

# High Blood Pressure Management ZONES

Insert Agency's  
Logo

<b>GREEN ZONE</b>	<p><b>ALL CLEAR (GOAL)</b></p> <ul style="list-style-type: none"> <li>• High blood pressure usually does <b>NOT</b> have any symptoms</li> <li>• No headaches, nose bleeds</li> <li>• Blood pressure is within goal of:            _____ systolic (top number)            _____ diastolic (bottom number)</li> </ul>	<p><b>Doing Great!</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> <li>• Actions:               <ul style="list-style-type: none"> <li>○ Take medicines as ordered</li> <li>○ Check blood pressure, if able</li> <li>○ Keep all doctor appointments</li> <li>○ Keep weight under control</li> <li>○ Exercise</li> <li>○ Follow health eating habits</li> <li>○ Keep exercising</li> </ul> </li> </ul>
<b>YELLOW ZONE</b>	<p><b>WARNING</b></p> <p>If you have <u>any</u> of the following:</p> <ul style="list-style-type: none"> <li>• Repeated blood pressures outside of your normal range</li> <li>• Ringing in the ears</li> </ul>	<p><b>Act Today!</b></p> <ul style="list-style-type: none"> <li>• You may need your medicines changed</li> <li>• Actions:               <ul style="list-style-type: none"> <li>○ Stop vigorous exercise</li> <li>○ Call <b>your home health nurse</b>                _____                (agency's phone number)</li> <li>○ Or call <b>your doctor</b>                _____                (doctor's phone number)</li> </ul> </li> </ul>
<b>RED ZONE</b>	<p><b>EMERGENCY</b></p> <ul style="list-style-type: none"> <li>• Severe headache or nosebleed</li> <li>• Lightheadedness or heart racing</li> <li>• Severe anxiety</li> <li>• Severe trouble breathing</li> <li>• Sudden numbness or weakness of the face, arm, or leg</li> <li>• Sudden confusion, trouble speaking, or understanding</li> <li>• Sudden trouble seeing in one or both eyes</li> <li>• Sudden trouble walking, dizziness, loss of balance or coordination</li> </ul>	<p><b>Act NOW!</b></p> <ul style="list-style-type: none"> <li>• You need to be seen by a doctor <u>right away</u></li> <li>• Actions:               <ul style="list-style-type: none"> <li>○ <b>Call your doctor</b>                _____                (doctor's phone number)</li> <li>○ <b>Or call 911</b></li> </ul> </li> </ul>

References: [AHA, 2012](#); [NHLBI, 2012](#); [Go, et al., 2013](#)



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