

Self-Management Plan for Wounds



Care at Home™

Name _____ Date _____

Wake Forest Baptist Health Care at Home 24 hour phone: _____

Green Zone: All Clear	Green Zone Means:
<ul style="list-style-type: none"> ▶ No swelling around wound ▶ No pain at wound site ▶ Skin around wound is normal color or slightly red ▶ No odor from wound ▶ Drainage is straw or pink in color ▶ Temperature by mouth is 98.6° or less ▶ Have all prescriptions available 	<ul style="list-style-type: none"> ▶ Your wound is clean and not infected ▶ Continue with your dressing changes ▶ Keep Care at Home nurse appointments ▶ Keep physician appointments
Yellow Zone: Caution	Yellow Zone Means:
<p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Increased swelling around wound ▶ Increased pain at wound site, but not constant or excruciating ▶ Increased redness of the skin around the wound ▶ Slight odor from wound ▶ Drainage looks like "pus" (can be yellow or green) ▶ Temperature by mouth is 100.5° ▶ Have less than 3 days of prescribed medication available ▶ Are not sure what medications to take today 	<ul style="list-style-type: none"> ▶ Your symptoms indicate that you may have an infection ▶ Call your Care at Home nurse and/or your physician <p>Contact _____</p> <p>Phone Number _____</p> <p>(Please notify your Care at Home nurse if you contact or go see your MD)</p>
Red Zone: Medical Alert	Red Zone Means:
<p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Swelling around wound more than 1/8 inch higher than the wound ▶ Pain at the wound is constant and/or excruciating ▶ The skin surrounding the wound is bright red ▶ There is a strong foul odor from the wound ▶ The drainage is soaking through the dressing or is bright yellow or green ▶ Temperature by mouth is above 100.5° ▶ Have taken wrong dose or missed a dose of medication today <p>Call your physician immediately if you are going into the RED zone</p>	<p>This indicates that you need to be evaluated by a physician right away</p> <p>Primary MD _____</p> <p>Phone Number _____</p> <p>Call your physician right away or call 911</p> <p>(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)</p>