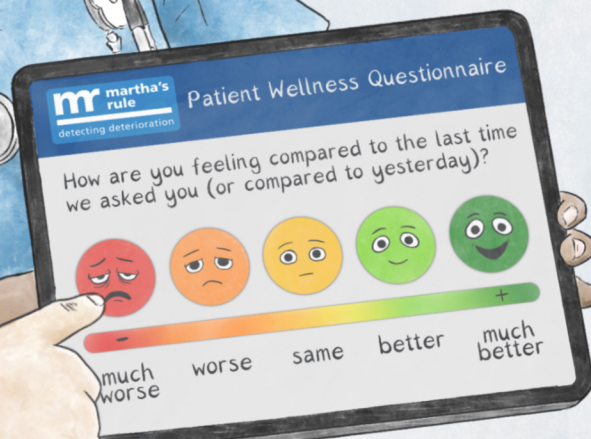




Martha's Rule gives you the right to ask for a rapid review if you're worried someone's condition is getting worse.



You know yourself and the people you care for better than anyone. To help us detect early signs of deterioration, please tell us if you are worried about:



a high temperature - sweating, shivering or feeling hotter or colder than usual to the touch



being irritable, restless or confused



worsening pain or a different cry to normal



not being interested in feeding, drinking or eating



any changes to skin, e.g. pale, has sores, blisters or a rash (this may be harder to see on darker skin)



changes in breathing (breathing faster than normal, grunting with each breath or wheezing)



being unusually sleepy or hard to wake



peeing much less or blood in poo

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:

The review team 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.

For more about Martha's Rule -
SCAN HERE



We see you as a partner in the care we give.
You are not bothering us - we want to hear from you.

Did you know?

Information about
Martha's Rule
is available in other
languages online.

visit

[https://www.england.nhs.uk/
patient-safety/marthas-rule/
information-patients-families-
carers/](https://www.england.nhs.uk/patient-safety/marthas-rule/information-patients-families-carers/)

or

scan the
QR code

