



Jess's Rule

NHS

**Three times
and we rethink**



Reflect



Review



Rethink

Martha's Rule

If you are worried that your condition, or the condition of someone you care for is getting worse, you can call for help

M

I don't feel like me

- I am not weeing
- My breathing is different

- I feel dizzy
- My hands feel very cold or very hot
- My speech has changed

A

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

R

I have had a response

- I have been reviewed by a doctor
- I have been given some medicines to make me feel better

T

I think I am getting worse

- I feel worse than I did
- I am worried about how unwell I feel
- I feel like I am going to die

H

I don't feel heard

- I don't feel staff understand how unwell I feel
- I have been seen by a doctor but I still feel really poorly

A

Call and say you are making a referral under

Martha's Rule:

Huddersfield Royal Infirmary - 07350 439 603

Calderdale Royal Hospital - 07350 439 623