



IBLCE

*International Board of
Lactation Consultant Examiners*

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CERPs Recertification Information

CERPs are Continuing Education Recognition Points allocated by IBLCE to educational sessions, programs or materials appropriate for recertifying IBCLCs.

How often do I need to recertify?

Your certification as an IBCLC is renewable by recertification at five year intervals.

- Five years after you last passed the exam you may recertify by showing you have at least 75 CERPs.
- Five years after you last passed the exam you may choose to recertify by exam again if you prefer, or if you do not have enough CERPs. The application fee is the same whether you recertify by CERPs or by exam. For further information please visit <http://www.iblce.edu.au/RecertificationbyExam.php> or contact the IBLCE office.
- Ten years after you last passed the exam (5 years after CERPs recertification), you must sit the exam again to recertify.

Please note that you **do not** need CERPs when recertifying by exam, though it is highly recommended that you keep your knowledge and practice up-to-date at all times.

When can I apply for recertification by CERPs?

Your certification expires on 31 October five years after the year in which you passed the exam. You may be recertified by CERPs at any time within the same calendar year that your certification is due to expire. This will extend your certification for an additional five years from the date your certification was due to expire.

Dates for 2011

Early fee deadline: 28 February
Standard fee deadline: 31 August
Final fee deadline: 31 October

Please note the change of dates from 2012 below:

Early fee deadline: 28 February
Final fee deadline: 31 July

Definition of terms

Throughout this document, the term “program” is used. The requirements apply both to conference or seminar programs and to courses or publications. The term “Presenter” is intended to cover both speakers (at a conference or seminar) and authors (of a course or publication). The term “Session” is intended also to cover a course unit/module. “Attendance” includes participation in a distance education course.

How can I earn 75 CERPs?

One CERP is equivalent to one hour of education time. You must show documentation of 75 or more CERPs consisting of a minimum of 50 L (Lactation) CERPs and a minimum of 5 E (Ethics) CERPs. The rest of the required CERPs may be L, E or R (Related). You can earn these CERPs in a variety of ways:

- attend conferences, seminars, in-service sessions, professional gatherings or structured discussion sessions with colleagues
- complete independent study modules or distance education
- prepare and present professional papers
- publish professional writing, including research
- complete coursework relevant to the work of an IBCLC
- write questions or submit pictures for the IBLCE exam

To obtain 75 CERPs for recertification, you need to average 15 per year, or approximately 2½ days of continuing education per year. While it is recommended that you spread your learning over the five-year period, this is not a requirement. To enhance your learning opportunities, try to earn your CERPs from a variety of sources as listed above. Please note, CERPs may be counted from the day after you last sat the exam and must be completed before you submit your application. For courses that have commenced before the exam, CERPs may be counted only for sessions or work done after the exam date.

Examples of how you might meet the CERP requirements:

50 L CERPs + 5 E CERPs + 20 R CERPs
60 L CERPs + 10 E CERPs + 5 R CERPs
70 L CERPs + 5 E CERPs

If you are not sure if some of your education hours will be eligible for CERPs, it can be helpful if you include in your application more than the required 75 to be certain you will satisfy the minimum requirement. If we have a query about your application or your CERPs claims we will contact you for clarification.

What is an L CERP?

L (Lactation) CERPs can be earned from educational sessions, programs or materials where the primary focus or learning objective is lactation or breastfeeding specific, or addresses the role of the IBCLC. The content should be:

- at a level appropriate for an IBCLC
- based on current research and scientific principles
- within the scope of practice of an IBCLC if addressing clinical practice
- presented by a person with professional qualifications or experience relevant to the content.

Continued...

Examples of topics that may be appropriate for L CERPs 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

What is an E CERP?

E (Ethics) CERPs can be earned from educational sessions, programs or materials that address professional ethics or ethical issues relevant to IBCLCs.

Examples of appropriate E topics include:

- Practice ethics for lactation consultants
- Health workers and the WHO International Code
- Conflict of interest
- The dilemma of formula company sponsorship; 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
- Ethical issues in health care

What is an R CERP?

R (Related) CERPs can be earned from educational sessions, programs or materials where the primary focus or learning objective is directly related to the knowledge, skills or professional development of an IBCLC, but is not lactation or breastfeeding specific. The content should be:

- at a level appropriate for an IBCLC,
- based on current research and scientific principles, and
- covered by the *IBLCE Exam Blueprint* (or is a resuscitation program)

To determine if a session is R CERPs or no CERPs, imagine an IBCLC who is not also a health professional in another capacity. Would this session be useful to support her in her work as an IBCLC? Is it related to the role of the IBCLC?

Examples of topics that may be appropriate for R CERPs include:


- Infant growth and development
- Research methods and statistics
- Cardio-pulmonary resuscitation (CPR)
- Postpartum depression
- Counselling or communications skills
- Adult education principles
- Complementary therapy (overview session)

Is there anything non eligible for CERPs?

You can not claim CERPs for programs organised by individuals or companies that manufacture or distribute products within the scope of the WHO International Code of Marketing of Breast-milk Substitutes; nor for programs where these companies or company personnel had input into the choice of speakers or the content of the presentations. Clinical work as an IBCLC and antenatal/postnatal classes for mothers are *not* professional education for you and are *not* eligible for CERPs. Activities such as private study, attending meetings (including breastfeeding project-related meetings) are not eligible unless there is a separate education session in conjunction with the meeting. Reading journals and watching videos (without a group discussion) are also *not* eligible for CERPs.

A topic that is *not* covered by the *IBLCE Exam Blueprint* is unlikely to be eligible for CERPs. Examples include:

- Computer skills
- Business management
- Motivational sessions
- Complementary therapy (instructional program)
- Specialised midwifery skills, e.g. foetal monitoring


 **N.B** Continuing education units for other health professions are not necessarily calculated on the same basis as CERPs for Lactation Consultants, so the numbers shown are not interchangeable.

Ways to Earn CERPs

CERPs approved programs

When you attend a session or program that has already been allocated CERPs by IBLCE, you should receive a personal attendance certificate upon completion. It will state your name, the name and date of the program, the number of L, E or R CERPs allocated, and it will be signed by the organiser. It will also show the IBLCE Approval Number. A copy of this certificate is the only documentation you will require when you submit your application and it is your responsibility to keep track of your CERPs and provide copies of your attendance certificates.


CERPs will not be allocated to sessions presented by a person who has had his or her certification suspended or revoked by the IBLCE Ethics and Discipline Committee for the period of suspension or revocation. Further, IBLCE will not accept pre-exam education hours obtained after 1st August 2008, for sessions presented or organised by a person who has had his/her certification suspended or revoked by IBLCE for the period of suspension or revocation.

 **N.B** You may earn CERPs once only for the same session or program. Repeat presentations cannot be counted if the same material is covered each time by the same presenter. However, if some sessions in a repeat program have been altered substantially you can claim CERPs.

If you leave a session early, it is ethical practice to adjust the CERPs you have earned appropriately.

Programs without CERPs approval

As an IBCLC, you will sometimes attend, present or participate in a program or session that does *not* already have CERPs allocated by IBLCE. If you want to include these sessions when you recertify, you must submit an *Individual Application for CERPs* which is available at www.iblce.edu.au. In most cases, you will apply for these CERPs with your *Application to Recertify* and there will be no additional fee. However you can pay a fee if you want assurance that the program will be eligible for CERPs when you recertify. In this case, the *Individual Application for CERPs* must be accompanied by a processing fee (please contact IBLCE for current fees). You will be required to attach proof of attendance *plus* a program that gives session information and times or alternatives described on the form.

 **N.B.** These CERPs will be applicable only to yourself – CERPs credited to you as a result of an *Individual Application for CERPs* do not apply to anyone else who participated in the same program.

A maximum of 5 IBCLCs can earn CERPs for the same program through individual applications. If more than 5 IBCLCs want CERPs for a program, the organisers must apply for CERPs using the *CERPs Provider Package* which is available at www.iblce.edu.au


CERPs for group meetings of IBCLCs

CERPs can be earned by attending a planned “professional education” discussion group that is not a seminar or part of a course (e.g. chat nights, link groups, regional education meetings). The session may focus on discussion of relevant topics or techniques, a prepared topic or case presentation, journal articles, conference audio or video followed by discussion or other education resources.

There must be a planned format and objectives and a record made of the date, duration of the session, participants, topic and/or outline of material covered, details of the organisers and (where appropriate) the presenter/s.

The simplest way for an IBCLC to earn CERPs for these sessions is where the organisers have applied to be a CERP Provider and issue attendance certificates showing the number of L, E or R CERPs allocated.

Where CERPs have not been approved, you must complete an *Individual Application for CERPs* for each program and attach the required information about the sessions, including proof of your attendance.

 **N.B.** Organisational business meetings do not qualify for CERPs, e.g. BFHI team meetings or the business component of a local group or association meeting. However, if there is also an educational component to the meeting, CERPs can be earned for this part. A record should be made of when the professional education component started, its duration and topic and/or an outline of material covered.

Lactation education courses

If all or part of the program is also used by 5 or more recertifying IBCLCs seeking to earn CERPs, the program providers should apply for CERPs.

Please note that pre-exam education in line with the IBLCE Exam Blueprint will not be 100% L CERPs

Additional CERPs for giving a presentation

When you are the presenter of a session that has been approved for CERPs, you earn double the number of CERPs allocated as acknowledgement of the time spent on preparation of the presentation. For example, if you present a 2 hour lecture on "Breastfeeding and the Premature Baby", you and those in attendance can earn 2 L CERPs. As the presenter, you earn an additional 2L CERPs for preparation time (= 4 L CERPs total), but only once, even if you repeat the session.

To receive CERPs for presenting a session, show on your application the actual session time and the additional CERPs you earned for presenting. Attach a copy of the program showing your name as presenter highlighted, or similar proof. If your session was part of a longer program that you attended, such as a conference, claim the CERPs for the whole program and then the additional CERPs for sessions you presented.

SUMMARY OF CERP REQUIREMENTS

Total required = 75

L CERPs: at least 50 E CERPs: at least 5 R CERPs: maximum 20

Academic coursework

Satisfactory completion of academic coursework is eligible for CERPs when it is a university or graduate-level course offered on campus or by distance education. Documentation must include the course description (from the syllabus) and a copy of your statement of results as issued by the institution. To be eligible for CERPs, the subject must be undertaken and completed during the five year period since you last passed the IBLCE exam.

To earn L CERPs for coursework, you should submit documentation that shows specific lactation content. Some subjects, e.g. Infant Feeding, may have a component that is eligible for L CERPs and the rest will be R CERPs or no CERPs. Please supply documentation or information supporting the number of L or R CERPs you are claiming, showing how you calculated them. For example, significant assignment or paper completed as part of your academic coursework (with bibliography) can earn up to 5 (L, E or R) CERPs if it shows that at least 5 hours work must have been required.

If you have been undertaking further education in your professional field, you may be able to claim R CERPs simply by submitting documentation of the subjects completed (provided they satisfy the definition of R CERPs). It is important to note that most subjects of relevant university and extension courses are more likely to qualify for R CERPs than L CERPs.

Clinical observation

You can use clinical observation to earn CERPs. Clinical observation is eligible for one L CERP per 2 hours of observation. The session must be structured, and must include recorded observations and clinical discussion. You must be making observations of an IBCLC who has been certified for more than 5 years.

Independent Study Modules (ISM)

An Independent Study Module (ISM) is a lactation education article or recording which has had questions written to it and has been accredited by IBLCE for CERPs. The CERPs credit is earned by submitting written answers to the questions, as detailed in the package. A certificate is issued on completion of assessment.

Distance education

Some distance education courses have been approved for CERPs and you will receive a certificate of completion. To be credited with CERPs for a program you have completed that does not have CERPs approval, you are required to complete an *Individual Application for CERPs*. You must attach a copy of the course curriculum, the organiser's name, credentials and contact details, proof of completion, and a detailed record of the time you spent working on the program. Remember to calculate L, E and R CERPs separately.

Published work

- ✓ As the primary author of an article or scientific study in a peer reviewed (refereed) journal or a chapter in a published book for health professionals, you can earn 15 CERPs.
- ✓ As the primary author of an article in a publication for professionals or a video primarily for educating health professionals (not mothers), you can earn up to 5 CERPs (with evidence of at least 5 hours work).
- ✓ As the primary author of an original hospital protocol or policy (with bibliography), you can earn up to 5 CERPs (with evidence of at least 5 hours work).
- ✓ For a poster presentation at a professional conference (with bibliography), you can earn up to 5 CERPs (with evidence of at least 5 hours work).

For all of the above, the work must be prepared, submitted and published between the date you last sat the exam and the expiry date of your current certification. It must meet the usual criteria for L, E or R CERPs.

CPR

You can earn R CERPs for completion of an infant or adult CPR certification or update workshop/s. CERPs awarded for CPR will be determined by the time of the program/s you attend, to a *maximum* of 6 R CERPs in the five-year period.

How to calculate CERPs for a session or program

To calculate the number of CERPs for a program, count only the actual session time programmed, including question time. Panel sessions relevant to lactation may be included, but do not include opening or administrative sessions and do not include lunch and other breaks. CERPs do not need to be whole numbers. Add up the total time for all relevant sessions of a particular program and round it up or down to the nearest 15 minutes. Each 15 minutes equals $\frac{1}{4}$ or 0.25 of a CERP (e.g. a program totalling 3 hours 40 minutes = 3.75 CERPs; a 35 minute session = 0.5 CERPs). L, E and R CERPs on the same program should be calculated separately. Don't assume that a program for lactation consultants will automatically be all L CERPs.

Sessions with mixed L, E or R CERPs

Usually L, E or R CERPs are allocated on the basis of the overall content of a session. However, occasionally a session will have half its content eligible for L CERPs and half eligible for E or R CERPs, as determined from the session outline. In such a case, it may be appropriate to allocate half the session time as L CERPs and half as E or R CERPs, e.g. a one hour session on Infant Feeding may be eligible for 0.5 L CERPs and 0.5 R CERPs.

CERPs for exam questions and pictures

Question writing can be a challenging and interesting way to gain CERPs. All questions accepted by the IBLCE as suitable for the IBLCE exam question bank earn one L CERP each. A clinical picture earns one 2L CERPs if submitted with a question. There is no limit to the number of CERPs that can be earned through question writing or pictures. Questions and pictures should be submitted to the IBLCE Office in Australia for CERPs allocation by September of the year before you apply to recertify. This is to allow time for the approval process by the exam development committee. You may wish to send some sample questions first for feedback about whether they meet IBLCE requirements.

Some helpful hints for question writing

- ✓ Provide references. All questions must include at least one primary reference (give full details including relevant page number) to a published study or the scientific literature. Do not reference anecdotal material or author's opinions. Give preference to literature published within the past five years.
Tip: it is usually easier to write questions to references rather than try to reference a question after it is written.
- ✓ Follow IBLCE's prescribed format for the "stem", which is the sentence or paragraph which introduces the question, followed by multiple choice answers.
- ✓ IBLCE prefers questions that test the application of knowledge to a clinical situation, rather than straight recall of facts.
- ✓ There should be three to five responses to each question, with four responses being typical. You must indicate the one correct answer, so think through reasons why each of the other responses is not correct. Popular misconceptions are useful as incorrect responses.
- ✓ Do not write true/false questions or options such as "all of the above", "none of the above", "a and c", as IBLCE does not use this type of question on the exam.
- ✓ Each response must follow the question stem logically and grammatically.

Question writing sessions

Question writing can be more productive when done in a small group session. A group can meet to discuss two or three journal articles before dividing into pairs to write questions based on the articles. CERPs from questions submitted by a group are divided among the participants unless otherwise specified. For more guidelines go to <http://www.iblce.edu.au/itemwriting.php>