Infectious and Inflammatory Breast Disorders: Mastitis

- Pathophysiology and Etiology
  - Plugged lactiferous ducts
  - Staphylococcus aureus

- Assessment Findings
  - Fever; malaise
  - Breast tenderness, pain, redness, and hardness
  - Crack in the nipple or areola
  - Enlarged axillary lymph nodes
  - Culture and sensitivity test

- Medical Management
  - Antibiotics; analgesics; heat application
  - Breasts are emptied using a breast pump
  - Systemic antibiotics

- Nursing Management
  - Obtain health history
  - Prepare client: Physical examination
  - Collect breast milk specimen
  - Client teaching: Self-administering antibiotics; principles of medical asepsis; breast feeding techniques and alternatives
Infectious and Inflammatory Breast Disorders: Breast Abscess

- **Pathophysiology and Etiology**
  - *S. aureus*
  - Complication of postpartum mastitis
- **Assessment Findings**
  - Signs and symptoms of mastitis; pus may drain from the nipple
  - Physical examination; culture and sensitivity test
- **Medical and Surgical Management**
  - Hospitalization; contact isolation; IV antibiotics; incision and drainage of abscess

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Infectious and Inflammatory Breast Disorders: Breast Abscess

- **Nursing Management**
  - Remove and reapply dressings
  - Use aseptic technique
  - Emotional support
  - Promote comfort
    - Binder; zinc oxide; arm and shoulder support; axillary hair; breast milk removal
  - Application of tight-fitting brassiere
  - Termination of breast feeding

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Benign Breast Lesions: Fibrocystic Breast Disease

- **Pathophysiology and Etiology**
  - Hormonal changes during menstrual cycle
  - Aggravated by caffeine and nicotine
  - Breast cysts: Single; multiple
- **Assessment Findings**
  - Signs and Symptoms: Tender, painful breasts; multiple lumps in breast tissue; mastalgia; influence of menstrual cycle
  - Diagnostic findings: Physical and cytologic examination; incisional biopsy; mammography; ultrasonography
Benign Breast Lesions: Fibrocystic Breast Disease

- **Medical and Surgical Management**
  - Analgesics; oral contraceptives
  - Drug therapy
  - Cyst removal; mastectomy

- **Nursing Management**
  - Health history; questions related to symptoms—menstrual cycle
  - Diagnostic tests: Preparation and support
  - Client teaching: BSE; medication use; physical examination; diet; activity; breast care

Benign Breast Lesions: Fibroadenoma

- **Pathophysiology and Etiology**
  - Hormonal influence
  - Single nodule; no change with menstrual cycle

- **Assessment Findings**
  - Painless and nontender lump
  - Encapsulated, mobile, and firm lesion
  - Ultrasound
  - Excisional biopsy

Benign Breast Lesions: Fibroadenoma

- **Medical and Surgical Management**
  - Observation
  - Excision or tumor removal

- **Nursing Management**
  - Provide emotional support
  - Client teaching
    - Monthly BSE; mammography
    - Symptoms to report: Mass change; pregnancy
    - Pre- and postoperative care: Wound care; brassiere; medication; emergencies

- **Diagnostic tests: Preparation and support**

- **Client teaching: BSE; medication use; physical examination; diet; activity; breast care**
Malignant Breast Disorders: Cancer of the Breast

Pathology and Pathophysiology
- Mass of abnormal cells
- Risk factors: Female; >50 years; family history

Assessment Findings
- Signs and symptoms: Painless mass in breast; bloody discharge from nipple; dimpling of skin; nipple retraction; asymmetrical breast size; orange peel skin
- Diagnostic findings: Mammography; biopsy; microscopic cell examination

Figure 60-3 Locations of primary malignant breast tumors

Figure 60-4 Signs and symptoms of breast cancer
Malignant Breast Disorders: Cancer of the Breast

**Medical and Surgical Management**
- Treatment depends on stage of tumor

![Figure 60-5 Breast cancer stages](image)

**Medical and Surgical Management**
- Surgery
  - Lumpectomy; partial mastectomy; segmental mastectomy; mastectomy
  - Sentinel lymph node mapping
  - Lymphedema
- Chemotherapy
  - Destruction of cancer cells that have escaped surgery
  - Drugs administered: Tamoxifen

**Medical and Surgical Management**
- Radiation therapy
  - Before or after surgery; prophylactically
  - Side effects: Fatigue; skin redness; rash; minor discomfort; pain

**Nursing Management**
- Emotional support: Sexuality or body image disturbance
- Pre- and postoperative care:
  - Complications; pain; wound care
Malignant Breast Disorders: Cancer of the Breast

- Nursing Management
  - Discharge or client teaching
  - Complications: Lymphedema
  - Self-care measures
  - Chemotherapy: Side effects
  - Medication; alopecia
  - Wound care; exercise; prosthesis care

Malignant Breast Disorders: Metastatic Breast Cancer

- Pathophysiology
  - Spread by direct extension: Lymphatics; bloodstream; CSF
  - Lymph node; skeletal; pulmonary systems; brain; liver
- Assessment Findings
  - Signs and symptoms
    - Pain; pathologic fractures

Malignant Breast Disorders: Metastatic Breast Cancer

- Assessment Findings
  - Diagnostic findings
    - Radiographs; MRI; CT; lymph node dissection
- Medical Management
  - Palliative treatment
  - Intramuscular androgen therapy
  - Radiation therapy
Malignant Breast Disorders

- Breast Cancer Prevention
  - Long-term follow-up
  - Bilateral prophylactic mastectomy
  - Chemoprevention
    - Tamoxifen; raloxifene
    - Breast cancer vaccine: Under research

Cosmetic Breast Procedures

- Breast Reconstruction
  - Refashioning of area of a mastectomy
  - Simulation of breast contour
  - Optional: Nipple; areola
    - Artificial implants
      - Silicone gel; saline-filled
      - FDA approval
    - Autogenous tissue
      - Natural look and feel

Cosmetic Breast Procedures

- Reduction Mammoplasty
  - Breast size reduction
    - Clients with D cup or larger brassiere
  - Overnight surgical procedure

- Opposite Breast Reduction
  - Corrects asymmetry
  - Reduce healthy breast to resemble size of a reconstructed breast
  - Similar to mammoplasty
Cosmetic Breast Procedures

- **Breast Lift**
  - Mastopexy
  - Corrects ptosis and drooping
- **Breast Augmentation**
  - Breast enlargement using saline implant
  - Nurse’s role
    - Pre- and postoperative care: Semi-Fowler’s position; pain management
  - Client teaching: Mammogram; BSE; brassiere; exercise

General Considerations

- **Nutritional Considerations**
  - Possible dietary considerations
    - High-fat diet
    - Role of fruits and vegetables
    - Soy and fiber
    - Alcohol consumption and risk of breast cancer

- **Pharmacologic Considerations**
  - Metastases of breast cancer: Antineoplastic drugs
  - Pain management: Opioid analgesics
  - Monitoring and client teaching: Drug administration; effects; side effects

- **Gerontologic Considerations**
  - Risk for breast cancer increases with age
  - Client teaching: Risks; prevention measures; physical examination; treatments

- General Considerations
  - Risk for breast cancer increases with age
  - Client teaching: Risks; prevention measures; physical examination; treatments
End of Presentation