

Student Name: Veronica Zamora

7. Focused Nursing problem:

Unsuccessful

breast feeding - may be due to latching, inadequate milk supply, or wrong technique.

8. Related to (r/t):

NB feeding - baby being lazy/sleepy. Inadequate knowledge of breast feeding techniques (1st time mom).

9. As evidenced by (aeb):

Unsustained suckling at the breast. Resisting staying latched on to the breast.

10. Desired patient outcome:

For MOM  
To successfully breastfeed, and for baby to get adequate nutritional intake from milk.

11. Nursing Interventions related to the Nursing Diagnosis in #7:

1. Assist with latching the baby to the breast.

Evidenced Based Practice:

Proper latching can help with baby's suckling.

2. Suggest gentle milk expression before a feed.

Evidenced Based Practice:

This helps to soften the nipple which can better assist with baby's latching and feeding.

3. Promote relaxation for a lactation consultant to help patient.

Evidenced Based Practice:

When all else fails, seeking help from a lactation consultant can help clear up proper breastfeeding techniques, offer additional information with feeding cues, nutrition, etc. for all around success.

Date: 11/16/24

12. Patient Teaching:

1. Use a good support bra/nursing bra that will help support engorgement of breasts, and make breast feeding more efficient.

2. Watch for signs of mastitis - hot, swollen breasts, red, or painful, or fever.

3. Use of cabbage leaves can help with engorgement in between feedings, but use in moderation, because they can also dry you up.

13. Discharge Planning/Community Resources:

1. If problems persist seek a community lactation consultant to see what other interventions can be done. Also other mom support groups may be helpful.

2. Keep up with nipple stimulation by taking warm hot baths/showers or by use of warm washcloths. This will help with milk expulsion.

3. Storage tips for breast milk as milk production increases. (I know we didn't discuss this in class, but I thought it would be helpful for DIC teaching).