

Nyack College SON- Concept Map

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Nursing Dx- Risk for ineffective breast feeding. Evidence by deficient knowledge and sore nipples.

Expected Outcome- Patient will be able to confidently breastfeed efficiently by discharge.

Intervention

1. Promote a relaxation and comforting environment during breastfeeding.
2. Treat sore nipples with topical cream and educate she can breastfeed with cream on.
3. Teach mother proper position such as football and cradle to hold baby during feedings.
4. Teach and have mother demonstrate breastfeeding technique with nipple on tongue and as much areola in mouth as possible.
5. Teach mother to observe for suckling sounds and observe baby respirations
6. Teach mother how to correctly remove baby off breast using finger to remove nipple.

Expected outcome- Mother was able to breast feed effectively at the end of discharge

Nursing Dx- Risk for anxiety evidenced by the change in mental status and self-doubt.

Expected Outcome- patient will be able to recognized and learn new ways to decrease anxiety.

Intervention-

1. Monitor vitals and changes in behavior signs such as crying and irritable.
2. Involve family member and friends with support and acre of the baby.
3. Teach and encourage relaxation techniques such as self-care and calming environment.
4. Encourage client to express her emotions to someone close.
5. Encourage social contact, phone calls, facetime and interactive activities.
6. Determine family availability and support and care roles.

Expected outcome- woman is able to recognize emotion and used techniques taught.

Nursing Dx- Risk for ineffective tissue Evidence by swelling of extremities, pain and erythema

Expected Outcome- Patients will have improved circulation, reduced edema and reduced pain.

Intervention-

1. Monitor vital signs closely. Asses every 15 minutes
2. Assess circulation, symmetry and motor function of extremities
3. Instruct patient to avoid rubbing and massaging extremities
4. Educate patient on non-pharmacological management such as elevation.
5. Instruct client to avoid crossing legs when resting or sitting in chair
6. Encourage client to increase fluid intake to 2500ml per day

Evaluation- patient had reduced edema and pain was 0 out of 10 at discharge.