



Someone to watch over you

# CARE ZONE™

## ASTHMA

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician right away. You may need to be hospitalized, unless you can get these symptoms under control quickly. In an emergency, call 9-1-1.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.
- Eliminate triggers
- Stop strenuous exercise
- Add reliever medication: \_\_\_\_\_
- If no relief, continue with: \_\_\_\_\_
- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day.

- Continue taking your medications as ordered
- Continue monitoring peak flow
- Keep all physician appointments

### STOP

- Peak flow less than 50% of personal best
- Very short of breath
- Extreme difficulty breathing
- Usual activities severely limited
- Difficulty walking and talking due to shortness of breath
- Respiratory effort increased, skin between neck and ribs pulls in with breathing
- Skin color is pale or gray
- Fingernails or lips are blue

### CAUTION

- Peak flow 50- to 80-percent of personal best
- Increased asthma symptoms (coughing, waking at night, wheezing, shortness of breath, tightness in chest, breathing faster, pale skin color)
- Call your physician if you are in the YELLOW zone most days. This is not where you should be.

### GO!

- Your goal peak flow is \_\_\_\_\_
- Peak flows are 80- to 100 percent of your best number
- No symptoms
- Able to do usual activities
- Usual medications control asthma



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## CONGESTIVE HEART FAILURE

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician right away! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue daily weights
- Follow low salt diet
- Keep all physician appointments

### STOP

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds in 2 days
- Confusion

### CAUTION

- Weight gain of 3 or more pounds in 2 days
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in the number of pillows needed
- Anything else unusual that bothers you

### GO!

Goal Weight: \_\_\_\_\_

- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in your ability to maintain your activity level



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## COPD

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician before you run the red light and crash! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Add "Quick Relief Medicine" \_\_\_\_\_
- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508 to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Your doctor may recommend that you purchase a pulse oximeter to track your oxygen; however you still need to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Continue taking your medications as ordered
- Continue daily weights
- Follow low salt diet
- Keep all physician appointments

### STOP

- Unrelieved shortness of breath or chest pain
- Wheezing or chest tightness
- Mental changes
- Increased or irregular heart beat
- Change in color of your skin, nail beds, or lips to gray or blue

### CAUTION

- Sputum that increases in amount, thickness, or color
- Increased cough/wheezing even after taking your meds
- Increased swelling feet/legs
- Increasingly short of breath
- Weight loss/gain of 3 lbs
- Fever of 100.5F oral
- Increased # of pillows/need to sleep in chair

### GO!

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- No decrease in your ability to maintain normal activity
- Your symptoms are under control.



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## DEPRESSION

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician right away. In an emergency, call 9-1-1.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- You may be experiencing increased anxiety and decreased ability to concentrate. Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you feeling good. Please, don't wait for your symptoms to go away or get worse. Call now.

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day.

- Having some fun and pleasure
- Your symptoms are under control
- Continue with your medications as ordered
- Keep all medical appointments

### STOP

- Overwhelmed by feelings of sadness/despair
- Feeling hopeless and/or helpless
- Unable to leave the bed
- Reporting of suicidal ideation/thoughts/behavior
- Stopped eating
- Unable to sleep
- Unwilling to take medications or keep MD appointments

### CAUTION

- Sad most of the time
- Decreased appetite
- Sleep disturbance
- Decrease in ability to experience pleasure/fun
- Increase in feelings of irritability/anger
- Decrease in interest in doing daily activities
- Decrease in compliance with medications and MD appointments

### GO!

- Neutral mood
- No sleep disturbance
- No appetite disturbance
- Feeling hopeful
- Able to concentrate
- Compliant with medications as ordered
- Keeping appointments



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## DIABETES

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician before you run the red light and crash! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.
- Your blood sugar may indicate that you need an adjustment of your medication
- Improve your eating habits
- Increase your activity level
- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508 to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your blood sugars are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Continue taking your medications as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all physician appointments

### STOP

- HbA1c is greater than 9
- Average blood sugars are over 210
- Most fasting blood sugars are well over 210
- Change in mental status or client is non-responsive--check blood sugar and call 9-1-1.

### CAUTION

- HbA1c between 7 and 9
- Average blood sugar between 150 – 210
- Most fasting blood sugar under 200

### GO!

- HbA1c is under 7
- Average Blood Sugars typically under 150
- Most fasting blood sugars under 150



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## HEART DISEASE

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician immediately! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Care Nurse appointments
- Keep physician appointments

### STOP

- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking \_\_\_\_\_ Nitro tablets
- Mental changes

### CAUTION

- Increased weight (2-3 lbs, in one day or 4-5 lbs in the past 5 days)
- Increased cough
- Increased swelling of legs, ankles and/or feet
- Increased shortness of breath with activity
- Chest Pain
- Increased # of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

### GO!

- No shortness of breath
- No swelling
- No weight gain
- No decrease in your ability to maintain normal activity level





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## HYPERTENSION

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician right away! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.
- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.
- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your blood pressure and symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Continue taking your medications as ordered
- Continue monitoring your blood pressure.
- Keep Home Care Nurse appointments
- Keep physician appointments

### STOP

- Sudden numbness or weakness of the face, arm or leg
- especially on one side of your body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness. Loss of balance or coordination
- Sudden severe headache

### CAUTION

- Repeated blood pressure readings outside your normal
- Headaches
- Nose Bleeds
- Ringing in the ears
- Lightheadedness
- Palpitations

### GO!

- Your usual medications control your blood pressure
- **Your normal blood pressure range is:**  
\_\_\_\_\_ - \_\_\_\_\_



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## CARE ZONE™ PAIN MANAGEMENT

### STOP

- You haven't had a bowel movement for three or more days
- You experience new severe pain
- You have unacceptable pain relief
- A family member can't wake you up, you're throwing up, or are confused

### CAUTION

- Pain that is moderate or severe or greater than 4 on a scale of 0-10 in spite of treatment
- New pain begins
- It has been 1-2 days since you've had a comfortable bowel movement
- Pain interferes with activity
- You're too sleepy or hard to wake up, or can't keep the pills down.

### GO!

- Your comfort goal of \_\_\_\_/10 is met
- Pain doesn't interfere with activity, movement or ability to enjoy life
- If you're taking medication for pain, you are moving your bowels comfortably at least every other day
- You do not have new pain

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician right away. You may need to be hospitalized, unless you can get these symptoms under control quickly. In an emergency (confusion, can't wake up), call 9-1-1.
- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment to your pain management plan. Fine tuning in this zone can help you stay out of the red zone and keep you feeling healthy. Please, don't wait for your symptoms to go away or get worse. Call now.
- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day.

- Your pain is under control at a level that is acceptable to you
- Continue taking your medications as directed
- Continue using other methods that are working to decrease your pain, as approved by your physician.





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# CARE ZONE™

## PULMONARY DISEASE

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician before you run the red light and crash! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Your symptoms are under control
- Continue taking your medications
- Continue using your inhaler and / or nebulizer
- Keep your Home Care Nurse appointments
- Keep physician appointments

### STOP

- Unrelieved shortness of breath even after taking your medication and treatments
- Increased confusion
- Wheezing or chest tightness at rest
- You have trouble walking
- Mental changes
- You have trouble staying awake
- Your lips or fingernails are blue or gray

### CAUTION

- Increased shortness of breath, which is relieved with 15 minutes of rest
- Increased cough or mucus changes in color, consistency or amount
- Increased shortness of breath with activity
- Increased tiredness without any reason
- Irritability, confusion, or headaches
- Increased # of pillows or need to sleep in a chair
- You have a temperature of 100.5°

### GO!

- No shortness of breath
- No need to use your rescue inhalers
- No decrease in your ability to maintain normal activity level



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# CARE ZONE™ URINARY CATHETER

## **STOP RED ZONE**

- Entering the Red Zone indicates that you need to be evaluated by a physician before you run the red light and crash! In an emergency, call 9-1-1. You may need to be hospitalized, unless you can get these symptoms under control quickly.
- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

## **CAUTION YELLOW ZONE**

- Your symptoms indicate that you may need an adjustment of your medications or treatment to get to the Green Zone. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.
- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

## **GO GREEN ZONE!**

Congratulations. Your urinary symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day. Please proceed with caution so that you don't run the red light and crash!

- Continue with good personal hygiene
- Clean and / or change the Foley bags and tubing as your Home Care Nurse instructs
- Keep Home Care Nurse appointments
- Keep physician appointments

## **STOP**

- Urine is very cloudy and / or has a strong foul odor
- There is constant pain, itching, burning and / or drainage near the Foley exit site
- There is pain and / or a feeling of bladder fullness in the lower part of your stomach
- There is no urine in the bag
- There is blood in your urine
- Temperature is above 100.5 °

## **CAUTION**

- The Foley has fallen out
- Urine is cloudy or has a slight odor
- Increased pain, itching, burning and / or drainage near the Foley
- A feeling of bladder fullness and / or little or no urine in the drain bag
- Urine is leaking, bed/clothes are wet
- The color of the urine is dark and looks like tea
- Temperature is 100.5° by mouth

## **GO!**

- Urine is clear yellow without odor
- There is at least 1/4 cup of urine every hour
- There is no pain, itching, burning or drainage near or at the Foley exit site
- Temperature is 98.6° or less by mouth



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# CARE ZONE™

## WOUND MANAGEMENT

### STOP RED ZONE

- Entering the Red Zone indicates that you need to be evaluated by a physician immediately! You may need to be hospitalized, unless you can get these symptoms under control quickly. In an emergency, call 9-1-1.

- **Call your physician immediately.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508. We will review your signs and symptoms with you and are available to discuss treatment options with your physician.**

### CAUTION YELLOW ZONE

- Your symptoms indicate that you may have an infection and need a change in medication or wound care. Fine tuning in this zone can help you stay out of the red zone and keep you healthy. Please, don't wait for your symptoms to go away or get worse. Call now.

- **Tender Nursing Care has a Nurse On-Call 24/7. Please call our office at 614-856-3508, if you are unable to reach your home health nurse right away.**

Nurse: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

### GO GREEN ZONE!

Congratulations. Your symptoms are under control. You are where you feel your best and are managing your care and symptoms well. Tender Nursing Care is committed to helping you stay in your Green Zone. Continue to evaluate how you are feeling every day.

- Your wound is clean and not infected
- Continue with your dressing changes
- Keep home care nurse appointments
- Keep physician appointments

### STOP

- Swelling around wound more than 1/8 inch higher than the wound
- Pain at the wound is constant and/or excruciating
- The skin surrounding the wound is bright red
- There is a strong foul odor from the wound
- The drainage is soaking through the dressing or is bright yellow or green
- Temperature is above 100.5 by mouth

### CAUTION

- Increased swelling around wound
- Increased pain at wound site, but not constant or excruciating
- Increased redness of the skin around the wound
- Slight odor from wound
- Drainage looks like "pus" it can be yellow or green
- Temperature is 100.5° by mouth

### GO!

- No swelling around wound
- No pain at wound site
- Skin around wound is normal color or slightly red
- No odor from wound
- Drainage is straw or pink in color
- Temperature is 98.6 or less by mouth