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題目：敷高麗菜葉對於哺乳產婦乳房腫脹之探討

一、臨床情境描述

張太太第一胎，產後第三天開始漲奶，第四天開始像石頭奶一樣痛，不管是用手擠或吸奶器擠，現在二邊加起來每次都只能擠出 20cc 左右，親餵寶寶就一直哭。張太太主訴：我現在只能擠出來，我又怕痛，不知是不是按的不夠大力，整天感覺胸部硬硬的，Eva 的媽咪說可以熱敷，但醫院又說不能熱敷，我大嫂又要我冰敷，Pupu 的媽咪說他之前用冷凍的高麗菜葉冰敷很有效，我也看過雜誌介紹，真的敷高麗菜葉這麼有效嗎？我也想來試試看。

二、PICO

Patient, Problem	Lactation、Breastfeeding
Intervention	Cabbage leaves
Comparison	Ice compress、Hot compress
Outcome	Reduce breast engorgement、pain

三、最佳文獻

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