**Success in Early Breastfeeding: Causes and Current Evidence Based Practices for Sore Nipples, Thrush, Edema, Engorgement, Mastitis and Plugged Ducts**

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**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.

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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