

Bright Future Lactation Resource Centre

Prepare for the IBLCE
Lactation Consultant
Examination

Lactation Management Course



**April 19-24
2010**

The Nebraska Medical
Center
Omaha, Nebraska

Lactation Management Course

This course is a comprehensive review of the skills and knowledge needed for evidence-based professional lactation consultant practice. The course will help prepare candidates for the certification examination sponsored by the International Board of Lactation Consultant Examiners (IBLCE).

Six days of instruction and three clinical exercises conclude with a practice exam to identify strengths and gaps in skill and knowledge. Interactive activities, slides and videos, and skill-building techniques create a uniquely warm and supportive learning environment.

**Bright Future Lactation
Resource Centre's mission is
*Supporting the People who
Support Breastfeeding***

Linda J. Smith, BSE, FACCE, IBCLC

Author of 4 lactation textbooks; internationally-known speaker & consultant; delegate to the United States Breastfeeding Committee



Course Objectives and Accreditation

Upon completion* of the course, participants will be able to:

1. Explain the biological processes involved in breastfeeding and human lactation
2. Describe psychological, sociological, and cultural issues affecting breastfeeding families
3. Explain pharmacological principles affecting the breastfeeding dyad
4. Interpret research findings that pertain to lactation and the mother-baby breastfeeding dyad
5. Discuss Legal, ethical, and professional issues of lactation consultant practice
6. Describe public health aspects and implications of breastfeeding



7. Explain normal and abnormal variations and conditions pertinent to the course of lactation
 8. Demonstrate appropriate counseling skills that support breastfeeding women
 9. Demonstrate clinical assessment, management skills, & use of breastfeeding equipment
 10. Demonstrate test-taking strategies by completing a simulated examination
- * Participants must complete 3 clinical exercises totaling 9 hours before the end of the course.*

The 2010 course is approved for 45 CERPs by the International Board of Lactation Consultant Examiners.

Course Agenda

Day 1: 9 am to 5 pm: Overview; principles of lactation management; breast anatomy and milk synthesis; infant physiology, suck, and milk transfer including positioning and latch-on at breast; assessing a breastfeed; skills practice. *(Please bring a newborn-size doll for skills practice)*

Day 2: 9 am to 5 pm: Biochemistry of human milk; short and long-term affects of infant diet and feeding; milk collection & storage, donor milk banking; pharmacology and maternal medications; global policies; resources and educational tools.

Day 3: 9 am to 5 pm: Lifecycle of the mother-baby dyad and breastfeeding relationship; growth patterns; family foods; weaning; sleep issues; politics of breastfeeding including WHO Code; legal and ethical issues, LC role and scope of practice guidelines.

Day 4: 9 am to 5 pm: Breast pathology; clinical skills: ABC protocol, problem assessment; equipment and technology; communication & counseling skills.

Day 5 9 am to 5 pm: : Special babies and infant illness, Prematurity, jaundice, allergy, supplementation, establishing and restoring breastfeeding, case studies and action plans; Maternal health issues during lactation, fertility, multiple births, social and cultural issues, employment.

Day 6: 9 am to 5 pm: Interpretation of research & statistics; course review; implementation in practice settings; submission of clinical exercises; test-taking and study strategies; practice exam, scoring and discussion; course evaluation.

BRIGHT FUTURE LACTATION RESOURCE CENTRE

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45 Contact Hours Provided
The Nebraska Medical Center Is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Early registration is advised, as course size is limited. Registrations must be accompanied by tuition. No refunds will be granted for cancellations after March 14.

Confirmation, lodging information, and reading recommendations will be sent by mail. All meals and snacks are "on your own." The course materials are protected by international copyright laws. Photographic and/or electronic recording is prohibited. Exceptions must be requested in writing in advance.

**Clinical exercises must be completed before the end of the course.*

BFLRC supports the *Innocenti Declaration* and recognizes that observing real babies and their mothers is a central part of breastfeeding education. Therefore breastfeeding babies are welcome to remain with their mothers during the entire course. The classroom is not suitable for mobile toddlers or loud children.

Registration

Name (please print legibly)

Organization or affiliation

Credentials (RN, RD, etc)

SSN (required for CERP credit)

Professional License # and state

Home Address

City, State, Zip

Home Phone

Work Phone

E-mail

Tuition \$749.00*

* Includes syllabus

Check enclosed

Visa or Master Card

Credit Card # including 3 digit security code from back of card

Exp. date

Signature