

# Martha's Rule: Detecting Deterioration

**You know your child better than anyone.  
If you're worried about a health condition  
getting worse, talk to us.**

## What is Martha's Rule?

We have introduced Martha's Rule to help spot any unexpected signs of deterioration early and give you the right to request a rapid review if you're worried that your child's condition is getting worse.

You may notice small changes before they show up in our routine measurements. These changes could be early warning signs of deterioration.

## How we monitor your child

While they are in hospital, we regularly check your child's vital signs and other important health measurements. The frequency of these checks will depend on their individual condition and needs. Sometimes we may need to wake them to do these checks.

In addition, we will ask at least daily if they are feeling better or worse. This is to monitor any unexpected changes in their condition.



## Your role is vital

To help us detect the early signs of deterioration, please tell us if your child:



Has a temperature – sweating or hot or cold to the touch



Has a high pitched or abnormal cry



Has any changes to the appearance of their skin (pale, rash or sores/blisters)



Is less responsive or floppy, difficult to wake



Is irritable and will not settle



Is not interested in feeding / drinking or eating



Is breathing faster than normal, grunting with each breath or wheezing



Is weeing much less or has blood in their poo

Or about anything else that worries you.

Telling our staff about these changes can help us detect deterioration early so we can take action to prevent more serious health problems.

## What to do if you're worried

- 1 First, speak to the team caring for your child
- 2 If, after speaking to the care team, you remain worried and feel your concerns are not being addressed, call for a rapid review. Phone: 936400

Your call will go to a different team in our hospital, who specialise in the care of critically ill patients. They will work with you and your child's care team to arrange any treatment needed or further review.

The service is available 24 hours a day, seven days a week.

## Our commitment

We will regularly ask for your views and take your concerns seriously. We see you as a partner in the care we are providing and want you to raise any worries and concerns you may have.

Scan here to find out more about Martha's Rule.

