

A Retrospective Study on the Efficacy of an Early Physiotherapy Intervention Program in the Treatment of Blocked Milk Ducts in Lactating Women

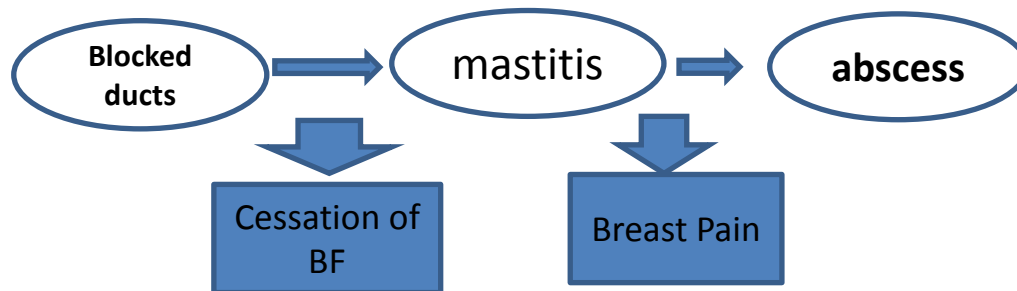
Physiotherapy Department
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Background:

- prevalence of the breastfeeding rate in Hong Kong has rapidly climbed from 20% in 1992 to 60% in 2002 and 86% in 2014.

Baby-Friendly Hospital Initiative Hong Kong Association

- Reported rates of mastitis in lactating women from 9.5-33%
Leung 2017



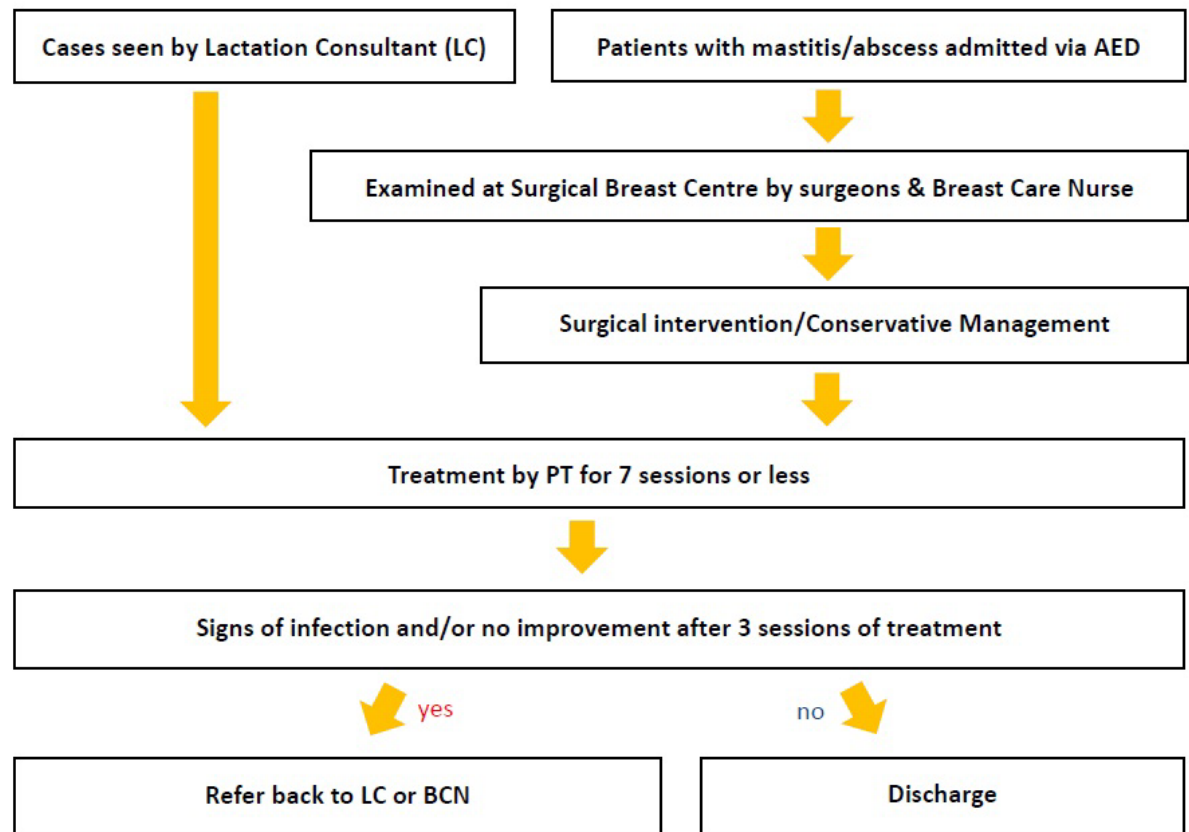
Objectives:

- To evaluate the efficacy of an early physiotherapy intervention program on the treatment of blocked ducts in lactating women.
- To evaluate any correlation between number of treatment session and the duration of onset (days) on treatment outcomes.

METHOD:

✧ Offer treatment within 24-48 hours upon recipient of referral

Referral Pathway



PHYSIOTHERAPY :

- Therapeutic Ultrasound
- Light Therapy
- Lymphatic drainage
- Exercises
- Postural awareness



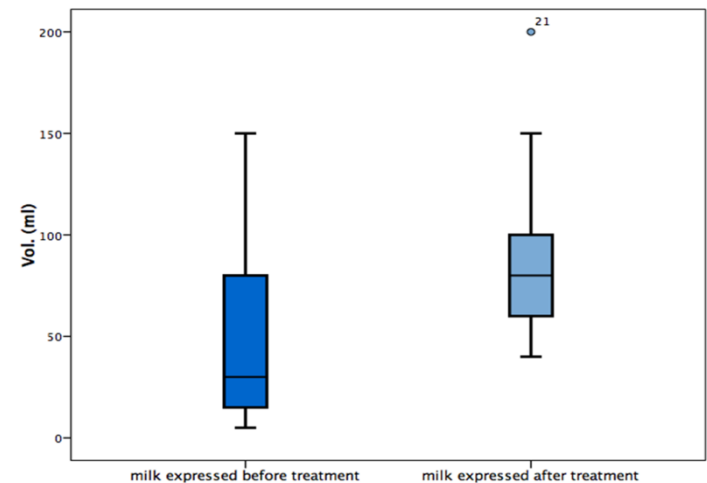
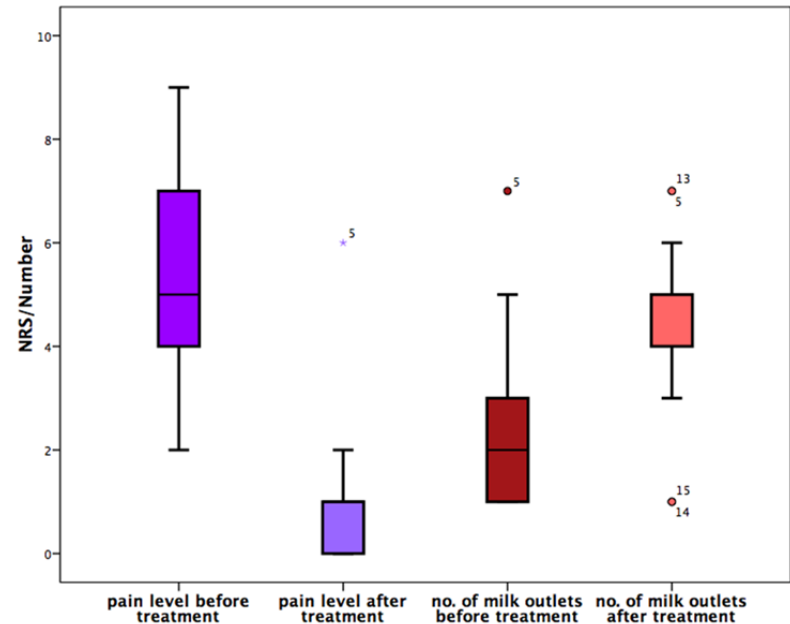
OUTCOME MEASURES:

- Pain
- Volume of milk expressed
- Number of milk outlet
- Overall satisfactory rate



Results:

- 16 women with blocked milk ducts attended physiotherapy department from Jan-Oct 2016.
- average age of 32.57 ± 3.44 years.
- 5 of them had bilateral involvement.
- average number of treatment sessions was **7.24**.
- **strong positive correlation between duration of onset and number of treatment sessions** ($r=0.71$, $p=0.00$).
- The mean patient satisfaction level was **82.38%**.



CONCLUSION

- An early physiotherapy intervention program is effective in the treatment of blocked ducts in lactating women.
- A close collaboration within a multidisciplinary team can alleviate the problem of blocked ducts and mastitis timely and efficiently.

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