

# Provision of Ultrasound Therapy by Physiotherapist for Lactating Mothers with Mammary Blocked Ducts

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# Introduction

- WHO: breastfeed for the first 6 months
- PMH data (2015):
  - 82.7% opted for breastfeeding after delivery
  - 35.5% at 4 weeks after delivery
- Problems of breastfeeding:
  - Painful blocked ducts
  - Anxiety, helpless and frustration

# Project Purposes

A collaborated pilot service has been started since April 2016 by O&G Department and Physiotherapy Department in PMH.

- To illustrate the pain reduction effect of ultrasound therapy
- To reduce the premature breastfeeding cessation

## Target group

- Confirmed blocked ducts cases mainly referred by Nursing Midwife Consultant
- Assessment and therapeutic ultrasound therapy delivered by physiotherapist
  - Palpation:  
Pain/Tender/Redness/Swelling/Hardness
  - Numeric Pain Rating Scale (NPRS)
  - Six point Engorgement Scale
- Midwife Consultant assisted in milk expression



## Method

Evaluation performed 9 months of service implementation:

- Numeric Pain Rating Scale (NPRS)
- Client Satisfaction Questionnaire (CSQ)



No  
pain

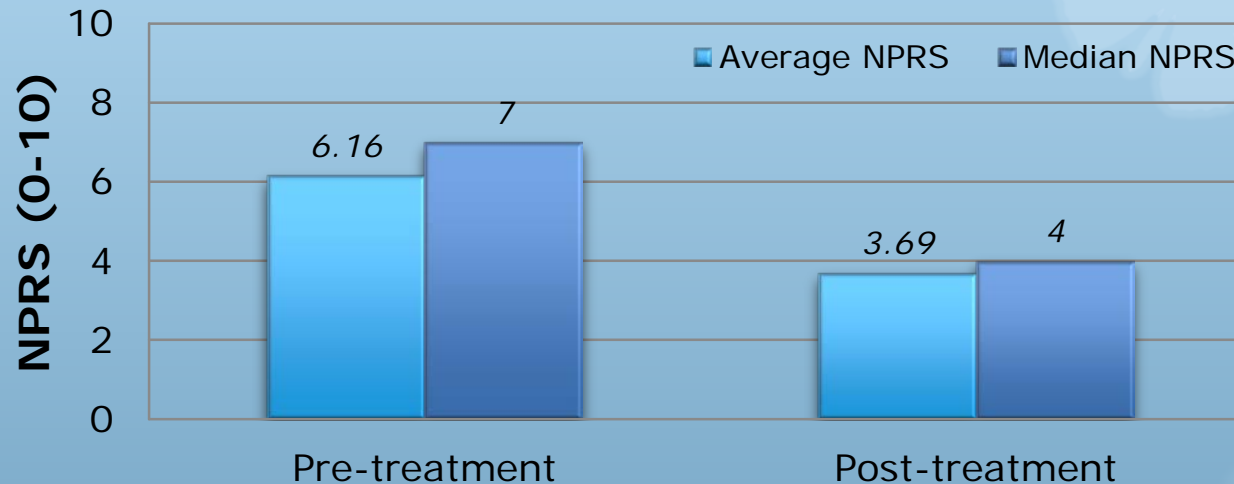
Worst  
possible  
pain

## Results

- Total No. of Patients: 43
- Total No. of attendance: 77
- Average Rx session: 1.79
- Average Rx time: 8.09 min
- Affected side:
  - Both: 32
  - Left: 9
  - Right: 5

# Results

## Numerical Pain Rating Scale (NPRS)



- Average NPRS: **2.47 (40.1%) ↓**
- 32 out of 34 mothers continued breastfeeding after 4 months of delivery
- Mean CSQ >80%



## Conclusion

- Physiotherapeutic ultrasound therapy is effective in pain reduction and may therefore be an alternate strategy in managing painful blocked duct.
- Mothers were satisfied with Rx and service
- Mothers continue breastfeeding when problems solved
- More support and data for further research is worthy



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Thank you  
for  
listening!





**BREASTFEEDING**

It Rocks!