

## Birthingway Lactation Program Clinical Competencies Checklist 2016-2017

“International Board Certified Lactation Consultants (IBCLCs) demonstrate specialized knowledge and clinical expertise in breastfeeding and human lactation and are certified by the International Board of Lactation Consultant Examiners (IBLCE). The Clinical Competencies encompass the responsibilities/activities that are part of the IBCLC’s practice. The aim of these Clinical Competencies is to inform the public of the field in which IBCLCs can provide safe, competent and evidence-based care. The Clinical Competencies are applicable in any country or setting where IBCLCs practice. It is understood that the IBCLC will practice within the boundaries of her/his training, expertise, culture and setting.” Source: <http://iblce.org/wp-content/uploads/2013/08/clinical-competencies.pdf>

**Student Name:** \_\_\_\_\_

<b>1. The IBCLC has the duty to uphold the standards of the profession and will:</b>	<b><u>OBSERVE/PRACTICE:</u> Student can perform skill/standard (Supervisor Signature):</b>	<b>Date:</b>	<b><u>MASTERY:</u> Student can perform skill/standard <i>independently</i> (Supervisor Signature):</b>	<b>Date:</b>
conduct her/himself in a <b>professional manner</b> , practicing within the framework defined by the IBLCE Code of Professional Conduct for IBCLCs, the IBLCE Scope of Practice for the IBCLC, and the IBLCE Clinical Competencies for the Practice of IBCLCs				
<b>critique, evaluate and incorporate evidence-informed findings</b> into practice within the laws of the setting in which s/he works				
obtain <b>continuing education</b> to enhance skills and maintain IBCLC certification	n/a – to be completed after graduation/exam			n/a

<b>2. The IBCLC has the duty to protect, promote and support breastfeeding and will:</b>	<b><u>OBSERVE/PRACTICE:</u> Student can perform skill/standard (Supervisor Signature):</b>	<b>Date:</b>	<b><u>MASTERY:</u> Student can perform skill/standard <i>independently</i> (Supervisor Signature):</b>	<b>Date:</b>
<b>provide evidence-informed education</b> through various means including development of client information fact sheets, counseling, curriculum development, and multimedia campaigns to women, families, health professionals and the community about breastfeeding and human lactation	BF P&P class			Term:
participate in the <b>development of policies</b> at global, national, and local levels which protect, promote and support breastfeeding or breastmilk intake in all situations including emergencies	BF P&P class			Term:
<b>advocate for breastfeeding</b> women, children and families in all settings and promote breastfeeding as the child-feeding norm globally				
<b>support practices which promote breastfeeding</b> and discourage practices which interfere with breastfeeding and will: <ul style="list-style-type: none"> <li>• promote the principles of the Baby Friendly Hospital Initiative</li> <li>• carefully choose a method of feeding when supplementation is unavoidable and use strategies to maintain breastfeeding to meet the mother’s goal</li> <li>• promote the principles of the World Health Organization Global Strategy for Infant and Young Child Feeding</li> </ul>	Intro to BF Theory, Advanced BF Theory			Term:

<b>3. The IBCLC has the duty to provide competent services for mothers and families and will perform a comprehensive maternal, child and feeding assessment related to lactation, such as: **History Taking and Assessment Skills</b>	<u><b>OBSERVE/PRACTICE:</b></u> <b>Student can perform skill/standard</b> (Supervisor Signature):	<b>Date:</b>	<u><b>MASTERY:</b></u> <b>Student can perform skill/standard <i>independently</i></b> (Supervisor Signature):	<b>Date:</b>
obtain the mother's permission to provide care to her and her child				
ascertain the mother's goals for breastfeeding				
utilize appropriate <b>counseling skills</b> and techniques				
<b>respect a mother's race, creed, religion, sexual orientation, age, and national origin</b>				
<b>obtain a lactation history</b>				
<b>identify events that occurred antenatally</b> , during the pregnancy, labor and birth process that may adversely affect breastfeeding				
<b>assess the breasts</b> to determine if changes are consistent with adequate function/lactation				
<b>assess maternal physical, mental and psychological states</b>				
<b>assess social supports</b> and possible challenges				
promote continuous <b>skin-to-skin contact</b> of the newborn and mother				
provide education to assist the mother and family to <b>identify newborn feeding cues</b> and behavioral states				

<b>assess oral anatomy and normal neurological responses and reflexes</b>				
assist the mother and child to find <b>comfortable positions</b> for breastfeeding				
<b>identify correct latch/attachment</b>				
<b>assess effective milk transfer</b>				
<b>assess for adequate milk intake of the child</b>				
<b>assess for normal infant behavior and developmental milestones</b>				
provide suggestions as to when and how to <b>stimulate a sleepy baby</b> to feed				
provide evidence-informed information to <b>assist the mother to make informed decisions</b> regarding breastfeeding				
provide education for the mother and her family regarding the <b>use of pacifiers/dummies</b> including the possible risks to lactation				
provide appropriate education for the mother and her family regarding the <b>importance of exclusive breastfeeding</b> to the health of the mother and child and the risk of using breastmilk substitutes (formula)				
provide information and demonstrate to the mother how to perform <b>manual expression of breastmilk</b>				
provide information and strategies to prevent and resolve <b>painful damaged nipples</b>				
provide information and strategies to prevent and resolve <b>engorgement, blocked ducts and mastitis</b>				

provide information and strategies to minimize the risk of <b>Sudden Infant Death Syndrome (SIDS)</b>	Infant Complex			Term:
provide information regarding <b>family planning methods</b> including Lactation Amenorrhea Method (LAM) and their impact on lactation	Mat Complex			Term:
assist and support the mother and family to identify strategies to cope with <b>peripartum mood disorders</b> (prenatal depression, “baby blues”, postpartum depression, anxiety and psychosis) and access community resources				
provide information regarding <b>introduction to appropriate family foods</b>	Infancy			Term:
provide information regarding <b>weaning from the breast</b> when appropriate, including care of mother’s breasts and preparation and use of breastmilk substitutes according to <i>World Health Organization Guidelines for Safe Preparation, Storage and Handling of Powdered Infant Formula</i>				Term:
<b>calculate an infant’s caloric/kilojoule and volume requirements</b>				
<b>assess the mother’s milk supply</b> and provide information regarding increasing or decreasing milk volume as needed				
<b>assess the breastfeeding child’s growth</b> using World Health Organization adapted growth charts	BF Skills			Term:
provide education to the mother related to <b>normal child behaviors</b> ; signs of readiness to feed, and expected feeding patterns				

<b>**General Problem-solving Skills</b>	<b><u>OBSERVE/PRACTICE:</u></b> <b>Student can perform skill/standard</b> <b>(Supervisor Signature):</b>	<b>Date:</b>	<b><u>MASTERY:</u></b> <b>Student can perform skill/standard</b> <b><i>independently</i></b> <b>(Supervisor Signature):</b>	<b>Date:</b>
evaluate <b>potential or existing challenges</b> and factors that may impact on a mother to meet her breastfeeding goals				
assist and support the mother to develop, implement and evaluate an appropriate, acceptable and achievable <b>breastfeeding plan</b> utilizing all resources available				
facilitate breastfeeding for the <b>medically fragile and physically compromised child</b>	Advanced Lactation Skills			Term:
evaluate how each breastfeeding dyad and <b>situation is unique</b> , and their affect on breastfeeding				
provide <b>anticipatory guidance to reduce potential risks</b> to the breastfeeding mother or her child				
assess and provide strategies to initiate and continue breastfeeding when <b>challenging situations</b> exist/occur				

<b>**Use of Techniques and Devices</b>	<b><u>OBSERVE/PRACTICE:</u></b> <b>Student can perform skill/standard</b> <b>(Supervisor Signature):</b>	<b>Date:</b>	<b><u>MASTERY:</u></b> <b>Student can perform skill/standard</b> <b><i>independently</i></b> <b>(Supervisor Signature):</b>	<b>Date:</b>
critique and evaluate indications, contraindications and use of techniques, <b>appliances and devices</b> which support breastfeeding or may be harmful to continued breastfeeding including alternative feeding methods				
evaluate, critique and demonstrate the use of <b>techniques and devices</b> which support breastfeeding, understand that some devices may be <b>marketed without evidence</b> to support their usefulness and may be harmful to the continuation of breastfeeding				
evaluate and critique how <b>techniques and devices</b> may be used to ensure <b>initiation and/or continuation of breastfeeding</b> in certain circumstances				
<b>provide evidence-informed information to the mother regarding the use of techniques and devices</b>	Understanding Med Lit			Term:

<b>**Develop, Implement and Evaluate an Individualized Feeding Plan in Consultation with the Mother</b>	<b><u>OBSERVE/PRACTICE:</u> Student can perform skill/standard (Supervisor Signature):</b>	<b>Date:</b>	<b><u>MASTERY:</u> Student can perform skill/standard <i>independently</i> (Supervisor Signature):</b>	<b>Date:</b>
<b>use adult education principles</b>				
<b>select appropriate teaching aids</b>				
provide information on <b>community resources</b> for breastfeeding assistance				
provide evidence-informed information regarding a <b>lactating mother's use of medications</b> (over-the-counter and prescription), alcohol, tobacco and street drugs, including their potential impact on milk production and child safety	Maternal Complex			Term:
provide evidence-informed information regarding <b>complementary therapies</b> during lactation and their impact on a mother's milk production and the effect on her child	Maternal Complex			Term:
<b>integrate cultural, psychosocial and nutritional aspects related to breastfeeding</b>	WCC/ Nutrition			Term:
provide <b>support and encouragement</b> to enable mothers to successfully meet their breastfeeding goals				
use <b>effective counseling and communication skills</b> when interacting <b>with clients and other health care providers</b>				
use the <b>principles of family-centered care</b> while maintaining a collaborative, supportive relationship with clients				
<b>support the mother to make evidence-informed decisions for her child and herself</b>				



provide education and information at a level which the mother can easily understand				
evaluate the mother's understanding of all information and education provided				

<b>4. The IBCLC has the duty to report truthfully and fully to the mother and/or child's primary health care provider and to the health care system and will:</b>	<b><u>OBSERVE/PRACTICE:</u></b> Student can perform skill/standard (Supervisor Signature):	<b>Date:</b>	<b><u>MASTERY:</u></b> Student can perform skill/standard <i>independently</i> (Supervisor Signature):	<b>Date:</b>
obtain the mother's consent for obtaining and disclosing of information as needed or as specified by local jurisdiction				
provide written assessments as required				
maintain documentation of all client contacts, assessments, feeding plans, recommendations and evaluations of care				
retain records for the time specified by the local jurisdiction	Lactation Professional Standards and Practice			Term:

<b>5. The IBCLC has the duty to preserve client confidence and will:</b>	<b><u>OBSERVE/PRACTICE:</u></b> Student can perform skill/standard (Supervisor Signature):	<b>Date:</b>	<b><u>MASTERY:</u></b> Student can perform skill/standard <i>independently</i> (Supervisor Signature):	<b>Date:</b>
respect the privacy, dignity and confidentiality of mothers and families except where the reporting of a danger to a mother or child is specifically required by law				

6. The IBCLC has the duty to act with reasonable diligence and will:	<b><u>OBSERVE/PRACTICE:</u></b> Student can perform skill/standard (Supervisor Signature):	<b>Date:</b>	<b><u>MASTERY:</u></b> Student can perform skill/standard <i>independently</i> (Supervisor Signature):	<b>Date:</b>
assist families with decisions regarding feeding their children by providing evidence informed information that is free of any <b>conflicts of interest</b>				
provide <b>follow-up services</b> as required and requested				
make <b>appropriate referrals</b> to other health care providers and community support resources in a timely manner depending on the urgency of the situation				
work collaboratively with the health care team to <b>provide coordinated services</b> to families				
<b>report immediately to IBLCE</b> if found guilty of any offence under the criminal code of the IBCLC's country or jurisdiction in which they work or if sanctioned by another profession				
<b>report immediately to IBLCE</b> any IBCLC who is functioning outside the IBLCE Scope of Practice for IBCLCs and/or not maintaining a practice which meets with the IBLCE Code of Professional Conduct for IBCLCs or the IBLCE Clinical Competencies for the Practice of IBCLCs				