

MASTITIS PATHOCHART

PATHOPHYSIOLOGY

Mastitis is inflammation of the breast tissue, with or without infection, that most often occurs in lactating women due to plugged milk ducts. It may present as a red, swollen, firm area on the breast that is painful. Risk factors include a weakened immune system (being tired or stressed can make that worse), using only one position to breastfeed, wearing a tight-fitting bra that restricts milk flow, previous episodes of mastitis, or having sore and cracked nipples.

ASSESSMENT FINDINGS

- Unilateral breast tenderness
- General malaise or fatigue
- Pain during breastfeeding
- Fever and/or chills
- Redness and swelling of breast
- Breast that is warm to touch



DIAGNOSTICS

- Clinical Findings
- Culture nipple drainage

NURSING PRIORITIES

- Promote comfort
- Ensure adequate nutrition for baby
- Manage infection and prevent spread

THERAPEUTIC MANAGEMENT

- Treat infection
- Cool compress after breastfeeding
- Homeopathic therapies
- Ensure adequate latch during breastfeeding
- Provide lactation education and support
- Safe to continue breastfeeding

MEDICATION THERAPY

- Antibiotics
- Analgesics