

# IBLCE EXAM BLUEPRINT



All exam questions have both *Discipline* and *Chronological* parameters. The range for the possible number of questions that will be related to each *Discipline* or *Chronological Period* is in brackets after each topic. For example, there will be 19-33 anatomy questions and 9-17 questions which refer to babies 4-6 months old. See the *Sample Exam Questions* in this *Guide* for examples of how the blueprint is applied.

Note: This blueprint gives you an indication of the breadth of information you need to know for the exam. The examples given are for guidance only, they are not inclusive of all aspects covered under each learning discipline. The Disciplines are expanded into chapters in ILCA's *Core Curriculum for Lactation Consultant Practice*. Walker (ed), Jones & Bartlett.

## DISCIPLINES

- A. Maternal and infant ANATOMY (19-33)**  
e.g. breast and nipple structure and development; blood, lymph, innervation, mammary tissue; infant oral anatomy and reflexes; assessment; anatomical variations
- B. Maternal and infant normal PHYSIOLOGY and ENDOCRINOLOGY (19-33)**  
e.g. 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 (10-16)**  
e.g. 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 (10-16)**  
e.g. 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 (19-33)**  
e.g. 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 hypoglycaemia
- F. Maternal and infant PHARMACOLOGY and TOXICOLOGY (10-16)**  
e.g. 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 labour; contraceptives; complementary therapies
- G. PSYCHOLOGY, SOCIOLOGY, and ANTHROPOLOGY (10-16)**  
e.g. counselling 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 (10-16)**  
e.g. foetal and preterm growth; breastfed and artificially fed growth patterns; recognition of normal and delayed physical, psychological and cognitive developmental markers; breastfeeding behaviours to 12 months and beyond; weaning
- I. INTERPRETATION OF RESEARCH (4-8)**  
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 (4-8)**  
e.g. IBLCE Code of Ethics; ILCA Standards of Practice; practising within scope of practice; referrals and interdisciplinary 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 (10-16)**  
e.g. 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 (19-33)**  
e.g. breastfeeding techniques, including positioning, attachment and assessing milk transfer; breastfeeding management; normal feeding patterns; milk expression
- M. PUBLIC HEALTH (4-8)**  
e.g. breastfeeding promotion and community education; working with groups with low breast-feeding rates; creating and implementing clinical protocols; international tools and documents; WHO Code; BFHI implementation; prevalence, surveys and data collection for research purposes

## CHRONOLOGICAL PERIODS

1. Preconception (2-7)
2. Prenatal (9-17)
3. Labour/birth (perinatal) (9-17)
4. Prematurity (9-17)
5. 0 - 2 days (19-31)
6. 3 - 14 days (19-31)
7. 15 - 28 days (19-31)
8. 1 - 3 months (9-17)
9. 4 - 6 months (9-17)
10. 7 - 12 months (2-7)
11. Beyond 12 months (2-7)
12. General principles (40-53)