



Zone Tool

Post Dialysis

This tool is intended to assist health care professionals in extended care facilities to assess ESRD patients post-dialysis treatments.

Green Zone

ALL CLEAR

- No shortness of breath or chest pain
- No swelling
- Thrill and Bruit present in access
- No bleeding from access sites
- Vital signs within normal limits for patient
- No nausea, vomiting, diarrhea

If symptoms are under control

- Continue current medications (Check for renal doses)
- Continue to monitor weight as ordered
- Keep all physician appointments
- Keep scheduled dialysis appointments (on time)
- Follow diet as prescribed

Yellow Zone

CAUTION

- Some shortness of breath
- Some swelling or edema
- Tiredness or chest pain with any activity
- Some oozing from access puncture sites
- Some nausea, vomiting, diarrhea
- Weak or absence of Thrill and Bruit in access
- Changes in blood pressure (higher or lower than usual) and other vital signs

- Persistent muscle cramps
- Decreased urine output

These symptoms may indicate a need for adjustment in medications, plan of care, orders, or weight management. If any symptom, or combination of symptoms, is present:

- Contact the nephrologist/dialysis team before next treatment

Red Zone

EMERGENCY

- Increased shortness of breath (faster, unrelieved, etc.)
- Mental confusion
- Muscle/extremity weakness
- Very fatigued, trouble staying awake
- Increased swelling or edema
- Increased pain in access or generalized
- Increased nausea, vomiting, diarrhea and loss of appetite

- Fever, chills
- Prolonged and heavy bleeding from access site

If any symptom, or a combination of symptoms, is present, seek immediate medical attention.

**Contact Physician ASAP –
May need to call 911**