

603 Breastfeeding Complications or Potential Complications (Infant)

HR: I

- Description**
- A breastfeeding infant with any of the following or potential complications:
  - Jaundice, weak suck, difficulty latching, inadequate stools or wet diapers

**Assess Readiness for Change:** with open ended questions

- “Sam is having problems xx (i.e. latching onto your breast). Tell me more about that. Has this always been a problem or is this a change?”
- “What do you think might be causing Sam’s problem xx (i.e. latching)?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
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<p><b>Not ready</b> →</p> <p>“He had a little trouble in the hospital. We are just getting used to each other.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “So it sounds like this isn’t a new problem? What things have you tried to do to make it easier for Sam to feed?”</li> <li>• “What do you think is going well?”</li> </ul>	<ul style="list-style-type: none"> <li>• “I’m glad you are still breastfeeding. Would you be interested in a referral to the lactation consultant who has more experience with your breastfeeding needs?”</li> </ul>
<p><b>Record Plan or Goal</b> Mom does not want to see LLC. Will re-assess readiness for change at next appointment.</p>		

<p><b>Unsure</b> →</p> <p>“The nurse said he was feeding ok. But I never felt like I was doing it right?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “So the nurse helped you at the hospital. Did the lactation consultant come see you too?”</li> <li>• “It sounds like it has been difficult to continue breastfeeding? Why do you feel breastfeeding isn’t going right?”</li> <li>• “On a scale of 1-10, how concerned are you that breastfeeding is not going as you expected?”</li> </ul>	<ul style="list-style-type: none"> <li>• Offer solutions for causes of mom’s concern (i.e. poor latch) or:                             <ul style="list-style-type: none"> <li>○ Flat/inverted nipples</li> <li>○ Engorgement</li> <li>○ Incorrect positioning</li> <li>○ Early bottle use (nipple confusion)</li> </ul> </li> <li>• Referral to LLC as needed</li> <li>• Monitor infant’s weight gain</li> </ul>
<p><b>Record Plan or Goal</b> Infant weight gain good. Mom referred to LLC. Follow-up referral and re-asses next appointment.</p>		

<p><b>Ready</b> →</p> <p>“I want to breastfeed. Can you tell me what to do for xx (i.e. inverted nipples)?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Sometimes using nipple shields or a pump to pull out the nipple is suggested. How familiar are you with either of those ideas?”</li> </ul>	<ul style="list-style-type: none"> <li>• “I can share this handout that talks about breastfeeding with inverted nipples. I’d suggest you see the lactation consultant so she can provide you more individual assistance? How does that sound?”</li> </ul>
<p><b>Record Plan or Goal</b> Mom wants to continue BF. Able to make appointment for LLC. Follow-up referral and re-asses BF status next appointment.</p>		

<b>Education Resources</b>	<p><a href="http://www.nlm.nih.gov/medlineplus/ency/article/001559.htm">http://www.nlm.nih.gov/medlineplus/ency/article/001559.htm</a> Resource- <i>Newborn Jaundice</i></p> <p><a href="http://www.womenshealth.gov/breastfeeding/learning/">http://www.womenshealth.gov/breastfeeding/learning/</a> Resource-<i>Learning to Breastfeed</i></p>
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