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.** |

*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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