

STUDENT NAME _____

CONCEPT Client Education and Discharge Teaching: Intervention for Lactation Suppression

REVIEW MODULE CHAPTER 19

Related Content

(E.G., DELEGATION, LEVELS OF PREVENTION, ADVANCE DIRECTIVES)

- provide education of postpartum care to client.
- Tell client about self care for postpartum
- discuss the client's usual activity level to determine what tasks might be stressful for the client
- encourage client to be willing to accept help from others

Underlying Principles

- suppression of lactation is necessary for client who are not breastfeeding
- encourage non-lactating clients to consume 1800-2200 kcal/day

Nursing Interventions

WHO? WHEN? WHY? HOW?

Client Education

- wear a well fitting supportive bra continuously for the first 72 hr
- avoid breast stimulation and running warm water over the breasts for longer periods until no longer lactating
- for breast engorgement which can occur on the third or fifth postpartum day, apply cold compress 15 min on, 45 min off
- fresh cold cabbage leaves can be placed inside the bra
- mild analgesics or anti-inflammatory medication can be taken for pain and discomfort for breast engorgement

Evaluating Teaching

B Lingard



Evaluating Teaching:

The Enigmatic Realm of **Evaluating Teaching**: Unleashing the Language is Inner Magic

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