

Martha's Rule Guide



We use easy words and pictures in this accessible information.



You and the people who support you know you better than anyone.



If you're worried about your health getting worse, talk to the team caring for you.



What is Martha's Rule?



Martha's Rule has been put in place to make sure that any concerns of patients and their families are listened to and that something is done about it.



It will help to spot worrying health symptoms earlier and stop them getting worse



You can ask for a quick check if you are worried about changes in your health or your loved one's health.



You might see small changes before they do.



Telling the hospital about these changes can help them find problems early. This way, they can stop bigger health issues from happening.



How they examine patients



When someone is in hospital, they often check their vital signs and other important health numbers.



How often they check depends on what the patient needs. Sometimes they have to wake them up to do the checks.



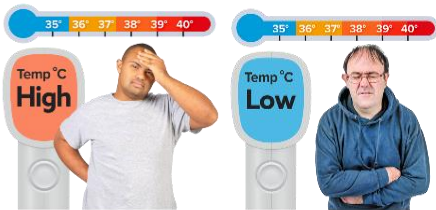
The hospital will ask patients every day if they feel better or worse. This helps us check for any changes in how they are doing.



Your role is very important



Please let your care team know if you notice any changes. Tell them if you or your loved one:



- Feel too hot or too cold



- Have more pain than usual



- Spot any changes to the skin, like a rash



- Get very tired or sleepy



- Are not drinking enough water



- Are breathing differently



- Are feeling confused



- Is there anything else that makes you worried?



We want to help you feel better.
If you notice any changes, please
share them with your hospital team.



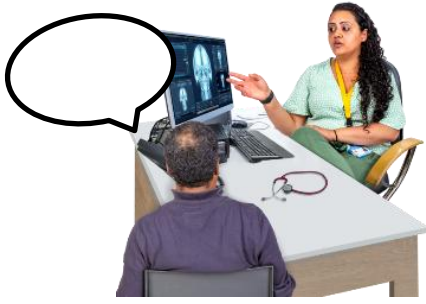
It is important to talk about how you
are feeling.



Your health is important to your
care team.
They are there to listen and
support you.



Do not be anxious or worried about
telling them if something is wrong.



They care about your well-being. If you see any changes, tell your hospital team. This helps them find problems early and stop them from getting worse.



What to do if you're worried



1. First speak to the team caring for you or your loved one.



2. If you still feel worried after talking to the care team and think they are not listening, ask for a quick check-up.



Your hospital will have a special team to help. They help people who are very sick.



They will talk with you and your care team. They will help plan any treatment or check-ups you need.



The service is available:

- 24 hours a day
- Seven days a week.



NHS Commitment



Your hospital will often ask what you think and will listen to your worries.



They see you as a partner in your care. They want to work together with you.



Please tell them if you have any worries.



When not to use it



Martha's Rule is not for general concerns about your hospital stay. These should be shared with the Nurse in Charge, Ward Manager or Patient Advice and Liaison Service known as PALS.



PALS can:

- ✓ Listen to concerns
- ✓ Give information
- ✓ Answer questions about your stay



If you need help making a complaint in Swindon you can call **VoiceAbility** on 0300 303 1660.



This Easy Read guide was created by Healthwatch Swindon.

We used NHS resources and guidelines to help create this guide.