International Board Certified Lactation Consultant® (IBCLC®)
Detailed Content Outline

I. Development and Nutrition 17%

A. Infant

1. Age-appropriate feeding assessment/behaviours
2. Infant anatomy and anatomical/oral challenges
3. Food intolerances/allergies
4. Optimising breastfeeding outcomes for newborns including extremely premature infants
5. Formal milk banking and informal milk sharing
6. Nutritional requirements including preterm
7. Preterm (33-6/7 weeks and below) development, growth, and behaviours
8. Late preterm (34-0/7 to 36-6/7 weeks) development, growth, and behaviours
9. Term and beyond development, growth, and behaviours
10. Skin tone, muscle tone, reflexes
11. WHO guidelines for introducing complementary foods
12. WHO growth charts with gestational age adjustment
13. Stooling and voiding
14. Medically indicated supplementation

B. Maternal

1. Breast development and growth (typical and atypical)
2. Breast surgery
3. Composition of human milk
4. Maternal anatomical challenges
5. Maternal nutritional status
6. Nipple structure and variations
7. Nipple modifications (e.g., piercings, tattoos)

II. Physiology and Endocrinology 10%

A. Physiology of Lactation

1. Normal lactogenesis
2. Relactation
3. Infertility issues
4. Inducing lactation
5. Breast milk involution
6. Breastfeeding while pregnant and tandem feeding, excluding multiples
7. Breastfeeding multiples (e.g., twins, triplets)

B. Endocrinology

1. Hormonal influence on milk production
2. Diabetes (type I, type II, gestational)
3. Maternal hormonal disorders (e.g., pituitary, thyroid, polyendocrine metabolic ovarian syndrome)
4. Maternal autoimmune disorders
5. Newborn hypoglycaemia

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III. Pathology 19%

A. Infant

1. Ankyloglossia and lip tie
2. Cleft lip and palate
3. Congenital anomalies and genetic disease
4. Reflux
5. Hyperbilirubinaemia
6. Infant neurological disabilities
7. Small for Gestational Age (SGA), Large for Gestational Age (LGA)
8. Infant acute disease
9. Vertically transmitted infections
10. Inborn error of metabolism

B. Maternal

1. Milk ejection reflex dysfunction
2. Mastitis spectrum (abscess, engorgement, etc.)
3. Milk supply, low or over
4. Nipple and breast conditions (local and systemic)
5. Nipple pain and trauma
6. Maternal cancer
7. Maternal acute disease
8. Maternal chronic disease
9. Maternal disability (physical and neurological)
10. Peripartum and postpartum complications

IV. Pharmacology and Toxicology 7%

A. Alcohol
B. Nicotine and tobacco
C. Cannabis
D. Medications (e.g., prescriptions, over-the-counter, diagnostic and therapeutic procedures, aids to labour and delivery)
E. Drugs of abuse
F. Contraception
G. Galactagogues
H. Gel dressings / nipple creams
I. Herbs and supplements
J. Chemotherapy / radiation therapy / radioactive scans

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V. Psychology, Sociology, and Anthropology 11%

A. Transition to parenthood
B. Birth practices
C. Foods to eat/avoid that influence lactation
D. Employment – beginning or returning to work
E. Family lifestyle
F. Identifying support networks (including addition support)
G. Maternal postpartum mental health (e.g., baby blues, PPD, postpartum psychosis)
H. Maternal mental health (e.g., schizophrenia, OCD, anxiety, bipolar)
I. Breastfeeding dyad relationship
J. Safe sleep
K. Weaning
L. Cultural awareness

VI. Techniques 14%

A. Early feeding / breast stimulation
B. Position of the breastfeeding dyad (hands-off)
C. Latching (attaching) and effective milk transfer
D. Managing supply
E. Milk expression (e.g., pumping, hand expression, leakage)
F. Refusal of breast, bottle
G. Skin-to-skin (kangaroo care)

VII. Clinical Skills 22%

A. Equipment and Technology

1. Feeding devices (e.g., tubes at breast, cups, syringes, teats, paladai)
2. Handling and storage of human milk
3. Nipple devices (e.g., shields, everters)
4. Dummies (pacifiers)
5. Pumps
6. Scales (e.g., accuracy, precision, operation)
7. Communication technology (e.g., virtual visits, texting and apps, translation or interpretation services, websites)

B. Education and Communication

1. Active listening
2. Anticipatory guidance
3. Care plan development and sharing
4. Educating mothers and families
5. Educating professionals, peers, and students
6. Emotional support
7. Empowerment
8. Group support

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VII. Clinical Skills (continued)

C. Ethical and Legal Issues

1. Breastfeeding in public
2. Clinical competencies
3. Code of Professional Conduct (CPC)
4. Principles of confidentiality and data protection
5. WHO Code

D. Research

1. Application of evidence-based practice
2. Interpretation of research results
3. Understanding research design (including gaining ethical permission)
4. Participation in surveys, data collection, and quality improvement

E. Public Health and Advocacy

1. Advocating for Baby-Friendly Hospital Initiative (BFHI)
2. Advocating for compliance with World Health Organization *International Code of Marketing of Breast-milk Substitutes* (WHO Code)
3. Advocating for mother/infant in healthcare system
4. Developing breastfeeding-related policies
5. Advocating to government/health ministries
6. Breastfeeding in emergency situations (e.g., natural disasters, personal emergencies)

Total Number of Items on the Examination **175**

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Secondary Classifications

As supported by the practice analysis results, examination items should generally relate to the key tasks associated with developing a care plan, which include:

	Tasks
1	Gather and synthesise history
2	Empower the mother to identify/achieve feeding goals
3	Examine the breastfeeding mother's nipple and breast visually
4	Examine the breastfeeding infant's position and latch visually
5	Develop and implement a plan
6	Evaluate and document
7	Collaborate
8	Communicate/educate

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

	Chronological Periods
1	Prenatal - maternal
2	Labour - maternal / birth - perinatal
3	Prematurity (including late preterm)
4	0-2 days
5	3-14 days
6	15-28 days
7	1-3 months
8	4-6 months
9	7-12 months
10	Beyond 12 months
11	General principles (including preconception)

Specific targets are not provided for these secondary classifications, but all chronological periods appear on the examination.

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