

Stephanie Duque
 Revised Post- Partum CP
 Nursing Diagnosis:

May 2, 2023

P: Ineffective breastfeeding

E: r/t knowledge deficit about breastfeeding techniques

S: Primipara mom, expresses difficulty breastfeeding, complains of nipple soreness.

Expected Outcomes	Nursing Interventions	Rationales	Evaluations
<p>The mother will demonstrate two techniques to improve breastfeeding within 3hrs of patient education.</p>	<p>Educate the mother on proper breastfeeding techniques such as cradle, and side-lying positions.</p> <p>Assess the mom's readiness to learn.</p> <p>Educate Pt to report the signs and symptoms of mastitis.</p> <p>Educate mom on proper latch technique (ensure wide, open mouth, entire nipple, and areola into the mouth)</p> <p>Educate mom on how to break suction to prevent soreness on nipple.</p>	<p>Educating the mother on these positions will give the mother more control and effectiveness while breastfeeding her newborn.</p> <p>Assessing the mother's readiness to learn will help the nurse's teaching efforts to be received well.</p> <p>Signs of Mastitis are painful lump, warm to touch, sore breasts</p> <p>Proper latch technique will ensure effective breastmilk production intake for the newborn.</p> <p>Educate to gently insert 1 finger between infant's gum and nipple to decrease the soreness on nipple</p>	<p>Goal was met, The mother demonstrated two techniques such as proper latch and how to break suction on her newborn after 3hrs of patient education.</p>

	Provide emotional support and encouragement.	It's important to be patient and supportive with a new Breastfeeding mom, Since it may take time and practice.	
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