

- Causes significant itching- give Pt wash cloth to use to itching

Nursing Interventions

- Monitor I&Os and promote fluid intake
- Avoid **high cholesterol and high calcium diet**

List of foods:

- **Calcium**
 - Almond
 - Vegetables: Broccoli, Navy beans, kale, spinach, edamame
 - Dairy products: Cheese, yogurt, milk
 - Okra
 - fruits: Oranges, Dried fruits
 - Sardines
 - Tofu
- **High cholesterol**

Client Education: Engorgement (Karla)

- Decreased estrogen is associated with engorgement
- Education
 - Empty BOTH breasts at each feeding. Massaging the breast during feeding can help with emptying/ feed until breast softens.
 - Apply cool compresses after breastfeeding (fresh cold cabbage leaves/ 15 min on & 45 min off) OR warm shower prior to breastfeeding (stimulates let down)

Describe non pharmacological comfort measures that can be used during labor (Jaleya)(P. 80 in ATI)

- Childbirth education/preparation methods: patterned breathing exercises
- Aromatherapy, imagery, music, subdued lighting, use of focal points
- Touch and massage: back rubs
- Walking, rocking
- Heat or cold application
- Effleurage: light, gentle circular stroking of the client's abdomen with the fingertips in rhythm with breathing during contractions
- Acupressure
- Hydrotherapy (whirlpool or shower)
- Frequent maternal position changes