

ZONE TOOL | Chronic Kidney Disease (CKD)



A basic guide for self-care

- This guide is not intended to replace directions from your physician – or to replace patient, family, or care partner decisions for seeking care. It may not apply to or cover every situation. It is important for you to follow all of your physician's instructions.
- You may receive calls from different members of your health care team such as someone from your doctor's office, the hospital, or a nurse from your health insurance plan. These calls are to address questions you may have as you begin to use the guide or to help ensure you have a successful transition to home.
- Consider asking a friend or family member to assist you as a care partner. A care partner can help you with your self-care plan or with a transition from hospital to home. Some of the ways a care partner can help you:
 - Join you on calls with your health care team to help you take notes and ask questions
 - Help you get your medications or food
 - Help you make or get to doctor or therapy appointments

GREEN Zone – Continue doing what you are doing!



- No shortness of breath
- No swelling
- No problems urinating
- No pain, no more tired or weak than usual

Your symptoms are under control.

- Take your medications as prescribed by your physician
- Continue to monitor your fluids, diet, weight gain or loss as instructed by your physician
- Eat small, frequent meals throughout the day
- Keep all your physician appointments

YELLOW Zone – Need to change something.



- Fever over 101 for 24 hours
- Unexplained weight gain
- Loss of appetite, not eating well.
- Swelling of hands/feet/ankles and around the eyes
- Increased fatigue, dizziness, trouble thinking
- Change in ability to perform activities, feeling week.
- Decreased urine output or blood in urine
- New pain in lower back/body or kidney area
- Heartburn, nausea or vomiting
- Itchy, dry, foul smelling skin
- Changes in blood pressure (higher or lower than usual)
- New or worsening headache or muscle aches

Your symptoms may indicate you need an adjustment in your medication, weight management or other change to your plan for care.

Contact your physician, home health nurse, or care coordinator immediately

RED Zone – Seek immediate medical care.



- Increased shortness of breath, especially at rest
- Faster heart rate, chest pain, back pain
- Unable to urinate for 24 hours
- Increased fatigue, trouble staying awake, very confused

If you cannot reach your physician or home health agency immediately, call 911.

NOTE: Many of these symptoms are also a concern for those with Acute Kidney Injury (AKI); Congestive Heart Failure (CHF) or End Stage Renal Disease (ESRD). Ask your care team for more information and guidance.

This material was prepared by Alliant Health Solutions, a Quality Innovation Network – Quality Improvement Organization (QIN – QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. 12SOW-AHSQIN-QIO-TO1-CC-2905-09/15/21

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