

Mastitis

Description of Condition:

Mastitis is an infection of the breast tissue. The most common organism that causes Mastitis is *Staphylococcus Aureus*, which is transmitted via breastfeeding directly into infant's mouth or throat.

Mastitis Risk Factors:

- Cracked Nipples from Improper Latch
- Touching Breasts
- Blocked Milk Ducts
- Milk Stasis

Mastitis Signs and Symptoms:

- Red Swollen Area or Mass in Breast
- Fever = 38°C (100.4°F) or higher
- Pain/Burning Sensation while Breastfeeding
- Skin Redness (often in a wedge-shaped pattern)
- Malaise

Mastitis Diagnostic Studies:

- Breast Ultrasound
- Microbial Culture-Based Methods
- Assessment (i.e., Visual, Palpation)

Mastitis Prevention Measures:

- Observing latch-on of infant and teaching the correct method of latch-on
- Teaching woman to feed the infant regularly to decrease the risk of milk stasis and blocked milk ducts caused by engorgement
- Teaching every breastfeeding patient the signs of mastitis because it can happen anytime while a woman is breastfeeding

Mastitis Treatment Options:

- Administering antibiotics as ordered
- Assessing pain and administering analgesics as ordered
- Applying warmth to the breast to cause vasodilation and opening of the milk ducts

References:

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