**Title of Activity: Success in the Early Postpartum: Evidence Based Practice for Managing Lactation Challenges in the Hospital and the Early Days at Home ( Causes and Evidence-Based Practice for Sore Nipples, Thrush, Mastitis and Plugged Ducts) by Laurel Wilson, IBCLC, BSc, CLE, CLD, CCCE**

**Identified Gap(s):** New evidence about treatment for sore nipples, thrush, mastitis, and plugged ducts has been released and is not being identified by those working with new breastfeeding mothers.

**Description of current state:** Mothers are still being prescribed topical products and treatments to address sore nipples, thrush, mastitis, and plugged ducts that are not evidenced based and in fact potential harmful.

**Description of desired/achievable state:** Attendees will be able to identify those topical products and treatments that are currently evidenced based for sore nipples, thrush, mastitis, and plugged ducts.

**Gap to be addressed by this activity (select one): X**[ ]  Knowledge [ ]  Skill [ ]  Practice [ ]  Other

Objective: Identify at least two evidence-based treatments for sore nipples and engorgement.

Power Point and Lecture and Hands On Practice

Outline:

1. Sore Nipples
	1. Assessment of Nipple Trauma
	2. Past Forms of Nipple Treatment
	3. Main Causes of Nipple Soreness
	4. Problem Focuses Treatments
		1. Topical Applications – What Research Says

Objective: Identify two common inappropriate treatments for sore nipples.

Objective: Define clinical engorgement and normal postpartum breast fullness.

Power Point and Lecture and Hands On Practice

Outline:

1. Engorgement
	* 1. Causes of Engorgement
		2. Difference Between Fullness and Clinical Engorgement
		3. Need for Quick Intervention
		4. Common Treatments
		5. What Research Says
2. Plugged Ducts
	* 1. Causes
		2. Treatments
		3. Prevention
3. Mastitis
	* 1. Causes
		2. Treatments
		3. Prevention
4. Thrush
	* 1. Causes
		2. Bacterial vs. Fungal Infection
		3. Symptoms in mother and baby

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