

Breast engorgement

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Acute pain Related factors: Swelling of breast Imbalance between milk supply and infant demand Mastitis Poor latching techniques Symptoms / Risk factors: Facial mask Protective gestures Verbal or coded report Frustrating Outcome / Goal: Patient verbalizes relief of pain</p>		<p>Pain Management Asses cause of pain Investigate changes in characteristics of pain. Administer medication as prescribet Obs. pain (effectivnes of medication)</p>	
	<p>Impaired comfort Related factors: Disturbed sleep pattern, inability to rest and restlessness Symptoms / Risk factors: Lack fo privacy Reports being uncomfortable Outcome / Goal: Patient will report period of restful sleep</p>		<p>Calming Technique Assess sleeping patterns in response to discomfort Maintain calm, deliberate manner Teach relaxaiton exercises techniques to promote sleep and reduce anxiety Provide pain medication as indicated</p>	
	<p>Impaired skin integrity Related factors: Mastitis Swelling of breast Symptoms / Risk factors: Disruption of skin and tissue surface Outcome / Goal: Breast skin remins intact</p>		<p>Skin Surveillance Assess Breast skin status</p>	
	<p>Ineffective breastfeeding Related factors: Dissatisfaction with breastfeeding process Maternal breast anomaly Symptoms / Risk factors: Actual or perceived inadequate milk supply Insufficient emptying of each breast per feeding Infant arching and crying at the breast Outcome / Goal: Neonate's nutritional needs will be met</p>		<p>Breastfeeding Assistance Assess infant's ability to suck Assess the mother's desire to resume breastfeeding to plan intervention Ensure proper positioning for breast feeding Weight the neonate at the same time each day on the same scale</p>	
	<p>Risk for infection Related factors: Mastitis Symptoms / Risk factors: Body temp. higer than _____ Broken skin Outcome / Goal: Be free of signs of infection Norma body temperature</p>		<p>Infection Protection Assess skin for color, moisture, texture, and turgor Observe and report signs of infection such as redness and increased temparutre Monitor temperature Promote adequate fluid intake. Observe for signs of infection:, fever , increased pain Administer antibiotics as ordered</p>	