ZONE TOOL | Renal Failure



GREEN Zone - Continue doing what you are doing!



- · No shortness of breath
- No swelling
- · Urinating with no problems
- Watching intake of foods/fluids
- · No pain, not tired or weak
- Monitoring foods with potassium, protein and salt

Your symptoms are under control.

- Continue taking your medications as ordered
- o Continue daily weights
- Keep all physician appointments
- o Keep scheduled dialysis appointments
- Eat small, frequent meals throughout the day

YELLOW Zone - Need to change something.



- · Some shortness of breath
- · Increased swelling—some edema
- · Increased tiredness with any activity
- · Decreased urine output
- · Nausea and vomiting
- · Poor appetite, headache, muscle aches
- Changes in blood pressure(higher or lower than usual)

Your symptoms may indicate you need an adjustment in your medication, plan of care or weight management.

<u>Call your physician, dialysis team or home</u> health nurse

RED Zone – Seek immediate medical care.



Call your physician right away or call 911

- Increased shortness of breath (faster, unrelieved, etc.)
- Faster heart rate—palpitations
- · Fatigued, trouble staying awake
- · Increased swelling—edema

- · Increased pain—generalized
- Increased nausea and vomiting, loss of appetite
- · Fever, chills
- · Unable to urinate at all









Daily Weight Log

Goal/Dry Weight ___

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