

High Blood Pressure

Remember:

- ✓ Keep your doctors' appointments.
- ✓ Take all your medications to each doctors' appointment.

- ✓ Ask your doctor about getting a pneumonia vaccine.
- ✓ Get your flu and COVID vaccines every year.

Green Zone: Great Control



- ✓ High blood pressure may NOT have any symptoms
- ✓ No headaches or nose bleeds
- ✓ Blood pressure within goal of
_____ systolic (top number)
_____ diastolic (bottom number)
as directed by your doctor

Green Zone means:

- ✓ Your symptoms are under control.
- ✓ Continue to take your medications as ordered.
- ✓ Check your blood pressure periodically.
- ✓ Keep your weight under control.
- ✓ Follow healthy eating habits, including limited sodium intake.
- ✓ Exercise regularly.

Yellow Zone: Warning



- If you have **any** of the following, **call your doctor!**
- ✓ Repeated blood pressures outside the normal range— Remember, very high blood pressures may not have symptoms
 - ✓ Ringing in the ears
 - ✓ Headache
 - ✓ Lightheadedness
 - ✓ Nausea
 - ✓ Shortness of breath
 - ✓ Heart palpitations (a fast-beating, fluttering, or pounding heart)
 - ✓ Nose bleed
 - ✓ Anxiety

Yellow Zone means:

- ✓ You may need your medications changed.
- ✓ Stop vigorous exercise.
- ✓ Follow your renal diet.
- ✓ Call your RN at your dialysis center: _____
- ✓ Or call your doctor: _____
(doctor's phone number)

Red Zone: Emergency



- ✓ Severe chest pain
- ✓ Severe headache, accompanied by confusion and blurred vision
- ✓ Nausea and vomiting
- ✓ Severe anxiety
- ✓ Severe shortness of breath or trouble breathing
- ✓ Sudden confusion, trouble speaking, or understanding
- ✓ Sudden numbness or weakness in face, arm, or leg
- ✓ Seizures
- ✓ Unresponsiveness

Red Zone means:

- ✓ **Act fast...High blood pressure is serious!**
- ✓ **Call 9-1-1 and request an ambulance to the Emergency Department!**

This material was originally prepared by Alliant Health Solutions, a Quality Innovation Network-Quality Improvement Organization (QIN-QIO), and adapted by HSAG: ESRD Network 7, 13, 15, 17, and 18, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. FL-ESRD-7N4HES-11212024-01

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