

Martha's Rule

It is OK for you, your family, friends or carer to ask for help



Me

I don't feel like me

- I am not weeing
- My breathing is different
- I feel sore and I hurt
- I feel dizzy
- My hands feel very cold or very hot
- My voice sounds funny



Ask

I have asked for help

- I have spoken to the nurses and doctors
- I have someone who can help me explain how I'm feeling
- My mum or dad or visitor has spoken to the doctor or nurse



Review

I have had a response

- The people looking after me have been to see me
- I have had something to make me feel better, e.g. medicine, toys or activities. Or someone has come to talk or listen to me



Think

I think I am getting worse

- I feel worse than I did
- I am worried about how unwell I feel
- I don't think I am getting any better and I am really scared



Heard

I don't feel heard

- I don't think staff here know how poorly I am
- The people looking after me have been to see me but I still feel really poorly



Act

Call and say you are making a referral under Martha's Rule:
Huddersfield Royal Infirmary - 07350 439 603
Calderdale Royal Hospital - 07350 439 623

For more information about Martha's Rule, visit cht.nhs.uk or scan the QR code

SCAN ME

