

# Kidney Failure Self-Management Plan

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

Do not smoke. Avoid secondhand smoke.

## Green Zone: In Control

- ✓ I do not have shortness of breath or trouble breathing.
- ✓ I do not have a weight gain of more than 1 kilogram (2.2 pounds) between treatments or as specified by my dialysis team.
- ✓ My blood pressure goal is \_\_\_\_\_ systolic (top number) and \_\_\_\_\_ diastolic (bottom number), as specified by my dialysis team.
- ✓ I do not have chest pain, tightness, or a bounding/galloping heartbeat.
- ✓ I do not have excessive (more than usual) swelling or edema in my feet, legs, hands, or face.
- ✓ I am able to maintain my normal activity level.



## Green Means I Should:

- ✓ Continue to take my medicine as prescribed.
- ✓ Continue to monitor and keep my dialysis access clean and dry.
- ✓ Continue to attend my scheduled dialysis treatments.

## Yellow Zone: Caution

- ✓ I do not feel well enough to go to dialysis.
- ✓ I have shortness of breath or trouble breathing.
- ✓ I have excessive swelling of my feet, ankles, legs, hands, or face.
- ✓ I am not able to eat or drink.
- ✓ I am having severe cramping.
- ✓ I have a fever of 100.5°F or greater by mouth, or 99.5°F or greater under the arm, chills, cough, or feel weak and achy.
- ✓ I do not feel a vibration (thrill) in my fistula or graft.
- ✓ I have painful, hot, swollen skin, or pus around my dialysis access.
- ✓ If I have a central venous catheter (CVC), my CVC dressing is wet, soiled, or unattached.
- ✓ If on peritoneal dialysis, the fluid looks cloudy or bloody.



## Yellow Means I Should:

- ✓ Contact my dialysis center and share my symptoms.

### Dialysis Center Contact:

Name: \_\_\_\_\_

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 or is damaged.
- ✓ I have increased shortness of breath or trouble breathing.
- ✓ I have chest pain, tightness, heaviness, or a bounding/galloping heartbeat.
- ✓ I am having trouble thinking clearly or am confused.
- ✓ I have severe weakness, trouble walking, and/or 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>

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## Every Day

- ☐ I will weigh myself first thing in the morning.
- ☐ I will eat low sodium (salt) foods.
- ☐ I will take my phosphate binders as recommended by my dialysis team.
- ☐ I will continue to follow my renal diet and fluid restriction as recommended by my dialysis team.
- ☐ I will continue to monitor and keep my dialysis access clean and dry.
- ☐ I will brush my teeth two times daily to decrease oral bacteria.
- ☐ If I have diabetes, I will check my blood sugar as ordered by my doctor.
- ☐ I should not smoke and should avoid secondhand smoke.
- ☐ I will take my medications.
- ☐ I will keep all of my medical appointments.