

602 Breastfeeding Complications or Potential complications (Women) (BF)

HR: BF

Description • A breastfeeding women with any of the following or potential complications:
 • Severe engorgement, plugged ducts, mastitis, inverted nipples, cracked/bleeding nipples, ≥ age 40, failure milk come in by 4 days, tandem nursing

Assess Readiness for Change: with open ended questions

- “You mentioned that xx (i.e. your breasts are hard and tender). Tell me a little more about how that is affecting your breastfeeding?”
- “What is your biggest concern for your baby today?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“My breasts are better. They aren’t as sore. I use cold packs and just feed him anyway.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It sounds like cold packs are helping your engorgement, but you still feel pain breastfeeding? May I share some other ideas that might help you be more comfortable?” 	<ul style="list-style-type: none"> • “You might try warm compresses just before feeding. And putting Sam to breast more frequently. That helps get the milk out and help reduce the engorgement.” • “Would you be interested in seeing a lactation consultant? I can make a referral for you.”
Record Plan or Goal		
Mom wants to wait to see LLC since she is not as sore. Re-asses level of engorgement at next appointment.		

<p>Unsure →</p> <p>“I saw the lactation consultant at the hospital. She told me to feed more often.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Yes, that helps when your breasts are engorged. What other suggestions did she have for you? Which other suggestions have you tried?” • “On a scale of 1-10, how comfortable would you be seeing the lactation consultant again?” 	<ul style="list-style-type: none"> • Offer recommended solutions for breastfeeding issue • Refer to LLC as needed • Monitor infant’s weight gain
Record Plan or Goal		
Mom plans to put baby to breast every two hours. Will call mom in three days. Check infant’s weight next appointment.		

<p>Ready →</p> <p>“I don’t want to add formula but with the pain I don’t know if I can keep breastfeeding.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “We want to help you continue to breastfeed. Let’s talk about ways to reduce your pain. Talk me through when the pain occurs and how long it lasts?” 	<ul style="list-style-type: none"> • “I’d suggest we make an appointment with the lactation consultant. I can give you some basic pointers but she has more experience helping breastfeeding women with your concerns.”
Record Plan or Goal		
Able to get appointment with LLC for tomorrow. Issued one month only. Follow-up results LLC visit next appointment.		

<p>Education Resources</p>	<p>http://www.llli.org/resources.html?m=0 Resource- <i>La Leche League- links to general topics</i></p> <p>http://www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html Resource- <i>WIC Works BF Materials</i></p> <p>http://www.leron-line.com/ Resource- <i>Lactation Education Resources- handouts and CE training (free)</i></p>
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