



## MY CKD ZONE TOOL AND ACTION PLAN

This plan should be discussed at each office visit and updated as needed.

The green, yellow and red zones show symptoms of CAD. The list of symptoms is not complete, and you may experience other symptoms. In the “Actions” column, there are recommended actions for you to take based on your symptoms by checking the appropriate boxes.

Green Zone: I am doing well today	Actions
<ul style="list-style-type: none"><li>• No shortness of breath</li><li>• No swelling of feet, ankles, legs or stomach more than what is normal for you</li><li>• No chest pain</li><li>• Able to do usual activities</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Take daily medications</li><li><input type="checkbox"/> Exercise regularly</li><li><input type="checkbox"/> Eat low-fat, low-salt, high-fiber foods</li><li><input type="checkbox"/> Avoid smoking and alcohol</li><li><input type="checkbox"/> _____</li></ul>
Yellow Zone: I am having a bad day	Actions
<ul style="list-style-type: none"><li>• Decreased energy level or feeling very tired</li><li>• More frequent or more uncomfortable episodes of chest pressure</li><li>• Weight gain of 3 pounds in one day or 5 pounds in one week</li><li>• Feeling uneasy, you know something isn't right</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Continue taking daily medications</li><li><input type="checkbox"/> Rest, monitor how you feel</li><li><input type="checkbox"/> Call provider – a change in medications may be necessary.</li></ul>
Red Zone: I need urgent medical care	Actions
<ul style="list-style-type: none"><li>• Shortness of breath that won't go away even at rest</li><li>• Pain, pressure, heaviness or tightness in your :<ul style="list-style-type: none"><li>○ Chest</li><li>○ Neck</li><li>○ Jaw</li><li>○ Arms</li><li>○ Back</li><li>○ Shoulders</li></ul></li><li>• You may also feel:<ul style="list-style-type: none"><li>○ Nauseous</li><li>○ Dizzy/lightheaded</li><li>○ Short of breath</li><li>○ Cold sweat</li></ul></li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Stop activity and rest</li><li><input type="checkbox"/> Call 911 or seek medical care immediately</li><li><input type="checkbox"/> While getting help, immediately do the following: _____</li></ul>