

Martha's Rule: Detecting Deterioration

**Worried a health condition
is getting worse? Talk to us.**

You know yourself or your loved one better than anyone. You may notice small changes before they show up in our routine measurements. Telling us about these changes can help us detect deterioration early, so we can take action to prevent more serious health problems.

Tell us when a change worries you

- If you notice changes which could suggest a health condition is getting worse, please tell any of the staff looking after you or your loved one.
- If, after speaking to the care team, you remain worried and feel your concerns are not being addressed, call for a rapid review.

Phone: