greater than 8 on 0-10 scale Start Effective Date: 05/10/2025

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: 05/10/2025

Rehospitalization/Emergency Risk

REHOSPITALIZATION/EMERGENCY RISKS & INTERVENTIONS:

RISK: Currently reports exhaustion Start Effective Date: 05/10/2025

RISK: Currently taking 5 or more medications Start Effective Date: 05/10/2025

RISK: Decline in mental, emotional, or behavioral status in the past 3 months Start Effective Date: 05/10/2025

RISK: Multiple emergency department visits in the past 6 months Start Effective Date: 05/10/2025

RISK: Multiple hospitalizations in the past 6 months Start Effective Date: 05/10/2025

RISK: Reported or observed history of difficulty complying with any medical instructions in the past 3 months Start Effective Date: 05/10/2025

Establish Patient Emergency Plan and instructions for 24-hour contact Start Effective Date: 05/10/2025

Provide medication education Start Effective Date: 05/10/2025

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: 05/10/2025 Progress

Towards Goals: 20%

Cardiovascular

CARDIOVASCULAR INTERVENTIONS

Assess for and Teach Patient to recognize Signs & Symptoms of Hypertension, explaining first that HTN can sometimes present without any symptoms: dizziness, HA (throbbing or pounding), palpitations, blurred vision, fatigue, nosebleed(s), insomnia, nervousness, chest pain, SOB Start Effective Date: 05/10/2025

Assess: Cardiovascular status Start Effective Date: 05/10/2025

Assess: Extremity color, temperature, swelling and pain Start Effective Date: 05/10/2025

Educate patient on measures to manage Hypertension including: compliance with all MD appts and prescribed medications, eat balanced meals low in saturated fat, cholesterol, and sodium, avoid tobacco/ETOH use, maintain a healthy weight, increase or initiate exercise, lifestyle changes to reduce stress Start Effective Date: 05/10/2025

Endocrine

ENDOCRINE INTERVENTIONS

Assess for and Teach Patient to recognize Signs & Symptoms of Hyperglycemia: polyuria, polydipsia, polyphagia, nausea, HA, fatigue, dizziness Start Effective Date: 05/10/2025

Assess for and Teach Patient to recognize Signs & Symptoms of Hypoglycemia: sweating, tremors, anxiety, hunger, dizziness, HA, cloudy vision, confusion, abnormal behavior, convulsions, loss of consciousness Start Effective Date: 05/10/2025

Assess for and Teach Patient to recognize Signs & Symptoms of Type 2 Diabetes: increased thirst, increased appetite, increased urination, fatigue, blurred vision, slow-healing infections Start Effective Date: 05/10/2025



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Assess/Perform/Instruct Pt/Pcg: Blood glucose testing and importance of recording/monitoring for trends Start Effective Date: 05/10/2025
Educate Patient on following a Diabetic Diet: limit amount of sweets & fatty foods, eat often but in smaller amounts, include lots of whole-grain foods and fruits & vegetables, limit use of ETOH, establish a routine for eating meals & snacks at regular times every day, eat the same amount of carbs at each meal or snack to avoid severe fluctuations in blood sugars Start Effective Date: 05/10/2025
Educate Patient on long-term complications of DM including: diabetic retinopathy, neuropathy, nephropathy, hyperlipidemia, HTN/Stroke, CAD/PVD, infection, amputation of extremities Start Effective Date: 05/10/2025
Educate Patient on measures to manage low blood sugars: eat some form of simple carbohydrate as soon as possible (eg sweetened fruit juice, candy, glucose tablets), if low blood sugar and symptoms persist, seek EMS Start Effective Date: 05/10/2025
Educate Patient on possible emergent complications of Diabetes Mellitus: Hypoglycemic Coma, S/S include weakness/drowsiness, HA, confusion, dizziness, double vision, lack of coordination, convulsions, loss of consciousness Start Effective Date: 05/10/2025

ENDOCRINE GOALS

Pt will be compliant with medication/insulin regimen a.e.b. blood sugar readings within established parameters/target range Start Effective Date: 05/10/2025 Progress Towards Goals: 10%
Pt will recognize & report S/S hypo/hyperglycemia and utilize appropriate/taught interventions for each. Start Effective Date: 05/10/2025 Progress Towards Goals: 20%

Gastrointestinal

GASTROINTESTINAL INTERVENTIONS

Assess: Gastrointestinal status Start Effective Date: 05/10/2025
Instruct Pt/Pcg: Management of constipation Start Effective Date: 05/10/2025
Instruct Pt/Pcg: Management of diarrhea Start Effective Date: 05/10/2025
Instruct Pt/Pcg: Management of nausea/vomiting Start Effective Date: 05/10/2025

Medication Management

MEDICATION MANAGEMENT INTERVENTIONS

Administer AM medications per medication profile/MD orders Start Effective Date: 05/10/2025
Administer Insulin per medication profile/MD orders Start Effective Date: 05/10/2025
Administer PM medications per medication profile/MD orders Start Effective Date: 05/10/2025
Assess compliance with self managed insulin admin Start Effective Date: 05/10/2025
Perform/Instruct Pt/Pcg: Medication management; pill box, calendar, reminders Start Effective Date: 05/10/2025
Prepour medications at time of SN visit per medication profile/MD orders for days/doses leading up to next SNV. SNV will assess for compliance with pre-poured med doses at following SNV. Start Effective Date: 05/10/2025
Assess for S/S intoxication; hold medications if pt appears intoxicated and notify MD. Start Effective Date: 05/10/2025
Assess: Medication compliance, effectiveness, side effects Start Effective Date: 05/10/2025
Educate Patient on Insulin management including administration precautions: rotate sites to prevent skin complications (appropriate sites include abdomen, upper/outer thighs, upper arms, and buttocks), do not massage injection site after administration of insulin, dispose of syringes in impermeable container Start Effective Date: 05/10/2025
Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds Start Effective Date: 05/10/2025
Teach Patient proper Insulin Administration procedure: wash hands, choose injection site and prepare by swabbing with alcohol, allow to air dry, pinch approx 2in of skin around selected site with thumb & forefinger (do not touch area just cleaned), inject needle into skin using quick, firm motion, use 45deg angle for normal wt, 90deg angle for obese pt, inject slowly then remove needle and hold alcohol swab over site briefly, dispose of syringe in appropriate container Start Effective Date: 05/10/2025
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: 05/10/2025

MEDICATION MANAGEMENT GOALS

Pt will comply with medication regimen and be knowledgeable of side effects to report. Start Effective Date: 05/10/2025 Progress Towards Goals: 10%

Musculoskeletal

MUSCULOSKELETAL INTERVENTIONS

Assess/Instruct Pt/Pcg: Safe transfer/ambulation Start Effective Date: 05/10/2025
Assess/Instruct Pt/Pcg: Safety measures to prevent injury Start Effective Date: 05/10/2025
Assess: Musculoskeletal status Start Effective Date: 05/10/2025

Psychiatric/Neurological

PSYCHIATRIC/NEUROLOGICAL INTERVENTIONS:

Assess for and teach patient to recognize s/s anxiety Start Effective Date: 05/10/2025
Assess for and teach patient to recognize s/s of depression Start Effective Date: 05/10/2025



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Assess for: s/s intoxication or substance use Start Effective Date: 05/10/2025
Assess for: Suicidal ideations and/or thoughts of self-harm Start Effective Date: 05/10/2025
Assess: mental status, mood, s/s mania/depression Start Effective Date: 05/10/2025
Educate patient on measures to manage depressive d/o Start Effective Date: 05/10/2025
Instruct Pt/Pcg: Signs and symptoms of anxiety, agitation, ineffective coping Start Effective Date: 05/10/2025
Teach measures and coping skills to manage Anxiety Start Effective Date: 05/10/2025

PSYCHIATRIC/NEUROLOGICAL GOALS:

Pt will be free from exacerbation of psychiatric symptoms and/or hospitalizations Start Effective Date: 05/10/2025
Progress Towards Goals: 0%
Pt will develop positive coping skills to manage feelings of anxiety/depression. Start Effective Date: 05/10/2025
Progress Towards Goals: 0%

Respiratory

RESPIRATORY INTERVENTIONS

Assess for and teach patient to recognize s/s of COPD exacerbation Start Effective Date: 05/10/2025
Assess: Respiratory status Start Effective Date: 05/10/2025
Assess and educate patient on emergency s/s of respiratory distress/oxygen deprivation Start Effective Date: 05/10/2025
Educate patient on measures to manage COPD and prevent exacerbation Start Effective Date: 05/10/2025
Instruct Pt: Risks associated with cigarette smoking; promote smoking cessation Start Effective Date: 05/10/2025

RESPIRATORY GOALS

Pt will recognize & report s/s COPD exacerbation and/or respiratory infection Start Effective Date: 05/10/2025

Patient Centered Goal

PATIENT CENTERED GOAL

Pt will comply with medication regimen including prepoured doses. Start Effective Date: 05/10/2025 Progress Towards Goals: 10%
Pt will gain insight into disease process/ care management Start Effective Date: 05/10/2025 Progress Towards Goals: 10%
Pt will understand correlation between noncompliance and R/F decompensation/hospitalization. Start Effective Date: 05/10/2025 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: 05/10/2025

ADVANCE DIRECTIVES

ADVANCE DIRECTIVES:

FULL CODE Start Effective Date: 05/21/2025

REHAB POTENTIAL

SN REHAB POTENTIAL:

SN Rehab Potential: Guarded Start Effective Date: 05/10/2025

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: 05/10/2025

FREQUENCIES

Active

RN/LPN: 2 x day for 49 days starting 05/21/2025 (week 3) Start Date: 05/21/2025 End Date: 07/08/2025

RN/LPN: 2 x day for 60 days starting 05/10/2025 (week 1) Start Date: 05/10/2025 End Date: 07/08/2025