

Self-Management Plan for Diabetes



Care at Home™

Name _____ Date _____

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

<p>Green Zone: All Clear</p> <ul style="list-style-type: none"> ▶ Average blood sugars are typically under _____ ▶ Most fasting blood sugars are under _____ ▶ No decrease in your ability to maintain normal activity level ▶ Have all prescribed medications 	<p>Green Zone Means:</p> <ul style="list-style-type: none"> ▶ Your symptoms are under control ▶ Continue taking your medications ▶ Continue to follow your diet ▶ Keep your Care at Home nurse appointments ▶ Keep physician appointments
<p>Yellow Zone: Caution</p> <p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Average blood sugars are between _____ and _____ ▶ Most fasting blood sugars are under _____ ▶ You are experiencing signs and symptoms of high or low blood sugar ▶ You cannot always maintain your normal activity level ▶ Have less than 3 days of prescribed medication available ▶ Are not sure what medications to take today 	<p>Yellow Zone Means:</p> <ul style="list-style-type: none"> ▶ Your symptoms indicate that you may need an adjustment in your medications ▶ 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>
<p>Red Zone: Medical Alert</p> <p>If you have any of the following signs and symptoms:</p> <ul style="list-style-type: none"> ▶ Average blood sugars are above _____ or under _____ ▶ Most fasting blood sugars are well over _____ or under _____ ▶ You cannot maintain your normal activity level ▶ You are unable to stay awake even during the day ▶ Have taken wrong dose or missed a dose of medication today ▶ Client is not responsive – Call 911 immediately <p>Call your physician immediately if you are going into the RED zone</p>	<p>Red Zone Means:</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>