ZONE Tool: Diabetes Management

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| **GREEN ZONE** | **ALL CLEAR (GOAL)*** Most fasting blood sugars are between 80–130 or \_\_\_\_\_\_\_\_\_\_\_\_
* Average blood sugars during the day are less than 180 or \_\_\_\_\_\_\_\_\_
* Able to do usual activities
 | **Doing Great!*** Your symptoms are under control
* Actions:
	+ Take medicines as ordered
	+ Check blood glucose routinely as directed by the healthcare team
	+ Follow healthy eating habits
	+ Continue regular exercise
	+ Keep all doctor appointments
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| **YELLOW ZONE** | **CAUTION (WARNING)****If you have any of the following:*** Most fasting blood sugars are above 130 but under 200 or \_\_\_\_\_\_\_\_\_\_\_\_
* Average blood sugars during the day are between 150–210 or \_\_\_\_\_\_\_\_\_\_\_\_
* Signs and symptoms of high or low blood sugar (see back)
* Sometimes have trouble keeping normal activity level
 | **Act Today!*** You may need your medicines changed
* Actions:
	+ Improve your eating habits
	+ Increase your activity level
	+ If eating and activity changes do not help:
		- **Call your home health nurse:**

*(nurse’s phone number)** + - **Or call** **your Diabetes healthcare provider:**

*(provider’s phone number)* |
| **RED ZONE** | **EMERGENCY*** Blood sugars under 70 or having symptoms of low blood sugars
* Average blood sugars during the day are above 210
* Glucose meter reads “high”
* Always have trouble doing normal activity level
* Unable to stay awake even during day
 | **Act NOW!*** If blood sugar is under 70, eat food on the next page.
* **Call your Diabetes healthcare provider right away:**

*(provider’s phone number)** **Call 911 or go to the Emergency Department.**
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*Also available in* [*other languages*](http://homehealthquality.org/Resources/Interactive-Tools/Public/ZONE-Tools-List.aspx)*.*

Common Signs of Low and High Blood Sugar Levels

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| --- | --- | --- | --- |
| **LOW BLOOD SUGAR** | **Symptoms*** Shakiness
* Sweaty
* Hunger
* Anxiety
* Nervous
* Confusion
* Acting angry or irritable
* Slurred speech
* Headache
 | **Causes*** Too little food
* Too much medicine
* More activity than usual
* Too long between meals and snacks
* Alcohol
 | **Treatment** (15 grams of carbs)* ½ cup juice
* ½ cup sugared soft drink
* 1 tablespoon honey
* 4 sugar packets
* 3-4 hard candy (unless at risk for choking)
* 3 graham crackers
* 2 tablespoons raisins
* 3-4 glucose tablets
* 1 cup skim or low fat milk
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You may or may not experience these symptoms. Everyone is different.

**Re-test blood sugar 15 minutes after treatment.
If still low, repeat above treatment.**

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| **HIGH BLOOD SUGAR** | **Symptoms*** Thirst
* Hunger
* Frequent urination
* Fatigue
* Nausea
* Blurred vision
* Headache
* Confusion
* Ketones in urine
 | **Causes*** Too much food
* Too little exercise
* Too little medication
* Stress
* Illness or infection
* Injury
* Short time between meals and snacks
 | **Treatment*** Exercise unless sugar is above 240 AND you have ketones in your urine
* Adjust food intake
* Work with doctor to adjust your medicine
 |

**REMEMBER** to calibrate your glucose meter as directed per the manufacturer’s recommendations. Ask your healthcare provider if you need help.

*References:* [*ADA*](http://care.diabetesjournals.org/content/42/Supplement_1)*, 2019 &* [*ADA*](https://diabetesed.net/wp-content/uploads/2017/12/2018-ADA-Standards-of-Care.pdf)*, 2018*

*This material was prepared by Quality Insights, the Medicare Quality Innovation Network-Quality Improvement Organization supporting the Home Health Quality Improvement National Campaign, eunder contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The views presented do not necessarily reflect CMS policy. Publication number 11SOW-WV-HH-MMD-040919*