

# INDIVIDUAL CERPs GUIDE

*For assisting IBCLCs in having educational activities earn CERPs for the purpose of Recertification*

As an International Organisation, IBLCE® uses British English in its publications.

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## I. What is IBLCE and the IBCLC Commission?

IBLCE®, or the International Board of Lactation Consultant Examiners®, is an independent international credentialing body whose mission is to serve the global public interest by advancing professional practice in lactation consultation and support through credentialing.

### A. Contact Information

IBCLC Commission

International Board of Lactation Consultant Examiners (IBLCE)

Phone: +1 703-560-7330

[www.iblce.org](http://www.iblce.org)

IBLCE has customer service in several locations. Certificants may reach the location that serves their country of residence by using the contact information found on the IBLCE website.

The Commission provides additional resources regarding applying for the IBCLC certification and the examination administration on its website.

### B. The IBCLC Commission

The [IBCLC Commission](#) is the governing body administering the International Board Certified Lactation Consultant® (IBCLC®) certification programme and has authority and responsibility for all essential certification activities, including certification and recertification requirements.

## II. Purpose of Requesting Individual CERPs

IBCLCs may submit educational activities that have not already been recognised for Continuing Education Recognition Points (CERPs). This guide is intended to provide guidance to IBCLCs about the types of educational activities that earn CERPs: education, publications, clinical observation, volunteer service, and Pathway 3 mentorship. Any CERPs awarded may be used by the IBCLC for the purpose of recertification.

Education eligible for CERPs must cover subjects found on the *IBCLC Detailed Content Outline*.

The following are examples of each category of CERPs, as well as information about what type of education does not count toward CERPs:

Examples of appropriate L-CERPs topics include:

- Breast anatomy in relation to lactation
- Clinical skills for IBCLCs
- Clinical documentation for IBCLCs
- Influence of culture on breastfeeding
- The Ten Steps to Successful Breastfeeding
- Breastfeeding management
- Breastfeeding research
- Nutrition during lactation

Examples of appropriate E-CERPs topics include:

- Practice ethics for lactation consultants
- Informed consent
- Health workers and the *International Code of Marketing of Breast-milk Substitutes* (the WHO Code)
- Conflict of interest
- Knowing your limits; when to refer
- Human rights and infant feeding choice
- Dealing with a colleague whose practice is not based on scientific principles and up-to-date information
- Copyright and intellectual property

Examples of appropriate R-CERPs topics include:

- General anatomy
- Infant growth and development
- Research methods and statistics
- Cultural differences in health practices
- Cardio-pulmonary resuscitation (CPR; see note below)
- Postpartum depression
- Counselling or communications skills
- Adult education principles
- Family dynamics
- Infant Massage Practices
- Nutrition (if not lactation-specific)
- Complementary therapies (overview sessions only)

Educational programmes based on topics not included on the *IBCLC Detailed Content Outline* are not eligible for CERPs. Examples of topics that will not be recognised for CERPs include:

- Computer skills
- Business management
- Bra fitting (unless specifically related to lactation)
- Motivational sessions
- Instructional programmes on complementary therapies
- Specialised health care skills (e.g. foetal monitoring)

In addition, CERPs will **not** be recognised for the following types of education:

- Clinical work as a lactation consultant
- Antenatal or postnatal classes for mothers
- Private study, including reading journals and watching videos
- sponsored by companies whose products fall within the scope of the *International Code of Marketing of Breast-milk Substitutes* (e.g. infant formula, bottles and teats)

Over a five-year period, IBCLCs may earn up to a total of 6 R-CERPs for completion of one or more of the following life support courses:

- CPR (Cardio-Pulmonary Resuscitation)
- NRP (Neonatal Resuscitation Program)
- PALS (Paediatric Advanced Life Support)
- ACLS (Advanced Cardiac Life Support)
- S.T.A.B.L.E (Sugar & safe care, Temperature, Airway, Blood pressure, Lab work, Emotional support)
- NLS (Newborn Life Support)
- EPALS (European Paediatric Advanced Life Support)

IBCLCs will receive 3 R-CERPs for each aforementioned course up to a maximum of 6 R-CERPs. IBCLCs who were an instructor for one of these courses will receive 6 R-CERPs for teaching the course.

IBCLCs recertifying by either examination or CERPs are required to complete basic life support education in each five-year recertification period. Examples of education that meets this requirement are listed above.

### **III. Description of Educational Activities that May be Counted for CERPs**

#### **A. Education**

The following educational activities may be counted for CERPs.

- Education that has been awarded continuing education credit by another board or organisation
  - 1 CERP for every 60 minutes of instruction
  - The first time a presentation is made, speakers may receive CERPs for preparing the presentation, which means the IBCLC can earn 2 CERPs for every 60 minutes of instruction.
  - In-service education provided by employers: 1 CERP for every 60 minutes of attendance
- Independent study modules or distance education awarded continuing education credit by another board or organisation
  - CERPs are based upon the number of continuing education credits published.
- College or university courses
  - A maximum of 25 CERPs for one semester (10 weeks or longer) of a subject course at university or college as part of a degree.

#### **B. Publications**

The following publications may be counted for CERPs. **All publications must be specific to human lactation and breastfeeding.** No other topics will be considered.

- Primary author or co-author of an article, abstract, or chapter published in a refereed journal\* or edited book
  - 15 L-CERPs
- Completion of a Master's thesis and doctoral dissertation within a completed degree programme
  - 75 L-CERPs
- Poster presentation
  - 5 L-CERPs
- Development of a video for health professionals
  - 5 L-CERPs
- Primary author or co-author of an original, finalised hospital protocol or policy

- 5 L-CERPs

**\*Refereed journal:** A refereed journal is a printed or web-based journal which uses independent reviewers who are subject matter experts in the field. In the case of articles submitted for CERPs, these independent reviewers should be experts in human lactation and breastfeeding. This expertise may be recognised by credentials or authorship. For example, an IBCLC is considered a breastfeeding subject matter expert.

*Independent reviewers* are not members of the journal editorial staff, nor should they hold leadership positions in the organisation or association which publishes the journal. *Subject matter experts* are professionals who have current expertise in the field. Please note that not all articles in refereed journals undergo independent peer review. For example, a letter to the editor or authorship of a book review would not qualify for CERPs.

## C. Clinical Observation

IBCLCs are eligible to receive CERPs for time spent observing *recertified* IBCLC practitioners. CERPs will be recognised at the ratio of **one (1) L-CERP per 120 minutes** of observation time. **Please Note:** The IBCLC being observed must be a currently certified IBCLC who has recertified at least once.

## D. Volunteer Service

The IBCLC Programme awards two (2) L-CERPs for each full year of volunteer service (within the five-year recertification cycle) on the board of a non-governmental organisation that promotes and/or supports breastfeeding. A maximum of 10 L-CERPs can be earned in this manner during a five-year recertification cycle. Such leadership experience is important and will be recognised with CERPs.

**Effective January 1, 2026:** the IBCLC Programme recognises clinical support towards recertification through individual L-CERPs for local, regional, national, or international emergency situations of clinical support for lactating families. For each 10 hours of service, one L-CERP will be awarded with a maximum of two L-CERPs per year within each year of the five-year recertification cycle. Documentation for each service situation is required from the organisation leading the emergency efforts (i.e., FEMA, Red Cross, Red Crescent, local government).

## E. Pathway 3 Mentorship

IBCLCs who serve as mentors for verified Pathway 3 Plans may receive CERPs for their

service. More detailed information can be found in the Pathway 3 Plan Guide.

## **IV. Audit Requirements**

IBCLCs who are chosen for audit will be required to provide documentation that verifies the completion of the educational activities for which they are requesting CERPs. Before recording their educational activities, IBCLCs should gather their documentation together and be prepared to comply with audit requirements.

### **A. Education**

The following documentation about education will be required.

1. Attendance verification, clearly showing that credits have been received, i.e.:
  - Continuing education certificate of completion
  - Official or unofficial transcript from college or university showing passing grade
2. Programme schedule showing the exact and total number of instructional minutes
3. Detailed objectives and outlines, i.e.:
  - Brochure or syllabus
  - Course description from college or university catalogue
  - Table of contents for an independent study module or a complete copy of the module

### **B. Publication**

The following documentation about publications must be submitted and all publications must be specific to human lactation and breastfeeding.

#### **Article, abstract, or chapter published in a refereed journal or edited book**

- Copy of the published article, abstract, or chapter for which the IBCLC is requesting credit or, if web-based, the URL or web address must be provided. This information must clearly show:
  - the name of the journal or book in which the article, abstract, or chapter was published;
  - the publication date; and
  - the IBCLC's authorship.
- A copy of the contents page of the journal, showing the listing of the IBCLC's publication.
- A copy of the editorial policy page of the journal, including relevant instructions

for authors, a listing of the editorial review board, and other such information to confirm that the journal is refereed. (Please see definition of “refereed journal” above in this guide.)

#### **Master’s thesis and doctoral dissertation**

- abstract of the thesis or dissertation showing the IBCLC’s authorship
- copy of the official transcript showing completion of a degree programme

#### **Poster Presentation**

- abstract
- bibliography
- verification from conference organisers that presentation was completed by the IBCLC

#### **Video for professionals**

- outline and objectives for video verification of authorship

#### **Original hospital protocol or policy**

- copy of protocol or policy
- verification of authorship

### **C. Clinical Observation**

The following documentation about clinical observation will be required. The IBCLC who was observed must be a currently certified IBCLC who has recertified at least once.

- The IBCLC-practitioner must write a brief letter on letterhead describing the clinical situations observed by the IBCLC and verifying the time spent by the IBCLC who observed the IBCLC. The letter should include the following:
  - name of IBCLC who completed the clinical observation
  - date and time of observation period
  - location of observation period
  - IBCLC business card or copy of IBCLC ID card
  - IBCLC Credential Number
  - IBCLC original signature

### **D. Volunteer Service**

The following documentation about volunteer service will be required.

- Any official document (i.e. on organisational letterhead) from the organisation where volunteer service was completed will be accepted as proof of completion, to include:
  - name of IBCLC who completed the volunteer service
  - dates of volunteer service within the five-year recertification period
  - title of the volunteer position held

## **E. Pathway 3 Mentorship**

- The following documentation about Pathway 3 mentorship will be required.
  - A copy of the Application for CERPs Award to Pathway 3 Mentors (found in the Pathway 3 Plan Guide)
    - This document must have been completed by the Chief Mentor and include all mentors on the Pathway 3 plan.
    - IBLCE staff must have verified the amount of CERPs each mentor earned.
    - The Chief Mentor must distribute copies of the CERPs award to all mentors listed on the form.

## **V. Guidelines for Assignment of CERPs**

One CERP is equivalent to 60 minutes of instructional time in subjects listed on the *IBCLC Detailed Content Outline*.

The following table provides some guidelines for assigning CERPs. Please review the *IBCLC Detailed Content Outline* for specific topics under each of the disciplines listed below.

<b>Detailed Content Outline Discipline</b>	<b>Type of CERP to Assign</b>
Development and Nutrition	R or L R CERPs if the session/programme is not specifically about human lactation and breastfeeding.
Physiology and Endocrinology	L
Pathology	L
Pharmacology and Toxicology	L

Psychology, Sociology, and Anthropology	R or L R-CERPs if the session/programme is not specifically about human lactation and breastfeeding.
Education and Communication	L
Research	R
Ethical and Legal Issues	E
Equipment and Technology	L
Public Health and Advocacy	R or L R-CERPs if the session/programme is not specifically about human lactation and breastfeeding.