

(MASTITIS) NURSING CARE PLAN

| Medical Diagnosis: Mastitis | | |
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| Subjective Data: | Nursing Intervention (ADPIE) | Rationale |
| <ul style="list-style-type: none"> • Chills • Fatigue • Pain/burning during breastfeeding • General malaise • Unilateral breast pain and tenderness | Assess vitals for signs of systemic infection | Mastitis may or may not be the result of infection. Monitor for fever. |
| | Assess breasts and note swelling, erythema and tenderness | Assess for baseline and note the location of symptoms. Mastitis generally occurs on only one breast at a time. Note skin quality and the presence of cracked nipples that may indicate the potential for infection. Monitor for signs of potential abscess development |
| | Encourage hydration | Drinking water helps to promote milk production and flow. |
| Objective Data: <ul style="list-style-type: none"> • Redness and swelling of the breast • Breast that is warm to the touch • Fever | Apply warm compresses before breastfeeding or milk expression (pumping) | This helps dilate the milk ducts to allow for the expression of breastmilk. Standing in a warm shower may also help. |
| | Apply cool compresses after breastfeeding or milk expression (pumping) | This helps relieve pain and soothe sore breasts |
| | Administer medications | Ibuprofen or acetaminophen may help reduce pain, inflammation, and fever. Antibiotics may be given to treat the infection |
| | Examine patient breastfeeding; observe position and baby's latch | Improper positioning or bad latch can cause nipple pain and irritation and discourage the patient from fully emptying the breast. Make sure the baby has no anatomical cause for bad latching. |
| | Provide lactation education: Pump or manually express milk after each feeding Alternate breasts when feeding Adjust or alternate positions for feedings | Provide education and support for patients and encouragement to continue proper breastfeeding which will help resolve symptoms. |