

# Chronic Kidney Disease Self-Management Plan

Name \_\_\_\_\_ Date \_\_\_\_\_

Do not smoke. Avoid secondhand smoke.

## Green Zone: In Control

- ✓ I am breathing easily.
- ✓ I am not experiencing weight gain in excess of two pounds a day.
- ✓ I do not have swelling of my feet, ankles, legs, hands, or face.
- ✓ I am not experiencing chest tightness or pain.
- ✓ I am able to maintain my normal activity level.



## Green Means I Should:

- ✓ Continue to take my medicine as ordered.
- ✓ Continue to attend my scheduled dialysis treatment.

## Yellow Zone: Caution

- ✓ I have weight gain of more than 2–3 pounds in one day.
- ✓ I have shortness of breath or trouble breathing when lying down.
- ✓ I have swollen feet, ankles, legs, hands, or face.
- ✓ I am not able to eat or drink.
- ✓ I am more tired than usual.
- ✓ I have fever, chills, cough, or feel weak and achy.
- ✓ I do not feel a vibration (thrill) in my fistula or graft.
- ✓ I have painful, hot, red or swollen skin, or drainage around my fistula, graft, or catheter.
- ✓ I have had diarrhea more than three times in a day, or vomited more than once a day.
- ✓ I do not feel well enough to go to dialysis.
- ✓ If on peritoneal dialysis, the fluid looks cloudy or bloody.



## Yellow Means I Should:

- ✓ Contact my dialysis center, kidney physician, or access surgeon and share my symptoms. I may have too much fluid or I may need my fistula or graft checked.

### Physician Contact:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone—Medical Alert!

- ✓ I am bleeding from my access that I cannot stop.
- ✓ I have a central venous catheter (CVC) that has fallen out.
- ✓ I have new or increased difficulty breathing.
- ✓ I have an increased heartbeat.
- ✓ I am having trouble thinking clearly or am confused.
- ✓ I have chest pain or heaviness in my chest.
- ✓ I have severe weakness, trouble walking, and tingling around the mouth.



## Red Means I Must:

- ✓ **Take action!**
- ✓ **You need to go to the Emergency Room or call 9-1-1 immediately!**

National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd>  
National Kidney Foundation. <https://www.kidney.org/atoz/content/about-chronic-kidney-disease>

This information is intended for educational purposes only. HSAG does not represent or guarantee that this information is applicable to any specific patient's care or treatment. This content does not constitute medical advice from a physician and is not to be used as a substitute for treatment or advice from a practicing physician or other healthcare provider.

This material was prepared by Health Services Advisory Group (HSAG), 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. QN-12SOW-XC-05282024-01

---

## Every Day

- I will weigh myself in the morning.
- I will eat low salt foods and plenty of protein.
- I will take my phosphate binders with my meals.
- I will keep track of all the fluids I drink and eat and stop when I reach my daily limit.
- I will continue to attend my dialysis treatments.
- I will take my medications.
- I will keep all of my medical appointments.