

Post Delivery Issues and Complications

Objectives

- Discuss the assessment and management of inflammatory and obstructive breast conditions that occur during lactation
- Outline the treatment of conditions involving the nipple areolar complex in the lactating woman
- Review signs and symptoms of benign breast masses and breast cancer that can occur in lactation
- Differentiate depression conditions across the postpartum spectrum
- Summarize the symptoms and clinical manifestations of postpartum depressive disorders and underlying risk factors
- Describe effects of postpartum depression on the mother, infant, partner, and family
- Identify screening tools and treatments used to assess and manage postpartum depression

Content Outline

1. Breastfeeding Conditions
 - A. Inflammatory and Obstructive Problems
 1. Hyperlactation and engorgement
 2. Mastitis
 - a. Acute
 - b. Recurrent
 - c. Subacute
 3. Abscess
 4. Galactocele and Phlegmon
 - B. Nipple-Areolar Complex Problem
 1. Pain
 2. Trauma
 3. Vasospasm
 4. Blebs
 5. Dermatitis
 - C. Breast Masses and Other Conditions
 1. Benign
 2. Malignant
2. Postpartum Depression
 - A. Definitions
 - B. Risk Factors
 - C. Clinical Symptomatology
 - D. Screening Tools
 - E. Treatment

Reading Material Resources

Module WB2439: Post Delivery Issues and Complications is based on the resources listed below. A copy of each resource is included with the module.

Challenges in the Management of Breast Conditions During Lactation, Mitchell, et al., *Obstetric and Gynecologic Clinics of North America*, 49 (2022), 35-55

Postpartum Depression: A Nurse's Guide. Alba, Barbara Marie, *American Journal of Nursing*, Vol. 121, No. 7, July 2021, 32-43