FACTORS ASSOCIATED WITH THE DEVELOPMENT OF BREAST ABSCESES IN WOMEN PRESENTED TO THE UNIVERSITY TEACHING HOSPITAL, LUSAKA.

BY

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A dissertation submitted in the partial fulfillment of the requirement for the award of the master of medicine general surgery degree of the University of Zambia

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2010
ABSTRACT

A case controlled study to determine factors associated with the development of breast abscesses in women presenting to the UTH was designed and conducted over seven months.

110 cases and controls were serially recruited for the study. Blood for HIV and CD4 counts as well as pus aspirates were collected for analysis from each patient. Epidemiological, socio-demographic, and medical history data of patients was also collected.

Over 70% of cases were below 25yrs and had either one or two children. Age range of infants involved was between 0-6months. 85.5% of clients were married though only 31% were housewives.

76.4% cases came from high-density suburbs with all patients attaining some form of education (primary or secondary). Cigarette smoking and alcohol drinking was not a common habit amongst respondents (3.6% smoking and 30% drinking) with no statistical significance. Most patients’ breastfed adlib (79.5%) and all claimed to have visited the antenatal clinic during their pregnancies. Despite the good antenatal attendance, 39.1% did not know cause, 35.5% thought it was due to child belching and 14.5% thought it was poor breast hygiene.

HIV infection rates were higher amongst cases 49.1%, against 22.9% in controls and statistically significant (p=0.001) with an ODDS ratio of 3.3. 83% (45) of HIV+ cases had their CD4 counts between 201 – 499cells/cmm. Thirteen percent (7) cases had CD4 counts below 200cells/cmm, whilst only 4% (2) had their CD4 counts above 500cells/cmm. Staphylococcus aureas remains the primary infective organism (91.8%) and is responsive to Ciprofloxacin (99%), Erythromycin (97.1%), Chloramphenicol (93.3%) and Cefotaxime (88.2%).

Factors identified associated with breast abscess formation include young age, low parity, living in high-density suburbs, feeding patterns and being HIV+. Cigarette smoking and alcohol drinking were not associated with the disease. Breast-Abscesses may define low CD4 counts as observed though further studies are required to substantiate the finding. Erythromycin is the recommended drug of choice followed by Cefotaxime.
INTRODUCTION

Surgical day cases from male and female admission wards range from minor trauma to less than severe surgical infections that require immediate intervention and subsequent discharge for clinic follow up. These constitute 60% of admissions with major cases ranking third though more involving and time consuming. Ideally the UTH was meant to offer third level specialized services of indisputable standard. However, due to the economic situation of the country and the ever increasing urban population against a stagnant health service, the institution has found itself dealing with minor primary surgery cases at the expense of perfecting specialised surgical procedures.

Developed countries and indeed some developing nations have streamlined such health services so as to channel resources accordingly. Surgical infections which primarily amount to a collection of pus in soft tissue planes require a level of surgical specialisation to manage. This level is fortunately attainable at district level health care. The fact that we have remained behind in developing this level of surgical care has unfortunately overburdened tertiary level care in both, human resource and surgical equipment.

Primary level surgery remains the hallmark in limiting costs in surgical care as much as is emphasised in preventive medicine, this weakness is evidently seen by the type of cases seen at the UTH surgical wards every day at great expense. There is need to explore some of these cases and identify the root cause so that policy may be formulated to prevent the misuse of tertiary care facilities. Surgical infections may thus be arrested much earlier before they complicate to actual abscess formation

Breast infections being specific to a group of people and so common amongst cases attended to are one disease where possible intervention maybe possible.
LITERATURE REVIEW

A breast abscess may be defined as a localized collection of pus in the breast parenchymal tissue, which may or may not involve the lactiferous ducts. This usually complicates an untreated or failed treatment of mastitis\(^1\). Breast abscesses are known to occur in almost all age groups including neonates\(^2\). Breast abscesses are divided into two groups, Lactational and non-lactational, of which lactational is more common between the ages 18-50. Usually this follows infection with skin colonizing pathogenic bacteria especially Staph. aureus, and less commonly with Staph epidermidis and streptococci\(^3\).\(^4\). Infection usually complicates a breech in skin epithelia during breast feeding\(^3\). In non-lactational cases causative organisms are usually Staph. aureas, enterococci, anaerobic streptococci and the bacteroides spp\(^3\).\(^4\) with infections common in smokers.

Smoking more than 10 cigarettes a day (in non lactating women) has been found to be a major predisposing factor to developing a breast abscess, this has been proved in a number of studies across the world\(^5\). Periareolar abscesses are a feature of nonlactational mastitis, with 90% of the infections causing subareolar breast abscesses. Periareolar breast abscesses differ in a significant way from lactational infections in that they do not involve a breast lobe and are limited to the local periareolar area. Subareolar abscesses are caused when squamous metaplasia develops in the lining of the lactiferous ducts and the ampullae. The resulting keratinization that occurs with this process leads to the obstruction and dilatation of the ducts. The thin lining of the lactiferous ducts ruptures and causes a retrograde flow of bacteria from the skin surface, leading to bacterial invasion that eventually results in inflammation and abscess formation beneath the areola\(^6\).\(^7\). Other pathologies like Tuberculosis (TB) may underlie this presentation.

In the University Teaching Hospital (UTH) Lusaka, a review of the outpatient daily attendance register showed that over a period of 7 months between June 2005 and December 2005, 1527 cases of abscesses were attended to by incision and drainage as day cases of which 236(15%) were breast abscesses, only two were non lactating. International comparative data is limited in this area and shows some significant variations in the prevalence of breast abscesses during lactation. Most literature report cases of mastitis during lactation, estimated at between 5-33% \(^8\). However the subsequent complication to an abscess is only seen in 1-3% of European populations, and occurring in the first 3 months of breast feeding\(^8\). The wide variations in figures at reporting have been attributed to differences in case definitions of mastitis. The diagnosis is usually clinical based on, breast tenderness, signs of local inflammation, and a reduction in milk output \(^8\).

Mastitis in the lactating mother is important to clinicians for two main reasons. Firstly, it is a major cause of reduction in milk production and approximately a quarter of mothers cite
mastitis as their reason for stopping breast feeding. Secondly, by altering the cellular composition of milk and local defenses within the breast itself, mastitis is a powerful risk factor promoting vertical transmission of infections including HIV and the condition may go on to give rise to a local abscess. It was previously recommended that HIV infected mothers should not breast feed at all. However, studies have now shown that breast fed infants of HIV infected mothers in the long run do better than those that are bottle fed, due to the beneficial nutrients/factors in breast milk. Such results amplify the need of a healthy breast during lactation.

Several factors increase the risk of developing of mastitis; these have been grouped into the following:

**INTRINSIC FACTORS**
Midrange maternal age, fatigue, employment outside home, primi parity, previous episode

**GENETIC**
Human Lymphocyte Antigen (HLA) status, family status

**TRAUMA**
Skin or nipple damage, hygiene

**NUTRITIONAL**
Trace elements, Antioxidants

**FEEDING ISSUES**
Ineffective nursing techniques, Milk stasis- use of bra, feeding technique and frequency, congenital abnormality in the child.

** IMMUNE FACTORS**
Low milk cell counts
Low milk lactoferrin
Low milk lysozyme

(In summary Child birth, Breast feeding and Cracked Nipples)
Risk factors for Breast abscess are factors that do not seem to be a direct cause of the disease, but seem to be associated in some way. Having a risk factor for Breast abscess makes the chances of getting a condition higher but does not always lead to Breast abscess. Also, the absence of any risk factors or having a protective factor does not necessarily guard against getting Breast abscess.

In an Australian cohort that looked at the incidence of breast abscesses in lactating mothers 2124 breastfeeding mothers were recruited over a period of 5 years only 3% of the study population developed breast abscesses during the study period though 11% had developed clinical mastitis. For those that went on to develop breast abscesses it is mostly attributed to delayed treatment of the mastitis. Similar findings are reported in Europe and the Middle East. In all studies reviewed associated risk factors were; post partum pelvic infection, fatigue, anaemia, diabetes, use of steroids, state of reduced immunity (not stated as due to HIV), smoking (strongest): silicone implants.

Most of these cases were managed by needle aspiration in contrast to the University Teaching hospital (UTH) where treatment is by incision and drainage (UTH phase 5 theatre log book). A similar study conducted in Nigeria looked at causes and risk factors associated with the development of breast abscesses, they found only 299 cases of breast abscesses over a 10 year period compared with 236 over 7 months in UTH. The risk factors in this study group were low socio-economic status and low levels of hygiene. None of the studies assessed the HIV status of the patients.

Most literature reviewed discusses increased risk of transmission of HIV through concomitant breast disease. Literature on the effect of HIV co-infection in developing breast abscesses specifically is uncommon. However HIV disease and the development of pyogenic skin infections have been well documented. This was also shown locally in a study done in UTH in 1997, which showed that 69% of patients presenting with pyomyositis had HIV co-infection.

HIV/AIDS has been shown to be common in women of child bearing age. Data from the Zambia Antenatal Clinic sentinel surveillance report 1994-2004, shows that up to 25% of pregnant women in Lusaka attending antenatal clinic were HIV+.

Myths on the development, effects and treatment of breast abscesses exist not only in the Zambian setting but in the developed world as well. In the developed world most of these have been dispelled by well-developed perinatal education programmes that have helped women understand the various pathologies encountered during this period. A study in Bangladeshi (a third world country) women has shown that adequate lactational
counselling can reduce the prevalence of lactational breast abscesses and its consequences. In Zambia such programmes exist but with lots of problems hence limiting their effectiveness. As such most ante and postnatal mothers are under the guidance of elderly women who counsel them on childcare and upbringing subsequently passing down their understanding of perinatal pathologies.

For example, it is said that once the baby belches onto the breast when feeding that breast will develop an abscess. Some of the health workers involved in primary health education who consequently enforces them believe such myths. Sexual habits of the parents have also been traditionally linked to the development of breast abscesses. It is also believed that one should not be exposed to a lactating breast during intercourse, as he will contaminate the milk hence the abscesses. Change in traditional beliefs is hard to foster in our patients as they are taught of severe repercussions if myth is broken.

From the studies reviewed several factors stand out as contributory risks to the development of breast abscesses either in lactating or non-lactating women. The following are some of the risk factors identified:

1. smoking
2. postpartum pelvic infection
3. anaemia
4. low socio-economic status
5. diabetes
6. use of steroids
7. State of reduced immunity not specified as due to HIV.

Locally some of the listed risk factors do not apply hence the need to identify what is obtaining on the ground
STATEMENT OF THE PROBLEM

Just over 15% of surgical infection cases attended to in phase 5 theatres are breast abscesses, UTH being the only public institution with theatre capabilities in Lusaka bears the unnecessary cost of managing these cases, i.e.

- From theatre time (an abscess may take 5min to drain, but the total time from anaesthesia induction to waking up runs to over 30mins) taking away valuable time for other more life threatening conditions.

- To surgical expendables, i.e.
  - Sterile gloves
  - Sterile gauze and cotton
  - Dressing packs
  - Limited incision sets

- Manpower commitment (which is in short supply); such commitment of manpower towards minor cases becomes hazardous in cases of other emergencies coming up during operation time.

Every month the UTH losses a substantial amount of resources in managing this condition which is preventable and treatable without necessarily undergoing theatre.

Therefore there is need to understand the various factors causing such a high number of cases to allow primary prevention and correct specific treatment in order to cut the costs.
OBJECTIVES

GENERAL OBJECTIVE:

TO DETERMINE RISK FACTORS ASSOCIATED WITH THE DEVELOPMENT OF BREAST ABSCESES IN FEMALE PATIENTS PRESENTING TO THE UNIVERSITY TEACHING HOSPITAL (UTH).

SPECIFIC OBJECTIVES:

a. To describe the epidemiological pattern of women presenting with Breast abscesses at the UTH

b. To determine socio-demographic factors associated with breast abscesses at UTH

c. To investigate the bacteriological agents and their antimicrobial sensitivity patterns associated with breast abscesses at UTH

d. To determine the association between HIV infection and Breast abscesses at UTH.

HYPOTHESES

Ho: HIV infection and socio-demographic factors do not increase the risk of developing breast abscesses in women.

JUSTIFICATION

1. Bacteriological sensitivity results will enable more specific management of early infections and prevent complications which are more expensive to manage.

2. The socio-demographic and HIV epidemiological data collected will help in the planning of intervention programmes at antenatal level.

3. There is limited published information on such a common condition in sub Saharan Africa
METHODS

STUDY DESIGN

Case controlled study

Study site

UTH female surgical admissions ward and phase 5 theatres

CASE DEFINITION:

A patient presenting to female surgical admission ward in whom a diagnosis of breast abscess is made.

**Breast abscess diagnosis:**

1. Fluctuant tender breast mass.
2. A positive needle aspiration of pus.

Diagnosis will be made by the Registrar on duty who will also carry out a WHO clinical staging of HIV disease. The nurse on duty oriented to the study will administer the questionnaire.

CONTROL DEFINITION:

These will be consented mothers attending the postnatal clinics in the UTH, and are breast-feeding.

Controls shall be matched for age, education standard and duration of breast-feeding. The same questionnaire as in cases will be administered to the mothers.

INCLUSION CRITERIA:

Diagnosed breast abscess

Consented patient

Lusaka residents.

EXCLUSION CRITERIA:

Non-consented mothers, Diabetic patients

Non-Lusaka residents
SAMPLING AND SAMPLE SIZE CALCULATION

Using EPI-INFO 6 stat calc, with the following assumptions on case presentations to Phase 5;

1. Estimated HIV prevalence of 25% in pregnant women
2. Estimated risk of developing a breast abscess of 3% in non HIV infected women.
3. With a relative risk ratio of 0.12

A generated sample size of 375 was calculated at 95% confidence limit. However, over 7 months a total of 236 patients were seen, therefore in my study I estimate to recruit up to 110 patients over 3 months serially excluding those that refuse to participate in the study and those that do not meet the inclusion criteria. An equivalent number for controls will be recruited for a one to one match.

STUDY PROTOCOL

Women (110) with breast abscesses will be recruited serially for the study as cases. 110-matched controls of breast-feeding mothers will also be recruited. Whilst on the ward a standard study questionnaire see appendix V shall be administered to cases to obtain possible risk factors under the following headings;

1. Socio-demographic data
2. Educational standard
3. Basic knowledge of breast abscess
4. Antenatal/ Prevention of mother to child transmission (PMTCT)/Breast-feeding histories
5. Medical history
6. Traditional beliefs

Study assistants (nurses) will be recruited and trained in the conduct of the study. Routine pre operation investigations will be done i.e. full blood count (FBC). Pre op testing and counselling will be done on those who do not know their status but consent to participating in the study. This will be according to the Medical council of Zambia guidelines of 2005. Appropriate advice on further management as regards the results will be offered. HIV positive patients shall be recruited on the CIDRZ ART programme for free monitoring and follow up.
Incision and drainage under general anaesthesia by the call registrar will be done. Intra operatively a pus aspirate shall be obtained.

Patients will have one scheduled study review at 2-weeks post operation. Additional reviews will be as per required need considering wound response; this will be done in their respective units. During this review wound healing time and complications will be noted.

**Expected primary outcome:**

The study intends to show a high prevalence of HIV infection amongst post natal women with breast abscesses. The study also expects to show that a CD4 count of <200 is a risk factor for development of Breast Abscess in HIV post natal mothers.

**Expected Secondary outcome:**

The study intends to show that primi gravid status, low socioeconomic status and low education are risk factors for developing Breast abscess with statistical significance of p<0.05 with a confidence of greater than 95%.

**DATA management and ANALYSIS**

1. Data Storage; Data was uplifted from questionnaires on to the EPI Info 6 data base after binary encoding. This was subsequently transferred to SPSS V17 for analysis and final storage in coded form. A data storage disc has been made for raw data.

2. Data accuracy; Single entry format and verification was done due to limited resources of manpower. However entries were counterchecked for errors and cleaned prior to storage.

3. Data analysis; Quantitative data was analyzed for frequencies of occurrence of risk factors, exposure and disease association as well as statistical significance set at (p<0.05) by cross tabulation in SPSS V17. The ODDS ratio and prevalence for HIV was also calculated. Qualitative data was analyzed for assumptions and generalizations peculiar to the disease pattern. Collected data that was not relevant to the study was not discarded but left in the data bank.

4. Data presentation and data interpretation; Data is presented in 3-D graphs and statistical tables generated from SPSS. Interpretation is by comparative analysis with reviewed similar studies and general cultural norms of what is understood by communities at large.

Specimen analysis will be done at the UTH laboratories.
ETHICAL CONSIDERATIONS

CONSENT

Ethics approval was sought in keeping with requirements for research on human subjects as described by the Helsinki declaration, and Ministry of Health.

Informed consent was obtained from all patients who met the inclusion criteria. Consent was obtained after a one on one counseling session by study assistants during which the spectrum of the study was introduced and explained to the patients. Confidentiality on counseling and testing for HIV was maintained by not putting their results on files but communicated to in person. A patient's study facts (information) sheet was read out or handed out to all would be participants prior to recruitment in order for them to make informed consent. The information was translated to appropriate local language verbatim for those that were not clear in English.

Samples collected were given study codes with no names on the specimen bottles to directly link the specimen to the patients. Collection and dissemination of results was done by research assistants only. Patients with further problems for clarification were referred for my attention.

Stigma on participation in the study did not arise as patients were treated in no different way from those who came in with similar surgical conditions.
RESULTS

The study was conducted over a period of seven months which involved the serial recruitment of cases and subsequent selection of matched controls. Controls were identified from antenatal clinics at UTH and Lusaka urban clinics.

Data collected was analysed using the SPSS 17.0 Statistical package for frequencies of occurrences and statistical associations of the predicted risk factors.

Epidemiological data was computed to profile the cases so as to generalise on characteristics of women likely to suffer from breast abscesses.

During the study period a total of 110 cases as defined in the protocol were recruited with 110 matched controls. The generated data was analysed for the specified objectives as follows;
EPIDEMIOLOGICAL PATERN OF CASES

**AGE:** The age range for the study was from 18 years to 36 years, with the mean being 27 yrs. Most of the cases had an age range between 21 yrs – 25 yrs representing 37.3% of cases. This was followed by those below 21 yrs (33.6%). Thus over 70% of cases were below 25 yrs of age, table 1 figure 1

Table 1

### FREQUENCY OF CASES/CONTROLS BY AGE

<table>
<thead>
<tr>
<th></th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 21</td>
<td>37</td>
<td>40</td>
<td>77</td>
</tr>
<tr>
<td>21 - 25</td>
<td>41</td>
<td>43</td>
<td>84</td>
</tr>
<tr>
<td>26 - 30</td>
<td>25</td>
<td>26</td>
<td>51</td>
</tr>
<tr>
<td>&gt; 30</td>
<td>7</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
</tbody>
</table>
**MARITAL STATUS:** Cases were stratified as follows: Married, Single, divorced or Widow. 85.5% of respondents were married table 2 and 3, figure 2. Comparatively 87.7% of controls were also married.

Table 2

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>94</td>
<td>85.5</td>
</tr>
<tr>
<td>Single</td>
<td>15</td>
<td>13.6</td>
</tr>
<tr>
<td>Divorced</td>
<td>1</td>
<td>.9</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 3

**Cross tabulation Marital status**

<table>
<thead>
<tr>
<th>Marital status</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married Count</td>
<td>94</td>
<td>96</td>
<td>190</td>
</tr>
<tr>
<td>% within Case</td>
<td>85.5%</td>
<td>87.3%</td>
<td>86.4%</td>
</tr>
<tr>
<td>Single Count</td>
<td>15</td>
<td>13</td>
<td>28</td>
</tr>
<tr>
<td>% within Case</td>
<td>13.6%</td>
<td>11.8%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Divorced Count</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>% within Case</td>
<td>.9%</td>
<td>.9%</td>
<td>.9%</td>
</tr>
<tr>
<td>Total Count</td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>% within Case</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

P=0.921
Figure 2

FREQUENCIES OF CASES BY MARITAL STATUS

Married | Single | Divorced
---|---|---
Case | Control

Number of Cases
**PARITY**: Respondents were stratified as having 1, 2, 3, 4 or more children. Results showed that most of the respondents had only a single child followed by those with 2 children. Table 4 figure 3 and 4

**Table 4**

<table>
<thead>
<tr>
<th>Number of Children</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Case</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>62</td>
<td>54</td>
<td>116</td>
</tr>
<tr>
<td></td>
<td>56.4%</td>
<td>49.1%</td>
<td>52.7%</td>
</tr>
<tr>
<td>2</td>
<td>26</td>
<td>45</td>
<td>71</td>
</tr>
<tr>
<td></td>
<td>23.6%</td>
<td>40.9%</td>
<td>32.3%</td>
</tr>
<tr>
<td>3</td>
<td>13</td>
<td>7</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>11.8%</td>
<td>6.4%</td>
<td>9.1%</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
<td>4</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>7.3%</td>
<td>3.6%</td>
<td>5.5%</td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>.9%</td>
<td>.0%</td>
<td>.5%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% within Case</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100.0%</td>
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<tr>
<td>2</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
<tr>
<td>3</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>
Figure 3

FREQUENCY OF NUMBER OF CHILDREN

![Bar chart showing frequency of number of children for cases and controls. The x-axis represents the number of children, ranging from 1 to 6, and the y-axis represents the number, ranging from 0 to 70. The chart compares cases (black bars) and controls (gray bars) for each number of children category.]
Figure 4     (Regression plot for number of children per case)

NUMBER OF CHILDREN PER CASE

P=0.05
**AREA OF RESIDENCE:** Cases were grouped according to where they resided. 76.4% came from high density suburbs whilst only 6.4% came from low density areas. Table 5 figure 5

![Figure 5: Area of Residence](image)
CROSS TABULATION AREA OF RESIDENCE

Table 5

<table>
<thead>
<tr>
<th>Area of residence</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Case</td>
<td>Control</td>
<td></td>
</tr>
<tr>
<td>Low Density</td>
<td>7</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>6.4%</td>
<td>.0%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Medium Density</td>
<td>19</td>
<td>32</td>
<td>51</td>
</tr>
<tr>
<td></td>
<td>17.3%</td>
<td>29.1%</td>
<td>23.2%</td>
</tr>
<tr>
<td>High Density</td>
<td>84</td>
<td>78</td>
<td>162</td>
</tr>
<tr>
<td></td>
<td>76.4%</td>
<td>70.9%</td>
<td>73.6%</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td></td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

P=0.001
SOCIO-DEMOGRAPHIC PROFILE

EDUCATION: This was matched with controls and categorised in two groups; one group as having none to completion of primary education and the other with secondary/tertiary education. Data was also collected for spouses. 47.3% had up to primary level education whilst 52.7% had either secondary or tertiary level education. Table 6 figure 6,

Figure 6

EDUCATION LEVEL

![Bar chart showing education levels for cases and controls.](chart.png)
Table 6

EDUCATION * CASE CROSSTABULATION

<table>
<thead>
<tr>
<th>Education</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary and no education</td>
<td>52</td>
<td>54</td>
<td>106</td>
</tr>
<tr>
<td>% within Case</td>
<td>47.3%</td>
<td>49.1%</td>
<td>48.2%</td>
</tr>
<tr>
<td>Secondary and higher</td>
<td>58</td>
<td>56</td>
<td>114</td>
</tr>
<tr>
<td>% within Case</td>
<td>52.7%</td>
<td>50.9%</td>
<td>51.8%</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>% within Case</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

P = .787
EMPLOYMENT STATUS: Cases were profiled as to whether they were formally employed or not, housewife or dependant. 31% of respondents were housewives with 26.4% being either formally employed or in the informal sector. Amongst controls 72.7% respondents said they were formally employed with only 26.4% being housewives.

Figure 7

FREQUENCY OCCUPATION
### OCCUPATION STATUS CROSSTABULATION

**Table 7**

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Housewife</strong></td>
<td>34</td>
<td>29</td>
<td>63</td>
</tr>
<tr>
<td>Count % within Case</td>
<td>30.9%</td>
<td>26.4%</td>
<td>28.6%</td>
</tr>
<tr>
<td><strong>Formal</strong></td>
<td>29</td>
<td>80</td>
<td>109</td>
</tr>
<tr>
<td>Count % within Case</td>
<td>26.4%</td>
<td>72.7%</td>
<td>49.5%</td>
</tr>
<tr>
<td><strong>Informal</strong></td>
<td>29</td>
<td>1</td>
<td>30</td>
</tr>
<tr>
<td>Count % within Case</td>
<td>26.4%</td>
<td>.9%</td>
<td>13.6%</td>
</tr>
<tr>
<td><strong>Dependant/Student</strong></td>
<td>18</td>
<td>0</td>
<td>18</td>
</tr>
<tr>
<td>Count % within Case</td>
<td>16.4%</td>
<td>.0%</td>
<td>8.2%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>Count % within Case</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

$P=0.001$
**BREAST FEEDING PATERNs:** 97.3% were breast feeding their children prior to presentation or infection of the breast and of these 79.5% of cases responded to having breast fed their child as per required need (PRN) with the rest having fed their children 2-4 times a day.

Figure 8

**FREQUENCY OF BREAST-FEEDING**
Table 8

CROSSTABULATION BREASTFEEDING PATERNs

<table>
<thead>
<tr>
<th>Times Breastfed</th>
<th>Up to Count</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% within Case</td>
<td>18</td>
<td>36</td>
<td>54</td>
</tr>
<tr>
<td>PRN Count</td>
<td>% within Case</td>
<td>70</td>
<td>74</td>
<td>144</td>
</tr>
<tr>
<td>Total</td>
<td>Count</td>
<td>88</td>
<td>110</td>
<td>198</td>
</tr>
<tr>
<td>% within Case</td>
<td></td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>
**AGE OF CHILD:** 81.8% (90) of cases had children between 0-6 months at time of presentation, 8.2% (9) had children above 12 months and 6.4% (7) had children between 7-12 months.

**Table 9**

<table>
<thead>
<tr>
<th>Age of Child Categories</th>
<th>n</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 6 Months</td>
<td>90</td>
<td>81.8</td>
</tr>
<tr>
<td>7 - 12 Months</td>
<td>7</td>
<td>6.4</td>
</tr>
<tr>
<td>Above 12 Months</td>
<td>9</td>
<td>8.2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>106</td>
<td>96.4</td>
</tr>
<tr>
<td>Missing System</td>
<td>4</td>
<td>3.6</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>110</td>
<td>100.0</td>
</tr>
</tbody>
</table>
Figure 9

AGE OF CHILD

0 - 6 Months 7 - 12 Months Above 12 Months

Number

Case Case  Case Control
CIGARETTE SMOKING AND ALCOHOL DRINKING: Amongst cases 3.6% (4) admitted to smoking and 30.0% (33) admitted drinking alcohol whilst breast feeding. Only 2.7% (3) controls responded positively to smoking, whilst 19.1% (21) responded positively to regular intake of alcohol whilst breast feeding.

Figure 10

CIGARETTE SMOKING
### Table 10

**Cross tabulation cases smoking**

<table>
<thead>
<tr>
<th>Smoking</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>106</td>
<td>107</td>
<td>213</td>
</tr>
<tr>
<td>% within Case</td>
<td>96.4%</td>
<td>97.3%</td>
<td>96.8%</td>
</tr>
<tr>
<td>Yes</td>
<td>4</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>% within Case</td>
<td>3.6%</td>
<td>2.7%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>% within Case</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

P=0.701

### Table 11

**Cross tabulation Alcohol drinking habits**

<table>
<thead>
<tr>
<th>Drinks Alcohol</th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>77</td>
<td>89</td>
<td>166</td>
</tr>
<tr>
<td>% within Case</td>
<td>70.0%</td>
<td>80.9%</td>
<td>75.5%</td>
</tr>
<tr>
<td>Yes</td>
<td>33</td>
<td>21</td>
<td>54</td>
</tr>
<tr>
<td>% within Case</td>
<td>30.0%</td>
<td>19.1%</td>
<td>24.5%</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>% within Case</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

P=0.060
Figure 11

FREQUENCY ALCOHOL INTAKE

Number

response to drinking alcohol

Case
Control
USE OF ANTENATAL SERVICES: All respondents said they had attended ANC with 69.1% (76) having a good/normal attendance and 17.3% (19) with 13.6% (15) having more than required visits’ due to antenatal problems.

Table 12

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defaulter</td>
<td>19</td>
<td>17.3</td>
</tr>
<tr>
<td>Good/Normal</td>
<td>76</td>
<td>69.1</td>
</tr>
<tr>
<td>Problematic</td>
<td>15</td>
<td>13.6</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>100.0</td>
</tr>
</tbody>
</table>

COMORBID FACTORS: 35.5% (39) cases responded to having been treated for anaemia during and after delivery, 6.3% (7) had a positive history for Tb, 5.4% (6) gave a positive history of PID treatment. None responded to having a history of Diabetes whilst 8.1% (9) gave a history of trauma to the breast.
BASIC KNOWLEDGE OF DISEASE: 39.1% (43) of the cases did not know what could have caused the disease with 35.5% (39) thinking it was due to child belching on to the breast on feeding. 14.5% thought the disease came from poor breast care and 6.4% ascribed it to trauma. Only 4.5% thought it was due to poor breast feeding habits.

Table 13

<table>
<thead>
<tr>
<th>KNOWLEDGE ON CAUSE OF DISEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>n</td>
</tr>
<tr>
<td>----</td>
</tr>
<tr>
<td>Hygiene (poor)</td>
</tr>
<tr>
<td>Child Belching</td>
</tr>
<tr>
<td>Breastfeeding</td>
</tr>
<tr>
<td>Trauma</td>
</tr>
<tr>
<td>Don't Know</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>
Figure 12

KNOWLEDGE OF DISEASE

Number

<table>
<thead>
<tr>
<th>Condition</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hygiene</td>
<td></td>
</tr>
<tr>
<td>Child Bedding</td>
<td></td>
</tr>
<tr>
<td>Breastfeeding</td>
<td></td>
</tr>
<tr>
<td>Trauma</td>
<td></td>
</tr>
<tr>
<td>Don't Know</td>
<td></td>
</tr>
</tbody>
</table>
BACTERIOLOGY RESULTS: Specimens inform of pus aspirate from the abscesses was cultured for isolation of organisms and antimicrobial testing for sensitivity of drugs was done. 91.8% of organisms grown were staph Aureas, with 4.5% plates having no growth. One specimen grew Strept Pyogenes and another grew Bacillus spp.

Table 14

<table>
<thead>
<tr>
<th></th>
<th>n</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacillus Spp</td>
<td>1</td>
<td>.9</td>
</tr>
<tr>
<td>Negative</td>
<td>5</td>
<td>4.5</td>
</tr>
<tr>
<td>Staph aureas</td>
<td>101</td>
<td>91.8</td>
</tr>
<tr>
<td>Strept Pyogenes</td>
<td>1</td>
<td>.9</td>
</tr>
<tr>
<td>Total</td>
<td>108</td>
<td>98.2</td>
</tr>
<tr>
<td>Missing System</td>
<td>2</td>
<td>1.8</td>
</tr>
<tr>
<td>Total</td>
<td>110</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Figure 13
Sensitivity results to the various antibiotics are tabulated below with most organisms sensitive to Ciprofloxacin 99%, Erythromycin 97.1%, Chloramphenicol (93.3%) and Cefotaxime (88.2%).

Figure 14

PERCENTAGE DRUG SENSITIVITY
**SEROLOGICAL RESULTS:** 49.1% (54) of cases were reactive to HIV infection with 50.9% (56) testing negative. This was compared with controls that had a 22.7% (25) positive rate and 77.3% (85) negative rate, this was further analysed by chi square test for any statistical association. Results showed a p-value of 0.001, thus a true association between HIV infection and the development of breast abscesses.

Table 15

**HIV Status * Case Cross tabulation**

<table>
<thead>
<tr>
<th></th>
<th>Case</th>
<th>Control</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positive</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Count</td>
<td>54</td>
<td>25</td>
<td>79</td>
</tr>
<tr>
<td>% within Case</td>
<td>49.1%</td>
<td>22.7%</td>
<td>35.9%</td>
</tr>
<tr>
<td><strong>Negative</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Count</td>
<td>56</td>
<td>85</td>
<td>141</td>
</tr>
<tr>
<td>% within Case</td>
<td>50.9%</td>
<td>77.3%</td>
<td>64.1%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Count</td>
<td>110</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>% within Case</td>
<td>100.0%</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

p=0.001
FIGURE 15

FREQUENCIES HIV STATUS CASES AND CONTROLS
The ODDS Ratio for HIV status was also calculated and showed a 3.3 chance of one’s likely hood to develop a breast abscess if HIV positive than in the normal population. Table 14.

Table 16

<table>
<thead>
<tr>
<th>Risk Estimate</th>
<th>Value</th>
<th>95% Confidence Interval</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Lower</td>
<td>Upper</td>
</tr>
<tr>
<td>Odds Ratio for Case (Case / Control)</td>
<td>3.279</td>
<td>1.832</td>
<td>5.867</td>
</tr>
</tbody>
</table>

CD4 COUNTS; HIV+ cases where also analysed by levels of CD4 at the time of presentation.

Table 17

<table>
<thead>
<tr>
<th>Cd4 counts</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 200</td>
<td>7</td>
<td>13%</td>
</tr>
<tr>
<td>201 - 499</td>
<td>45</td>
<td>83%</td>
</tr>
<tr>
<td>&gt; 500</td>
<td>2</td>
<td>4%</td>
</tr>
<tr>
<td>Total</td>
<td>54</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Post operation wound response at two weeks; 92 (83.6%) returned for the scheduled review, 63 (68.5%) had good wound granulation and used carbolic soap for wound cleaning at home. Those lost to follow up were deemed to have had good wound response not requiring further medical help. 9 (10%) required further wound review at 4 weeks post op.
DISCUSSION

Breast infections are in no doubt a common surgical outpatient presenting complaint in lactating women presenting to UTH (15% of Emergency theatre surgical infections treated). International literature shows rates of Mastitis as high as 11% though only 1-3% actually complicates to abscess formation (An Australian cohort). The paucity of literature on breast infections and HIV in Sub-Saharan Africa makes comparatively drawn conclusions or indeed assumptions difficult to make on the subject. However, from the reviewed studies various factors were identified as associated with an increased risk of developing breast infection in lactating women, some of those being:

8. smoking
9. postpartum pelvic infection
10. anaemia
11. Low socio-economic status (criteria of economic status not defined)
12. diabetes
13. use of steroids
14. State of reduced immunity not specified as due to HIV.

Demographic analysis of results from this study shows that this condition is common in young women age range 18-25(72%), of low parity 1-2 children and in marriage (80%). These ranges are consistently seen in other international studies. However, history of mastitis with a previous child rather than primiparity alone has also been associated with mastitis in some studies. Most of the cases seen were housewives (31%) by occupation with an equal distribution of those in formal and informal employment (26.4%).

Cross tabulation of marriage as a factor did not show any statistical significance though parity was statistically significant by regression p-value of 0.05.

From results, 79.5% of respondents fed their children adlib, a practice encouraged and thought to be preventive in breast engorgement and subsequent milk stasis, a risk factor for development of breast infection. Most studies have shown that mastitis is common in the first three months post partum. The age range of children involved is between 0-6months (82%), a period of exclusive breastfeeding and early development of teeth. Incorrect breastfeeding technique and nipple cracking may play a role at this stage of the infants' life, though only 4.5% thought infection was due to poor breastfeeding techniques and 14.5% attributed it to poor breast hygiene.
Despite this high figure, women still went on to develop breast abscesses. This may result from respondents having more breastfeeding contact time thus increasing their chances of trauma to the breast due to breastfeeding\textsuperscript{16, 21, 26}. However, rural women spend a lot more time breast-feeding and over a longer period than most of their urban counterparts but with fewer infections. Could this be a case of poor breast-feeding technique by urbanised women or patience in breastfeeding time by the village women so allowing good breast emptying per feed? An observation requiring further study.

The age of respondents may play a role as well (below 25yrs); this being in the younger age group where care of the infant and breast-feeding skills are still being learnt\textsuperscript{27, 21}.

Seventy four percent of respondents came from high-density townships. Cross tabulation with controls showed a p-Value of 0.05 indicating statistical significance. This may border on the general hygiene of the living environment\textsuperscript{16} than the economic capacity of the respondents as 26% of respondents were in formal employment, with a further 26% being informally employed. This is also amplified by the fact that breast infections are not as common a condition in rural hospitals as is found in UTH. Villages have fairly cleaner living environments than some of the high-density suburbs in town. Whilst most patients came from high-density areas, the more affluent patients may have not been captured in the study as they could have visited private fee-paying hospitals for treatment.

Employment status; there is a significant statistical association with development of breast infection, p-0.005. This may arise from trauma associated with feeding of a child who has not been breast fed over a long period of time or indeed stress in the mother\textsuperscript{13, 14, 21}.. However, this computation also includes housewives who feed their children adlib, though they themselves maybe stressed.

Social habits; European studies have shown throughout the association between smoking and development of breast infection (more than 10 cigarettes a day)\textsuperscript{5, 13} however, in this study no statistical association was found p-0.701, a habit which is obviously not common amongst Zambian women. This result is also seen in the question of alcohol drinking p-0.060, despite a slightly higher number of women acknowledging drinking whilst pregnant.

Medical conditions associated with breast infections; Anaemia was the most common condition found in association with development of breast infection (35%), followed by a positive history of Tb and PID though with no significant statistical association. Comparative literature shows conditions like anaemia, Diabetes mellitus, stress, pelvic inflammatory
diseases to be associated\textsuperscript{12,19, 27, 23}. The study shows anaemia to be the most associated morbid condition.

Use of antenatal services; this facility was utilised by all respondents and they were classified as defaulters, problematic (requiring more than the prescribed number of visits) and good attendees. 69.1% had good attendance and is assumed breast hygiene/care was discussed with patients at some point during their antenatal visits. With good antenatal attendance and possibly good lactational counselling\textsuperscript{20}, patients are thought to be in a better position to understand some of their antenatal pathologies. Unfortunately, the contrary maybe true; i.e. mothers are not adequately taught the significance of breast hygiene during antenatal clinics. This is supported by the increased frequency of cases in women with either (1) 56.4% or (2) 23.6% children who are obviously young and inexperienced in child care\textsuperscript{8, 21}. Misconceptions do not seem to play a major role in cases seen, 35% thought the infection was due to child belching whilst 39% did not know what brought about the disease. This is all against a background of all respondents having had some form of education with 50% having above primary level education.

HIV infection; All respondents admitted to having been tested during their antenatal visits, nonetheless, they were still re-tested for confirmation after counselling. If all HIV-infected mothers breastfeed, 10 to 20 percent of their infants will be infected through breastfeeding\textsuperscript{28}. This figure goes higher if there is associated breast pathology like mastitis/breast abscess. In resource limited countries exclusive breastfeeding for the first six months in HIV + mothers has been shown to reduce morbidity and improve child survival in the long run as compared with those on formula feed and HIV positive\textsuperscript{10, 11, 29}. This is despite the 10-20% risk of transmission\textsuperscript{10}. This result amplifies the need to have healthy breasts if mothers are indeed going to breast feed and avoid increasing their chances of vertical transmission of HIV to their children.

A significant association was found between HIV infection and the development of breast abscesses (p=0.001) with an ODDS ratio of 3.3. In the study 22.9% of controls tested positive for HIV infection and 49.1% cases were HIV+. The countries antenatal demographic survey has pregnant women at 25% of HIV infection rates as of 2004. 83% (45) of HIV+ cases had their CD4 counts between 201 – 499cells/cmm, a pre AIDS stage requiring close observation or indeed HAART if other AIDS defining conditions are found.( 6.3% had a history of an identified opportunistic infection TB). 13% (7) cases had CD4 counts below 200cells/cmm requiring ART as per Centre for Disease Control/ Zambian guidelines whilst only 4% (2) had their CD4 counts above 500cells/cmm. Studies have shown correlation
between CD4 counts and occurrence of opportunistic infections in progression of HIV infection to disease. Patients with counts less than 400 cells/cmm present with various opportunistic infections that include recurrent severe bacterial pyogenic infections like multiple abscesses. Breast abscesses in postnatal women maybe pre AIDS (CD4 201-499) defining and needs further evaluation and possible ART for HIV to prevent increased risk of mother to child transmission of the virus. This is in view of the significant association between HIV infection breast abscesses in cases p=0.001 with an ODDS ratio of 3.3.

Staph aureas was the most isolated causative organism (91.8%), as well seen in other studies\(^4\),\(^14\),\(^27\).

This was responsive to Ciprofloxacin 99.0%, Erythromycin 97.1% Chloramphenicol 93.3% and Cefotaxime 88.2%.

Post operation wound follow up showed no complications attributable to patients’ immune status that in this study is in stage three (3) disease as measured by CD4 counts or presenting symptoms. Most patients cleaned their wounds twice daily with water and ebu soap (a carbolic soap) as advised.
CONCLUSION

Epidemiology of cases;

Breast infections in UTH are common in young married women below the age of 27yrs with two or less children, who are breast feeding infants between 0-6months.

Socio-demographic profile

Patients are young women who hail from high density suburbs engaged in some form of economic activity either informally or formally and have attained an average education. Patients have good utilisation of antenatal facilities though with poor understanding of cause of disease.

Neither Smoking nor drinking alcohol was shown to be statistically associated with the development of breast abscesses in our setting.

HIV association

A significant association was found between HIV infection and the development of breast abscesses (p=0.001) with an ODDS ratio of 3.3. CD4 counts maybe predictive of stage of HIV infection. Prevalence of HIV in breast feeding women with breast infection is at 49.1%

Various factors have been identified as associated with an increased likelihood of one suffering from breast infections. These being;

1. Young age
2. Low parity
3. Living in a high density suburb
4. Being HIV+

Staphylococcus aureas remains the main cause of infection. Definitive treatment with appropriate antibiotics is important to prevent complication into abscess formation. In this study Ciprofloxacin, Erythromycin and Chloramphenicol and Cefotaxime stand out sensitive amongst the various antibiotics tested in that order. Ciprofloxacin would be best recommended but for its importance in Tb treatment. Chloramphenicol is contraindicated for use in breast feeding mothers; the next best alternative is Cefotaxime which is also expensive leaving Erythromycin as a first line drug.
STUDY LIMITATIONS

Time; the study proved to be quite encompassing as it progressed requiring more time and variable additions to answer a lot of developing questions.

Published comparative data for peer review on the subject in depth was limited.

Logistics of managing such a study design whilst attending to daily work schedules proved quite challenging, some cases were missed.

Inability to look at other more technical risk factors like; genetics, nutritional factors in milk, immunity factors in milk, due to limited facilities.

RECOMMENDATIONS

Managing day cases like breast abscesses in a tertiary hospital like UTH is an unnecessary cost depriving resources from more serious emergencies. Appropriate intervention at level one health care (Antenatal clinic) would save a lot of resources including manpower time.

The following recommendations are put forward;

a. Focused antenatal counselling to young mothers to observe good breastfeeding techniques and habits to prevent breast infections. This will help reduce vertical transmission of HIV especially in our communities (resource limited) where breastfeeding is the most important source of nutrition for the baby.

b. Use of correct first line antibiotics for those with suspected mastitis (Erythromycin).

c. There is need for additional extensive studies on the relationship of CD4 counts and the development of breast abscesses to ascertain the findings in the study.
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DEFINITION OF TERMS

RISK: The probability that an event will occur. It encompasses a variety of measures of the probability of a generally unfavorable outcome.

PARENCHYMA: The essential elements of an organ, used in anatomical nomenclature as a general term to designate the functional elements of an organ, as distinguished from its framework or stroma.

PUS: A liquid, usually yellowish (to green) that is formed in certain infections and is composed of white blood cells, bacteria and cellular debris.

MASTITIS: Inflammation of the mammary gland or breast.

LACTATION: The period of the secretion of milk.

PATHOGENIC: Capable of causing disease.

PERI-AREOLAR: Around the dark skin of the nipple.

SUB-AREOLAR: Beneath the dark skin around the nipple.

METAPLASIA: The change in the type of adult cells in a tissue to a form which is not formal for that tissue.

LACTIFEROUS: Bearing or containing milk or a milky fluid.

AMPULLAE: Saccular anatomical swelling or pouch.

KERATINIZATION: Keratin formation or development of a horny layer.

INFLAMMATION: A localized protective response elicited by injury or destruction of tissues, which serves to destroy, dilute or wall off (sequester) both the injurious agent and the injured tissue.

TENDERNESS: Painful sensation to touch or palpation.

INTRINSIC: Situated entirely within or pertaining exclusively to a part.

TRAUMA: Injury.

HIV: Human Immunodeficiency Virus.

PYOGENIC: Capable of forming pus.
PYOMYOSITIS: Pus deep seated in muscle layer

PERINATAL: A period around pregnancy from about 28 weeks of pregnancy to about 1 month after birth.

POSTPARTUM: Period after giving birth

MYTH: Traditional or legendary story, usually concerning some event, with or without a determinable basis of fact or a natural explanation, esp. one that is concerned with deities or demigods and explains some practice, rite, or phenomenon of nature.

ADLIB: feeding child per required need

C/cmm: cells per cubic millimeter

UTH: The University Teaching Hospital

ABSCESS: Localized collection of pus in body tissues.

HIGH DENSITY SUBURB: residential area of high concentration of people per unit measure

ART: Anti retroviral therapy

HAART: Highly Active Anti-retroviral therapy.

AIDS: Acquired immune deficiency syndrome
CONSENT TO PARTICIPATE IN RESEARCH

(Patient information sheet)

A. TITLE

A STUDY TO DETERMINE RISK FACTORS ASSOCIATED WITH PRESENTATION OF BREAST ABSCESSSES IN FEMALE PATIENTS PRESENTING TO THE UTH

B. PURPOSE

1. To collect information about the possible causes of your disease.

2. To collect information about your understanding of the possible causes of your disease.

Breast abscesses are a very common condition in breast feeding women presenting to UTH for treatment. This is a condition where there is an accumulation of pus in the breast due to either untreated or poorly treated breast infection. We usually see at least one mother a day with this condition after spending several days at home trying to treat the breast infection. Interviewed affected mothers give a lot of reasons as to why and how they developed the breast abscesses. Unfortunately some of the reasons given have no basis at all and actually put you at further risk of developing breast abscesses and their complications thus denying your child breast milk and putting you at unnecessary risk of severe bacterial infection. It is for this reason that we have decided to find out what women know, understand and believe about causes and treatment of breast abscesses. This is a condition which women need not suffer from given necessary information about breast care during breast-feeding. Your participation in this study will be by answering an already written questionnaire of simple questions read to you by the nurse on duty. Further participation will be by samples collected in theatre whilst you are asleep of the material drained from your abscess. This material will be examined in the laboratory to determine what bacteria exactly caused the infection and what type of reaction is going on in your breast. You will then be asked to return for follow up of your wound after a month of treatment to assess healing.

C. PROCEDURES:

If you choose to participate in this study, no further procedure other than that of treating your disease will be performed on you.
D. RISKS AND DISCOMFORTS:

The will be no direct risk or discomfort to you other than that directly related to the treatment of your condition in theatre as signed on your theatre consent form.

E. CARE, BENEFITS AND ALTERNATIVES:

Your participation in the study will expose you to beneficial information, which will help you deal with any future risks of developing this disease and you will be in a position to advise fellow women at risk correctly. You are free to withdraw from the study at any time for any reason; the action will not in any way disadvantage you from seeking medical attention at this institution.

I ………………………………………………………………………………

Have read/been read to the context of the study and fully understand the risks and advantages of participating in the study described above.

Signed this day..........................................................................................

Witness this day...........................................................................................

If you have any questions not properly answered by the nurse attending to you and you need clarification please call me Dr Bernard Kapatamoyo on 097743914 or ask the Nurse to get in touch with me on your behalf.
Appendix iii

CONSENT TO PARTICIPATE IN THE BREAST ABSCESS STUDY

I have been asked to participate in the above research and give my consent freely and willingly by signing this form after reading the patient information sheet:

I understand that:

1. If I do not volunteer, or decide to withdraw from the study, my decision will be accepted and this will not influence the continuing management of my condition.

2. I have read (or) understood the information that has been read to me in my local language and have had all my questions answered to my satisfaction.

3. I am further aware that information I divulge will be treated in a confidential manner and I will not be personally identified.

______________________________  _________________________________
Signature or thumb print of patient  Signature of Investigator

______________________________  _________________________________
Date  Place

N.B.: In case of any questions, please contact Dr. Bernard Kapatamoyo Department of Surgery, University Teaching Hospital (UTH), Lusaka. Tel 097-7-423914, Email: benkapatamoyo@yahoo.com or UNZA Biomedical Research Ethics Committee Tel; +260-1-256067, Fax +260-1-250753 or E-mail: unzarec@zamtel.zm
Appendix iv

POST OP PATIENT AND WOUND FOLLOW UP FORM

REF NO………………

REVIEW NO (1)………………

(2)………………

DAYS POST OP………

1. Number of times wound cleaned per day.

2. Cleaning material used
   a. Ebu Soap
   b. Salt water
   c. Other specify

3. Wound appearance
   a. Slough
   b. Granulating
   c. Edges closing

4. Are you receiving appropriate attention for the illness?
   a. Yes
   b. No

5. Who cleans the wound for you?
   a. Self
   b. relatives
   c. clinic
Appendix V

RISK FACTOR QUESTIONNAIRE ON THE DEVELOPMENT OF BREAST ABSCESS IN FEMALE PATIENTS PRESENTING TO FEMALE SURGICAL ADMISSION WARD UTH

1. SOCIO-DEMOGRAPHIC DATA

a. Age (  )

b. Marital status Married (  ) Single (  ) Widow (  ) Divorced (  )

c. Address………………………………………………………………………………………………

d. Number of children (  )

e. Level of education

   i. Wife: Primary (  ), Secondary (  ), Tertiary (  )

   ii. Husband: Primary (  ), Secondary (  ), Tertiary (  )

f. Occupation: Formal (  ), Informal (  )

g. Socio habits

   i. Drink alcohol Y (  ), N (  )

   ii. Smoking Y (  ), N (  )

2. LACTATING

   Y (  )

   N (  ) (If No go to Q3)

a. If yes, How many times do you Breast Feed (  )

b. Age current child

   1. 0-6m (  )
2. 6m-1yr ( ),
3. Above 1yr ( )

3. BASIC KNOWLEDGE OF DISEASE

a. What do you think caused the disease
   i. Poor breast hygiene ( )
   ii. Child belching ( )
   iii. Sexual contamination ( )
   iv. Breast ulceration due to Breast Feeding ( )
   v. Breast congestion ( )
   vi. Trauma to breast ( )
   vii. Don’t know ( )

b. Did you continue Breast feeding on the affected breast ( )

c. Have you had such a problem before Y ( ), N ( ) If yes,
   How did you deal with it
   i. Traditional ( )
   ii. Clinic/hospital ( )

4. ANTENATAL HISTORY

a. Did you attend Antenatal Clinic(ANC) Y ( ), N ( )

b. How many times ( )

c. Distance to clinic; Bus ( ), Walking ( )
d. Did you discuss breast care during your visits  Y ( ), N ( )

e. Have you been through the Prevention of mother to child transmission Programme (PMTCT)  Y ( ), N ( )

5. PAST MEDICAL HISTORY

a. Tuberculosis(TB) ( )

b. Diabetes Mellitus ( )

c. History of trauma to the breast ( )

d. Pelvic Inflammatory Disease post partum ( )
Appendix VI

WHO CLINICAL STAGING OF HIV DISEASE IN ADULTS AND ADOLESCENTS

CLINICAL STAGE 1

Asymptomatic

Persistent generalized lymphadenopathy

CLINICAL STAGE 2

Unexplained moderate weight loss (under 10% of presumed or measured body weight)

Recurrent upper respiratory tract infections (sinusitis, tonsillitis, otitis media, pharyngitis)

Herpes zoster

Angular cheilitis

Recurrent oral ulceration

Papular pruritic eruptions

Seborrhoeic dermatitis

Fungal nail infection

CLINICAL STAGE 3

Unexplained severe weight loss (over 10% of presumed or measured body weight) Unexplained chronic diarrhoea for longer than one month

Unexplained persistent fever (intermittent or constant for longer than one month)

Persistent oral candidiasis

Oral hairy leukoplakia

Pulmonary tuberculosis (current)

Severe bacterial infections (e.g. pneumonia, empyema, pyomyositis, bone or joint infection, meningitis, bacteraemia, severe pelvic inflammatory disease)

Acute necrotizing ulcerative stomatitis, gingivitis or periodontitis

Unexplained anaemia (below 8 g/dl), neutropenia (below 0.5 x 10^9/l) and/or chronic thrombocytopenia (below 50 x 10^9 /l)
CLINICAL STAGE 4

HIV wasting syndrome

*Pneumocystis* pneumonia

Recurrent bacterial pneumonia

Chronic herpes simplex infection (orolabial, genital or anorectal of more than one month’s duration or visceral at any site)

Oesophageal candidiasis (or candidiasis of trachea, bronchi or lungs)

Extrapulmonary tuberculosis

Kaposi sarcoma

Cytomegalovirus infection (retinitis or infection of other organs)

Central nervous system toxoplasmosis

HIV encephalopathy

Extrapulmonary cryptococcosis including meningitis

Disseminated non-tuberculous mycobacteria infection

Progressive multifocal leukoencephalopathy

Chronic cryptosporidiosis

Chronic isosporiasis

Disseminated mycosis (coccidiomycosis or histoplasmosis)

Recurrent septicaemia (including non-typhoidal *Salmonella*)

Lymphoma (cerebral or B cell non-Hodgkin)

Invasive cervical carcinoma

Atypical disseminated leishmaniasis

Symptomatic HIV-associated nephropathy or HIV-associated cardiomyopathy

a Unexplained refers to where the condition is not explained by other conditions.

b Assessment of body weight among pregnant woman needs to consider the expected weight gain of pregnancy.

c Some additional specific conditions can also be included in regional classifications, such as the reactivation American trypanosomiasis (meningoencephalitis and/or myocarditis) in the WHO Region of the Americas and penicilliosis in Asia.
Source: Revised WHO clinical staging and immunological classification of HIV and case definition of HIV for surveillance.
## CDC Classification System for HIV-Infected Adults and Adolescents

### Appendix IX

<table>
<thead>
<tr>
<th>CD4 Cell Categories</th>
<th>Clinical Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>A Asymptomatic, Acute HIV, or PGL</td>
</tr>
<tr>
<td>(1) ≥500 cells/µL</td>
<td>A1</td>
</tr>
<tr>
<td>(2) 200-499 cells/µL</td>
<td>A2</td>
</tr>
<tr>
<td>(3) &lt;200 cells/µL</td>
<td>A3</td>
</tr>
</tbody>
</table>

Key to abbreviations: CDC = U.S. Centers for Disease Control and Prevention; PGL = persistent generalized lymphadenopathy.

### CDC Classification System: Category B Symptomatic Conditions

**Table 2. CDC Classification System: Category B Symptomatic Conditions**

Category B symptomatic conditions are defined as symptomatic conditions occurring in an HIV-infected adolescent or adult that meet at least 1 of the following criteria:

a) They are attributed to HIV infection or indicate a defect in cell-mediated immunity.

b) They are considered to have a clinical course or management that is complicated by HIV infection.

**Examples include, but are not limited to, the following:**

- Bacillary angiomatosis
- Oropharyngeal candidiasis (thrush)
- Vulvovaginal candidiasis, persistent or resistant
- Pelvic inflammatory disease (PID)
- Cervical dysplasia (moderate or severe)/cervical carcinoma in situ
- Hairy leukoplakia, oral
- Idiopathic thrombocytopenic purpura
- Constitutional symptoms, such as fever (>38.5°C) or diarrhea lasting >1 month
- Peripheral neuropathy
- Herpes zoster (shingles), involving ≥2 episodes or ≥1 dermatome

**CDC Classification System: Category C AIDS-Indicator Conditions**

Table 3. CDC Classification System: Category C AIDS-Indicator Conditions

- Bacterial pneumonia, recurrent (≥2 episodes in 12 months)
- Candidiasis of the bronchi, trachea, or lungs
- Candidiasis, esophageal
- Cervical carcinoma, invasive, confirmed by biopsy
- Coccidioidomycosis, disseminated or extrapulmonary
- Cryptococcosis, extrapulmonary
- Cryptosporidiosis, chronic intestinal (>1-month duration)
- Cytomegalovirus disease (other than liver, spleen, or nodes)
- Encephalopathy, HIV-related
- Herpes simplex: chronic ulcers (>1-month duration), or bronchitis, pneumonitis, or esophagitis
- Histoplasmosis, disseminated or extrapulmonary
- Isosporiasis, chronic intestinal (>1-month duration)
- Kaposi sarcoma
- Lymphoma, Burkitt, immunoblastic, or primary central nervous system
- *Mycobacterium avium* complex (MAC) or *M. kansasii*, disseminated or extrapulmonary
- *Mycobacterium tuberculosis*, pulmonary or extrapulmonary
- *Mycobacterium*, other species or unidentified species, disseminated or extrapulmonary
- *Pneumocystis jiroveci* (formerly *carinii*) pneumonia (PCP)
- Progressive multifocal leukoencephalopathy (PML)
- *Salmonella* septicemia, recurrent (nontyphoid)
- Toxoplasmosis of brain
- Wasting syndrome due to HIV (involuntary weight loss >10% of baseline body weight) associated with either chronic diarrhea (≥2 loose stools per day ≥1 month) or chronic weakness and documented fever ≥1 month