

## Understanding Every Day Breastfeeding Challenges

### Objectives

- Review breastfeeding rates in the U.S. and their trajectory
- Discuss racial disparity and its effect on breastfeeding
- Compare and contrast the inflammatory conditions of lactation
- Summarize the common disorders of lactogenesis
- Identify changes in the AAP updated breastfeeding guidelines and the role of health care providers in promoting breastfeeding
- Describe management of common breastfeeding problems and complications

### Content Outline

1. Breastfeeding in the US
  - A. Rate
  - B. Racial disparities
  - C. Provider support
  - D. Breastfeeding barriers and challenges
2. Inflammatory Conditions of Lactation
  - A. Milk stasis and mastitis
  - B. Breast abscess
  - C. Candidiasis
3. Disorders of Lactogenesis
  - A. Delayed and insufficient lactogenesis
  - B. Hyperlactation
  - C. Engorgement
4. Lactational Dermatoses and Vasospasm
  - A. Nipple dermatitis
  - B. Nipple blebs
  - C. Raynaud's Phenomenon
5. Management of Problems and Common Complications
  - A. Insufficient milk supply or hyperlactation
  - B. Breast and nipple pain
  - C. Latch on and other technical problems
  - D. Overcoming obstacles and barriers to breastfeeding

### Reading Material Resources

**Module WB2520: Understanding Every Day Breastfeeding Challenges** is based on the resources listed below. A copy of each resource is included with the module.

Common Complications of Breastfeeding and Lactation: An Overview for Clinicians, Radek, Stephanie, Clinical Obstetrics and Gynecology, Elsevier, Volume 65, Number 3, September 2022, 524-537

Rethinking breastfeeding management: A patient centered approach based on new guidelines, Scott, et al., The Nurse Practitioner, Vol. 48, No. 3, March 2023, 11-19