

WORRIED A HEALTH CONDITION IS GETTING WORSE? TALK TO US.

— 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. Follow these steps:

M e	<i>I don't feel like me:</i>	<ul style="list-style-type: none"> • I am not weeing • My breathing is different • I feel dizzy • My hands feel too hot / cold • My speech has changed
A sk	<i>I have asked for help:</i>	<ul style="list-style-type: none"> • I have spoken to the nurse and doctor • I have someone who can help me explain how I am feeling
R esponse	<i>I have had a response:</i>	<ul style="list-style-type: none"> • I have been reviewed by a doctor • I have been given some medicines to make me feel better
T hink	<i>I think I'm getting worse:</i>	<ul style="list-style-type: none"> • I feel worse than I did • I am worried about how unwell I feel • I feel like I am going to die
H eard	<i>I don't feel heard:</i>	<ul style="list-style-type: none"> • I don't feel staff understand how unwell I feel • I have been seen by a doctor but I still feel really poorly
A sk	<i>Call for Concern</i>	Ask for a rapid review call 07976 767471

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