



## IBLCE Exam Blueprint

This blueprint gives you an indication of the breadth of information you need to know for the exam but more importantly provides you with a guide to the knowledge you need to be a proficient clinician. The examples given under each discipline are for guidance only; they are not inclusive of all aspects covered under each learning discipline. All exam questions have both discipline and chronological parameters.

### DISCIPLINES

#### A. Maternal and infant **ANATOMY** breast and nipple structure and development

- blood
- lymph,
- innervations
- mammary tissue
- infant oral anatomy and reflexes
- assessment
- anatomical variations

#### B. Maternal and infant normal **PHYSIOLOGY** and **ENDOCRINOLOGY**

- hormones
- lactogenesis
- endocrine/autocrine control of milk supply
- induced lactation
- fertility
- infant hepatic, pancreatic and renal function
- metabolism
- effect of complementary feeds
- digestion and GI tract
- voiding and stooling patterns

#### C. Maternal and infant normal **NUTRITION** and **BIOCHEMISTRY**

- breastmilk synthesis and composition
- milk components, function and effect on baby
- comparison with other products/milks
- feeding patterns and intake over time
- variations of maternal diet
- ritual and traditional foods
- introduction of solids

#### D. Maternal and infant **IMMUNOLOGY** and **INFECTIOUS DISEASE**

- antibodies and other immune factors
- cross-infection
- bacteria and viruses in milk
- allergies and food sensitivity
- long term protective factors

#### E. Maternal and infant **PATHOLOGY**

- acute/chronic abnormalities and diseases, both local and systemic
- breast and nipple problems and pathology
- endocrine pathology
- mother/child physical and neurological disabilities
- congenital abnormalities
- oral pathology
- neurological immaturity
- failure to thrive
- hyperbilirubinemia and hypoglycemia
- impact of pathology on breastfeeding

#### F. Maternal and infant **PHARMACOLOGY** and **TOXICOLOGY**

- environmental contaminants
- maternal use of medication, OTC preparations, social or recreational drugs and their effect on the infant, on milk composition, and on lactation
- galactagogues/suppressants
- effects of medications used in labor
- contraceptives
- complementary therapies

#### G. **PSYCHOLOGY, SOCIOLOGY,** and **ANTHROPOLOGY**

- counseling and adult education skills
- grief, postnatal depression and psychosis
- effect of socio-economic, lifestyle, and employment issues on breastfeeding
- maternal-infant relationship
- maternal role adaptation
- parenting skills
- sleep patterns
- cultural beliefs and practices
- family
- support systems
- domestic violence
- mothers with special needs, e.g. adolescents, migrants

#### H. **GROWTH PARAMETERS** and **DEVELOPMENTAL MILESTONES**

- fetal and preterm growth
- breastfed and artificially fed growth patterns
- recognition of normal and delayed physical, psychological and cognitive developmental markers
- breastfeeding behaviors to 12 months and beyond
- weaning

#### I. **INTERPRETATION OF RESEARCH**

- skills required to critically appraise and interpret research literature, lactation consultant educational material, and consumer literature
- understanding terminology used in research and basic statistics
- reading tables and graphs
- surveys and data collection

## **J. ETHICAL and LEGAL ISSUES**

- IBLCE Code of Ethics
- ILCA Standards of Practice
- practicing within scope of practice
- referrals and inter-disciplinary relationships
- confidentiality
- medical-legal responsibilities
- charting and report writing skills
- record keeping
- informed consent
- battery
- maternal/infant neglect and abuse
- conflict of interest
- ethics of equipment rental and sales

## **K. BREASTFEEDING EQUIPMENT and TECHNOLOGY**

- identification of breastfeeding devices and equipment, their appropriate use, and technical expertise to use them properly
- handling and storing human milk, including human milk banking protocols

## **L. TECHNIQUES**

- breastfeeding techniques, including positioning and latch
- assessing milk transfer
- breastfeeding management
- normal feeding patterns
- milk expression

## **M. PUBLIC HEALTH**

- breastfeeding promotion and community education
- working with groups with low breast-feeding rates
- creating and implementing clinical protocols
- international tools and documents
- International Code of Marketing of Breast-milk Substitutes
- Baby Friendly Hospital Initiative (BFHI) implementation
- prevalence, surveys and data collection for research purposes

## **CHRONOLOGICAL PERIODS**

1. Preconception
2. Prenatal
3. Labor/birth (Perinatal)
4. Prematurity
5. 0 - 2 days
6. 3 - 14 days
7. 15 - 28 days
8. 1 - 3 months
9. 4 - 6 months
10. 7 - 12 months
11. Beyond 12 months
12. General principles