ZONE Tool: High Blood Pressure Management

*Also available in* [*other languages*](http://homehealthquality.org/Resources/Interactive-Tools/Public/ZONE-Tools-List.aspx)*.*

| **GREEN ZONE** | **ALL CLEAR (GOAL)*** High blood pressure usually does **NOT** have any symptoms
* No headaches, nose bleeds
* Blood pressure is within goal of:

systolic (top number)diastolic (bottom number) | **Doing Great!*** Your symptoms are under control
* Actions:
	+ Take medicines as ordered
	+ Check blood pressure, if able
	+ Keep all doctor appointments
	+ Keep weight under control
	+ Exercise
	+ Follow health eating habits
	+ Keep exercising
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| --- | --- | --- |
| **YELLOW ZONE** | **WARNING****If you have any of the following:*** Repeated blood pressures outside of your normal range
* Ringing in the ears
 | **Act Today!*** You may need your medicines changed
* Actions:
	+ Stop vigorous exercise
* **Call your** **home health nurse:**

*(agency’s phone number)** + **Or call your doctor:**

*(doctor’s phone number)* |
| **RED ZONE** | **EMERGENCY*** Severe headache or nosebleed
* Lightheadedness or heart racing
* Severe anxiety
* Severe trouble breathing
* Sudden numbness or weakness of the face, arm, or leg
* Sudden confusion, trouble speaking, or understanding
* Sudden trouble seeing in one or both eyes
* Sudden trouble walking, dizziness, loss of balance or coordination
 | **Act NOW!*** You need to be seen by a doctor right away!
* Actions:
	+ **Call your doctor:**

*(doctor’s phone number)** **Or call 911 or go to the Emergency Department.**
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*References:* [*ACC/AHA*](http://hyper.ahajournals.org/content/early/2017/11/10/HYP.0000000000000065)*, 2017;* [*AHA*](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/SymptomsDiagnosisMonitoringofHighBloodPressure/What-are-the-Symptoms-of-High-Blood-Pressure_UCM_301871_Article.jsp)*, 2012;* [*NHLBI*](http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/signs.html)*, 2012;* [*Go, et al*](http://hyper.ahajournals.org/content/early/2013/11/14/HYP.0000000000000003.full.p)*., 2013*

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