


 <b>International Board of Lactation Consultant Examiners (IBCLE) International Board Certified Lactation Consultant® (IBCLC®) Detailed Content Outline</b>	<b># of Items</b>
<b>I. Development and Nutrition</b>	<b>26</b>
<b>A. Infant</b>	
<ol style="list-style-type: none"> <li>1. Feeding behaviours at different ages</li> <li>2. Food intolerances/allergies</li> <li>3. Infant anatomy and anatomical/oral challenges</li> <li>4. Introducing complementary foods</li> <li>5. Low birth weight</li> <li>6. Milk banking – formal and informal</li> <li>7. Normal infant behaviours</li> <li>8. Nutritional requirements - preterm</li> <li>9. Preterm development and growth</li> <li>10. Skin tone, muscle tone, reflexes</li> <li>11. Term development and growth</li> <li>12. WHO growth charts with gestational age adjustment</li> </ol>	
<b>B. Maternal</b>	
<ol style="list-style-type: none"> <li>1. Breast development and growth</li> <li>2. Breast surgery</li> <li>3. Composition of human milk</li> <li>4. Maternal anatomical challenges</li> <li>5. Maternal nutritional status</li> <li>6. Nipple structure and variations</li> </ol>	
<b>II. Physiology and Endocrinology</b>	<b>24</b>
<ol style="list-style-type: none"> <li>1. Diabetes</li> <li>2. Infertility Issues</li> <li>3. Maternal metabolic and hormonal disorders (e.g., thyroid, Polycystic Ovarian Syndrome)</li> <li>4. Maternal autoimmune disorders</li> <li>5. Multiples</li> <li>6. Newborn hypoglycemia</li> <li>7. Pregnancy and breastfeeding – tandem</li> <li>8. Relactation</li> <li>9. Stooling and voiding</li> </ol>	
<b>III. Pathology</b>	<b>31</b>
<b>A. Infant</b>	
<ol style="list-style-type: none"> <li>1. Allergies</li> <li>2. Ankyloglossia</li> <li>3. Cleft lip and palate</li> <li>4. Congenital anomalies (e.g., gastrointestinal, cardiac)</li> </ol>	

 <b>International Board of Lactation Consultant Examiners (IBCLE) International Board Certified Lactation Consultant® (IBCLC®) Detailed Content Outline</b>	<b># of Items</b>
<ol style="list-style-type: none"> <li>5. Gastroesophageal Reflux Disease (GERD), reflux</li> <li>6. Hyperbilirubinemia</li> <li>7. Infant acute disease (bacterial, viral, fungal, systemic)</li> <li>8. Infant neurological disabilities</li> <li>9. Small for Gestational Age (SGA), Large for Gestational Age (LGA)</li> </ol>	
<b>B. Maternal</b>	
<ol style="list-style-type: none"> <li>1. Abscess</li> <li>2. Milk ejection reflex dysfunction</li> <li>3. Maternal acute disease (bacterial, viral, fungal, systemic)</li> <li>4. Maternal chronic disease</li> <li>5. Maternal disability (physical and neurological)</li> <li>6. Mastitis</li> <li>7. Milk supply, low or over</li> <li>8. Nipple and breast conditions</li> <li>9. Nipple pain and trauma</li> <li>10. Post-partum hemorrhage</li> <li>11. Pre-eclampsia / pregnancy induced hypertension</li> </ol>	
<b>IV. Pharmacology and Toxicology</b>	<b>13</b>
<ol style="list-style-type: none"> <li>1. Alcohol and tobacco</li> <li>2. Contraception</li> <li>3. Drugs of abuse</li> <li>4. Galactogogues</li> <li>5. Gel dressings/nipple creams</li> <li>6. Medication (prescription, over-the-counter, diagnostic and therapeutic procedures)</li> <li>7. Medicinal Herbs</li> </ol>	
<b>V. Psychology, Sociology, and Anthropology</b>	<b>21</b>
<ol style="list-style-type: none"> <li>1. Transition to parenthood</li> <li>2. Birth practices</li> <li>3. Foods to eat/avoid that affect lactation</li> <li>4. Employment – returning to work</li> <li>5. Family lifestyle</li> <li>6. Identifying support networks</li> <li>7. Maternal mental health</li> <li>8. Maternal psychological/cognitive issues</li> <li>9. Mother-baby relationship</li> <li>10. Safe sleep</li> <li>11. Weaning</li> <li>12. Cultural competency</li> </ol>	

 <b>International Board of Lactation Consultant Examiners (IBCLE) International Board Certified Lactation Consultant® (IBCLC®) Detailed Content Outline</b>	<b># of Items</b>
<b>VI. Techniques</b>	<b>25</b>
<ol style="list-style-type: none"> <li>1. Effective milk transfer (including medically-indicated supplementation)</li> <li>2. First hour</li> <li>3. Latching</li> <li>4. Managing supply</li> <li>5. Milk expression</li> <li>6. Positioning</li> <li>7. Refusal of breast, bottle</li> <li>8. Skin-to-skin (Kangaroo care)</li> <li>9. Test-weighing</li> </ol>	
<b>VII. Clinical Skills</b>	<b>35</b>
<b>A. Equipment and Technology</b>	
<ol style="list-style-type: none"> <li>1. Feeding devices (e.g., tubes at breast, cups, syringes, teats)</li> <li>2. Handling and storage of human milk</li> <li>3. Nipple devices (e.g., shields, everters)</li> <li>4. Pacifiers</li> <li>5. Pumps</li> <li>6. Scales</li> <li>7. Communication technology</li> <li>8. Websites</li> </ol>	
<b>B. Education and Communication</b>	
<ol style="list-style-type: none"> <li>1. Active listening</li> <li>2. Anticipatory guidance</li> <li>3. Care plan development and sharing</li> <li>4. Documentation</li> <li>5. Educating mothers and families</li> <li>6. Educating professionals, peers, and students</li> <li>7. Extending the duration of breastfeeding</li> <li>8. Emotional support</li> <li>9. Empowerment</li> <li>10. Group support</li> </ol>	
<b>C. Ethical and Legal Issues</b>	
<ol style="list-style-type: none"> <li>1. Breastfeeding in public</li> <li>2. Clinical competencies</li> <li>3. Code of Professional Conduct (CPC)</li> <li>4. Principles of confidentiality</li> <li>5. WHO code –advocacy and policy</li> </ol>	

	<b>International Board of Lactation Consultant Examiners (IBCLE)</b> <b>International Board Certified Lactation Consultant® (IBCLC®)</b> <b>Detailed Content Outline</b>	<b># of Items</b>
<b>D. Research</b>		
<ol style="list-style-type: none"> <li>1. Apply research in practice</li> <li>2. Appraise and interpret research results</li> <li>3. Use research to help develop policies and protocols</li> </ol>		
<b>E. Public Health and Advocacy</b>		
<ol style="list-style-type: none"> <li>1. Advocate for Baby-Friendly Hospital Initiative (BFHI)</li> <li>2. Advocate for compliance with World Health Organization International Code of Marketing of Breast milk Substitutes (WHO Code)</li> <li>3. Advocate for mother / baby in healthcare system</li> <li>4. Develop breastfeeding-related policies</li> </ol>		
<b>Total Number of Items</b>		<b>175</b>

Approximately half of the items will include images, and these will be administered in the afternoon session; items without images will be administered in the morning session. As supported by the practice analysis results, examination items should generally relate to the key tasks associated with developing a care plan, which include:

1. Assessment
2. Develop a plan
3. Document
4. Evaluate
5. Help mother determine goals
6. History taking
7. Work with other medical providers

Except for those items addressing general principles, items are classified according to the chronological period, using the following guidelines:

CHRONOLOGICAL PERIODS	Target # of Items*
1. Prenatal - maternal	8
2. Labor - maternal / birth - perinatal	9
3. Prematurity	12
4. 0 - 2 days	21
5. 3 - 14 days	21
6. 15 - 28 days	20
7. 1 - 3 months	12
8. 4 - 6 months	12
9. 7 - 12 months	5
10. Beyond 12 months	5
11. General principles (including preconception)	50
<b>Total</b>	<b>175</b>

\*Appropriate flexibility will be allowed surrounding these targets.