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 |
| **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.** |

*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 |

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*

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