



AlphaCare Home Health Agency, Inc.

PLAN OF CARE

Patient: Alves, Wendy-MR#000001234

Date: 05/02/2025

Chart: 2 Episode: 29

Patient's HI Claim No 100003068275	Start of Care Date 09/25/2020	Certification Period 05/02/2025 -- 06/30/2025	Medical Record No 000001234	Provider No 110088313C
Patient's Name and Address Alves, Wendy 102 S Main St Suite/Apt ##214 Fall River, MA 02721 Phone: 508-617-8281		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: 02/10/1961		Sex <input type="radio"/> Male <input checked="" type="radio"/> Female		
Summary of Changes Since Last Plan of Care Update Physician Name: Sherlock, Mary E. (MD (Dr. Alliance)) Date Order Received: 04/05/2025 Time Order Received: 10:30 AM MEDICATIONS: Discontinued Oxygen Nasal 2L As needed for shortness of breath and/or with outings Existing Start Effective Date: 05/23/2020 Discontinued Date: 04/05/2025 SAFETY MEASURES: SAFETY MEASURES: 02 Precautions Start Effective Date: 03/03/2025 Met/Discontinued Date: 04/05/2025 INTERVENTIONS: RESPIRATORY INTERVENTIONS Assess/Perform/Instruct Pt/Pcg: Oxygen administration at 2L/min via Nasal Cannula PRN for SOB and/or with outings Start Effective Date: 03/03/2025 Met/Discontinued Date: 04/05/2025 Instruct Pt/Pcg: Care of Oxygen equipment and Safety measures Start Effective Date: 03/03/2025 Met/Discontinued Date: 04/05/2025 Physician Name: Sherlock, Mary E. (MD (Dr. Alliance)) Date Order Received: 05/17/2025 Time Order Received: 10:20 AM MEDICATIONS: Active Multiple Vitamins-Minerals (PreserVision AREDS) Cap(s) Oral 1 capsule Twice per day New Start Effective Date: 05/17/2025 Physician Name: Sherlock, Mary E. (MD (Dr. Alliance)) Date Order Received: 04/05/2025 Time Order Received: 10:30 AM DIAGNOSIS: Z99.81 Dependence on supplemental oxygen Start Effective Date: 09/25/2020 0 End Effective Date: 04/05/2025				
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: 05/02/2025 RECERTIFICATION OF PATIENT ELIGIBILITY: I estimate the duration of continued Home Health services for this patient to be 60 days Start Effective Date: 05/02/2025 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: 05/02/2025 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: 05/02/2025 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:				
Clinician's Signature and Date Of Verbal SOC Where Applicable (see below): Electronically Signed by: King, Kayleigh (RN) RN 05/05/2025 09:41:53 AM EDT			Date HHA Received Signed POT	
Physician's Name and Address Sherlock, Mary E. (MD (Dr. Alliance)) 101 Jeremiah V. Sullivan Dr. Fall River MA, 02721		Physician's Phone # 508-567-6920 Physician's Fax # 774-365-4686 Physician's NPI # 1700845237		
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

05/02/2025

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 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: 09/25/2020

DIAGNOSIS

Primary

F33.9 Major depressive disorder, recurrent, unspecified Start Effective Date: 05/21/2024 E

Other

F41.9 Anxiety disorder, unspecified Start Effective Date: 05/21/2024 E

E11.65 Type 2 diabetes mellitus with hyperglycemia Start Effective Date: 10/29/2023 E

Z79.4 Long term (current) use of insulin Start Effective Date: 08/04/2023 E

I10 Essential (primary) hypertension Start Effective Date: 03/06/2023 E

E78.5 Hyperlipidemia, unspecified Start Effective Date: 09/25/2020 0

I50.32 Chronic diastolic (congestive) heart failure Start Effective Date: 04/16/2022 E

J44.9 Chronic obstructive pulmonary disease, unspecified Start Effective Date: 10/07/2020 E

Z72.0 Tobacco use Start Effective Date: 09/25/2020 0

G89.4 Chronic pain syndrome Start Effective Date: 06/16/2023 E

MEDICATIONS

Aspirin (Aspirin 81) 81 MG Tab(s) Oral 81 mg Daily Existing Start Effective Date: 05/23/2020

Cholecalciferol (QC Vitamin D3) 5000 UNIT Tab(s) Oral 5000 units Daily Existing Start Effective Date: 05/23/2020

Fluticasone-Umeclidin-Vilant (Trelegy Ellipta) 100-62.5-25 MCG/INH Inhalation 1 puff Daily Existing Start Effective Date: 05/23/2020

Ipratropium Bromide 0.03 % ml Nasal 2 sprays each nostril Three times per day as needed for allergic rhinitis

Existing Start Effective Date: 05/23/2020

Albuterol Sulfate (2.5 MG/3ML) 0.083% ml Inhalation 2.5mg/3mL Every four hours while awake Existing Start Effective Date: 05/23/2020

traMADol HCL 50 MG Tab(s) Oral 50 mg Every 6 hours as needed for moderate pain Existing Start Effective Date: 05/23/2020

Gabapentin 300 MG Cap(s) Oral 600 mg Twice per day Existing Start Effective Date: 05/23/2020

Ipratropium Bromide Nebulizer 0.5 mg Every 6 hours as needed for shortness of breath/wheezing New Start Effective Date: 10/07/2020

Calcium Carbonate Antacid (Calcium Antacid Extra Strength) 750 MG Tab(s) Oral 750 mg Three times per day New Start Effective Date: 03/18/2022

Acetaminophen (Tylenol) 325 MG Tab(s) Oral 650 mg Every 6 hours as needed for mild pain (#1-3) New Start Effective Date: 04/09/2022

Pantoprazole Sodium (Protonix) 40 MG Tab(s) Oral 40 mg Daily New Start Effective Date: 07/15/2022

Fluticasone Propionate (Flonase Allergy Relief) 50 MCG/ACT ml Nasal 1 spray to each nostril Daily New Start Effective Date: 07/15/2022

Ezetimibe 10 MG Tab(s) Oral 10 mg Daily New Start Effective Date: 08/06/2022

Carvedilol 3.125 MG Tab(s) Oral 3.125 mg Twice per day New Start Effective Date: 02/24/2023

Levocetirizine Dihydrochloride 5 MG Tab(s) Oral 5 mg Every night at bedtime New Start Effective Date: 04/21/2023

Butalbital-Aspirin-Caffeine 50-325-40 MG Cap(s) Oral 40 mg Three times per day as needed For headache New Start Effective Date: 06/16/2023

Tirzepatide (Mounjaro) 10 MG/0.5ML Subcutaneous 10mg/0.5mL Weekly (Sunday) New Start Effective Date: 08/04/2023

Dapagliflozin Propanediol (Farxiga) 10 MG Tab(s) Oral 10 mg Daily New Start Effective Date: 09/29/2023

Insulin Glargine (1 Unit Dial) (Toujeo SoloStar) 300 UNIT/ML Subcutaneous 32 units Daily Change Start Effective Date: 03/15/2024

Insulin Aspart (NovoLOG FlexPen) 100 UNIT/ML Subcutaneous 20 units Daily with breakfast Start Effective Date: 03/15/2024

Insulin Aspart (NovoLOG FlexPen) 100 UNIT/ML Subcutaneous 20 units Daily with lunch Start Effective Date: 03/15/2024

Insulin Aspart (NovoLOG FlexPen) 100 UNIT/ML Subcutaneous 20 units Daily with dinner Start Effective Date: 03/15/2024

Levothyroxine Sodium 137 MCG Tab(s) Oral 137 mcg Daily Change Start Effective Date: 05/03/2024

Desvenlafaxine Succinate ER 100 MG Tab(s) Oral 100 mg Daily In combination with 50 mg tablet for total dose of 150 mg



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daily Change Start Effective Date: 05/21/2024
Desvenlafaxine Succinate ER 50 MG Tab(s) Oral 50 mg Daily In combination with 100 mg tablet for total dose of 150 mg
daily Change Start Effective Date: 05/21/2024
Bumetanide 1 MG Tab(s) Oral 3 mg Daily Change Start Effective Date: 07/05/2024
clonazepam (Klonopin) 0.5 MG Tab(s) Oral 0.5 mg - 1 mg Three times per day as needed for anxiety/panic/racing thoughts
Change Start Effective Date: 03/07/2024
QUetiapine Fumarate (Seroquel) 100 MG Tab(s) Oral 100 mg Every night at bedtime Start Effective Date: 01/10/2025
Rosuvastatin Calcium (Crestor) 10 MG Tab(s) Oral 10 mg Daily Change Start Effective Date: 02/01/2025
QUetiapine Fumarate 25 MG Tab(s) Oral 25-50 mg Every night at bedtime as needed at bedtime for insomnia New Start Effective Date: 03/01/2025
Naproxen 500 MG Tab(s) Oral 500 mg Twice per day as needed for pain New Start Effective Date: 03/01/2025
Multiple Vitamins-Minerals (PreserVision AREDS) Cap(s) Oral 1 capsule Twice per day New Start Effective Date: 05/17/2025

DME/SUPPLIES

DIABETIC SUPPLIES:

Glucometer Start Effective Date: 05/02/2025
Insulin pen needle tips Start Effective Date: 05/02/2025
Lancets Start Effective Date: 05/02/2025
Sharps Container Start Effective Date: 05/02/2025
Test Strips Start Effective Date: 05/02/2025

DME:

Bath bench Start Effective Date: 05/02/2025
Cane Start Effective Date: 05/02/2025
Elevated Toilet Seat Start Effective Date: 05/02/2025
Grab bar(s) Start Effective Date: 05/02/2025
Nebulizer Start Effective Date: 05/02/2025
Walker Start Effective Date: 05/02/2025

SAFETY MEASURES

SAFETY MEASURES:

911 Protocol Start Effective Date: 05/02/2025
Clear Pathways Start Effective Date: 05/02/2025
Diabetic precautions Start Effective Date: 05/02/2025
Emergency Care Plan Start Effective Date: 05/02/2025
Equipment Safety Start Effective Date: 05/02/2025
Fall Prevention Start Effective Date: 05/02/2025
Hazardous Waste Disposal Start Effective Date: 05/02/2025
Infection Control: Standard Precautions Start Effective Date: 05/02/2025
Infection Prevention Start Effective Date: 05/02/2025
Medication Safety/Storage Start Effective Date: 05/02/2025
Safety in ADLs Start Effective Date: 05/02/2025
Smoke Detectors Start Effective Date: 05/02/2025
Use of Assistive Devices Start Effective Date: 05/02/2025
Walker/Cane Start Effective Date: 05/02/2025
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: 05/02/2025

NUTRITIONAL REQUIREMENTS

DIET/HYDRATION:

Cardiac Diet Start Effective Date: 05/02/2025
Diabetic Diet Start Effective Date: 05/02/2025

ALLERGIES

Vancomycin Start Effective Date: 05/23/2020
Adhesive Start Effective Date: 05/23/2020
Ciprofloxacin Start Effective Date: 05/23/2020
Latex Start Effective Date: 05/23/2020

FUNCTIONAL LIMITATIONS

FUNCTIONAL LIMITATIONS:

Balance & Fall Risk – History of falls, dizziness, or unsteady gait impacting mobility, but does not prevent patient from leaving the home. Start Effective Date: 05/02/2025

ACTIVITIES PERMITTED

ACTIVITIES PERMITTED:

No Restrictions Start Effective Date: 05/02/2025

MENTAL STATUS

MENTAL/PSYCHOSOCIAL/COGNITIVE STATUS:



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Alert Start Effective Date: 05/02/2025
Anxious Start Effective Date: 05/02/2025
Depressed Start Effective Date: 05/02/2025
Difficulty Coping Start Effective Date: 05/02/2025
Forgetful Start Effective Date: 05/02/2025
Impaired Judgment Start Effective Date: 05/02/2025
Oriented Start Effective Date: 05/02/2025

PROGNOSIS

PROGNOSIS:

Good Start Effective Date: 05/02/2025

Vital Sign Parameters

VITAL SIGN PARAMETERS Notify Physician if:

Pain Rating is greater than 7 on 0-10 scale Start Effective Date: 05/02/2025

Weight loss/gain of 3 lbs in 1 week or 6 lbs in two weeks Start Effective Date: 05/02/2025

NOTIFY MD IF:

BP <90/50 OR >150/90

HR <50 OR >120

TEMP >100

O2 <90%

BS <60 OR >400 Start Effective Date: 05/02/2025

Rehospitalization/Emergency Risk

REHOSPITALIZATION/EMERGENCY RISKS & INTERVENTIONS:

Assess patient's knowledge, ability, resources, and adherence to medication regimen Start Effective Date: 05/02/2025

Implement Fall Prevention Program Start Effective Date: 05/02/2025

Notify Interdisciplinary team of risk assessment score Start Effective Date: 05/02/2025

Provide education content at patient's level of health literacy Start Effective Date: 05/02/2025

Provide medication education Start Effective Date: 05/02/2025

Simplify medication schedule Start Effective Date: 05/02/2025

RISK: Currently taking 5 or more medications Start Effective Date: 05/02/2025

RISK: History of falls Start Effective Date: 05/02/2025

RISK: Reported or observed history of difficulty complying with any medical instructions in the past 3 months Start Effective Date: 05/02/2025

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: 05/02/2025 Progress

Towards Goals: 20%

Cardiovascular

CARDIOVASCULAR INTERVENTIONS

Weigh patient every skilled nursing visit. SN to notify MD if weight gain of 3lbs in between weights. Start Effective Date: 05/02/2025

Assess for and Teach Patient to recognize S/S Left-sided Heart Failure, which is the most common type and produces hypoxemia and respiratory symptoms Start Effective Date: 05/02/2025

Assess for and Teach Patient to recognize S/S Right-sided Heart Failure Start Effective Date: 05/02/2025

Assess for and Teach Patient to recognize Signs & Symptoms of Hypertension, explaining first that HTN can sometimes present without any symptoms Start Effective Date: 05/02/2025

Assess/Instruct Pt/Pcg: Energy conservation techniques Start Effective Date: 05/02/2025

Assess: Cardiovascular status Start Effective Date: 05/02/2025

Educate patient on measures to manage Hypertension Start Effective Date: 05/02/2025

Educate Patient on measures to prevent Congestive Heart Failure Start Effective Date: 05/02/2025

Instruct Pt/Pcg: Activity modification and measures to prevent complications. Notify MD with s/s complications, increased SOB, s/s fluid retention/ weight gain Start Effective Date: 05/02/2025

Instruct Pt/Pcg: Measures to detect and alleviate fluid retention Start Effective Date: 05/02/2025

CARDIOVASCULAR GOALS

Pt/Pcg will state understanding of measures to manage disease and identify S/S to report Start Effective Date:

05/02/2025 Progress Towards Goals: 90%

Endocrine

ENDOCRINE INTERVENTIONS

Assess for and Teach Patient to recognize Signs & Symptoms of Hyperglycemia/Hypoglycemia and educate on measures to manage Start Effective Date: 05/02/2025

Assess for and Teach Patient to recognize Signs & Symptoms of Type 2 Diabetes Start Effective Date: 05/02/2025

Educate Patient on following a Diabetic Diet Start Effective Date: 05/02/2025

Educate Patient on long-term complications of DM including: diabetic retinopathy, neuropathy, nephropathy,



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hyperlipidemia, HTN/Stroke, CAD/PVD, infection, amputation of extremities Start Effective Date: 05/02/2025
Educate Patient on measures to manage DM Start Effective Date: 05/02/2025
Educate Patient on measures to manage low blood sugars Start Effective Date: 05/02/2025
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: 05/02/2025
Educate Patient on possible emergent complications of Diabetes Mellitus: Ketoacidosis, resulting from extremely high blood sugar levels, S/S include increased thirst/urination, nausea, deep & rapid breathing, abd pain, sweet-smelling breath, loss of consciousness Start Effective Date: 05/02/2025
Patient to independently monitor CBG checks 4x/day. SN to assess compliance qSNV. SN may prompt patient to check CBG q SNV Start Effective Date: 05/02/2025

ENDOCRINE GOALS

Pt will be compliant with prescribed diabetic diet a.e.b. blood sugar readings within normal range Start Effective Date: 05/02/2025 Progress Towards Goals: 80%

Integumentary

INTEGUMENTARY INTERVENTIONS

Assess Feet and educate patient on Diabetic Foot/Skin Care Start Effective Date: 05/02/2025

INTEGUMENTARY GOALS

Patient will not have any new evidence of skin breakdown Start Effective Date: 05/02/2025 Progress Towards Goals: 50%

Medication Management

MEDICATION MANAGEMENT INTERVENTIONS

Perform/Instruct Pt/Pcg: Medication management; pill box, calendar, reminders Start Effective Date: 05/02/2025

Skilled nurse to assess compliance with weekly Mounjaro per medication profile/MD orders Start Effective Date: 05/02/2025

Assess: Medication compliance, effectiveness, side effects Start Effective Date: 05/02/2025

Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds Start Effective Date: 05/02/2025

Musculoskeletal

MUSCULOSKELETAL INTERVENTIONS

Assess/Instruct Pt/Pcg: Safe transfer/ambulation Start Effective Date: 05/02/2025

Assess/Instruct Pt/Pcg: Safety measures to prevent injury Start Effective Date: 05/02/2025

Assess: Musculoskeletal status Start Effective Date: 05/02/2025

Assess; Instruct Pt/Pcg: Proper use of assistive devices Start Effective Date: 05/02/2025

MUSCULOSKELETAL GOALS

Pt will be free from falls/injury by utilizing taught safety techniques Start Effective Date: 05/02/2025 Progress Towards Goals: 30%

Psychiatric/Neurological

PSYCHIATRIC/NEUROLOGICAL INTERVENTIONS:

Assess for and Teach Patient to recognize S/S Anxiety Start Effective Date: 05/02/2025

Assess for and Teach Patient to recognize Signs & Symptoms of Depression Start Effective Date: 05/02/2025

Assess for: Suicidal ideations and/or thoughts of self-harm Start Effective Date: 05/02/2025

Assess: Mental status, mood, s/s mania/depression Start Effective Date: 05/02/2025

Assess: Neurological status Start Effective Date: 05/02/2025

Educate Patient on measures to manage Depressive d/o Start Effective Date: 05/02/2025

Instruct Pt/Pcg: Signs and symptoms of anxiety, agitation, ineffective coping Start Effective Date: 05/02/2025

Instruct Pt/Pcg: Stress management skills Start Effective Date: 05/02/2025

Teach measures and coping skills to manage Anxiety disorder Start Effective Date: 05/02/2025

Assess for and Teach Patient to recognize Signs & Symptoms of Stroke Start Effective Date: 05/02/2025

Educate Patient on measures to prevent Stroke Start Effective Date: 05/02/2025

PSYCHIATRIC/NEUROLOGICAL GOALS:

Pt will recognize & report S/S psych exacerbation/mental health decompensation Start Effective Date: 05/02/2025

Progress Towards Goals: 20%

Pain

PAIN INTERVENTIONS

Assess/Instruct Pt/Pcg: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage Start Effective Date: 05/02/2025

Assess: Pain level Start Effective Date: 05/02/2025

Assess: Pt response to and effectiveness of current pain management regimen Start Effective Date: 05/02/2025

Respiratory

RESPIRATORY INTERVENTIONS



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Assess for and Teach Patient Signs & Symptoms of COPD Start Effective Date: 05/02/2025
Assess: Respiratory status Start Effective Date: 05/02/2025
Assess for and Educate Patient on emergency S/S of respiratory distress/oxygen deprivation Start Effective Date: 05/02/2025
Educate Patient on measures to manage or prevent COPD Start Effective Date: 05/02/2025
Instruct Pt/Pcg: Deep breathing/coughing exercises Start Effective Date: 05/02/2025
Instruct Pt/Pcg: Energy conservation technique Start Effective Date: 05/02/2025
Instruct Pt: Risks associated with cigarette smoking; promote smoking cessation Start Effective Date: 05/02/2025
Teach Patient proper use of nebulizers/inhalers and how to care for equipment Start Effective Date: 05/02/2025

RESPIRATORY GOALS

Pt will attempt to decrease number of cigarettes smoked per day leading up to cessation Start Effective Date: 05/02/2025 Progress Towards Goals: 50%

Patient Centered Goal

PATIENT CENTERED GOAL

Patient-Centered Goal(s): patient states goal is to remain free from cellulitis Start Effective Date: 05/02/2025

Progress Towards Goals: 20%

Pt will gain insight into disease process/ care management Start Effective Date: 05/02/2025 Progress Towards Goals: 90%

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: 05/02/2025 Progress Towards Goals: 90%

ADVANCE DIRECTIVES

ADVANCE DIRECTIVES:

FULL CODE Start Effective Date: 05/02/2025

REHAB POTENTIAL

SN REHAB POTENTIAL:

SN Rehab Potential: Good Start Effective Date: 05/02/2025

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: 05/02/2025

FREQUENCIES

Active

RN/LPN: 1 x week every 2 weeks for 7 weeks starting 05/11/2025 (week 3) Start Date: 05/11/2025 End Date: 06/28/2025