

Martha's Rule: If you're worried someone's condition is getting worse talk to us.

You know yourself and the people you care for better than anyone. You may notice small changes before the care team does. These changes could be early warning signs of deterioration.

What is Martha's Rule?

We have introduced Martha's Rule to help detect any unexpected signs of deterioration early. Martha's Rule gives you the right to ask for a rapid review if you're worried someone's condition is getting worse.

How we monitor patients

While someone is in hospital, we regularly check their blood pressure, temperature and other important health measurements. How often we do these checks depends on their individual condition and needs. Sometimes we may need to wake patients to do these checks. In addition, we will ask at least daily if they are feeling better or worse. This is to monitor any unexpected changes in their condition.





Your role is vital

To help us detect the early signs of deterioration, please tell us if you are worried about:

- changes in temperature – feeling hotter or colder
- any changes to the skin, for example they are pale or have a rash (this may be harder to see on black or brown skin), or sores or blisters
- pain getting worse
- low energy or unusual sleepiness
- feeling thirsty or peeing less often
- changes in breathing
- unusual confusion
- anything else that worries you

Telling our staff about these changes can help us to detect deterioration early so we can take action to prevent more serious health problems.

What to do if you're worried

- 1 Speak to the team looking after you or the person you care for.
- 2 If you are still worried and feel that the care team is not dealing with your concerns, call for a rapid review. Phone:

Your request will go to a different team in our hospital, who specialise in the care of very ill patients. They will work with you and your care team to arrange any treatment needed or further review. The service is available 24 hours a day, 7 days a week.

Our commitment

We will regularly ask for your views and take your concerns seriously. We see you as a partner in the care we give and want you to talk about any worries and concerns you have.

Scan here to find out more about Martha's Rule.

