

Certifying and Recertifying as an IBCLC

New Guidelines for the IBCLC 2021 and Beyond

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 ALCI Association of Lactation Consultants in Ireland

What we are covering today, new guidelines for:

1. Recertifying by CERPS / exam
2. Clinical hours required
3. CPR requirement
4. CERP requirement
5. Ways to get free CERPS
6. Taking exam for first time
7. Inactive register
8. Retired register
9. Useful resources and contacts

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1. Recertifying by CERPS / exam

- Commencing with IBCLCs recertifying in 2022, the examination will remain an option for recertification but will no longer be a requirement.
- The option to recertify will be by CERPS and self assessment instead of by exam begins with candidates due to recertify in 2022
- A self-assessment and required focused continuing education will be an option in lieu of examination at each five-year recertification period. You can still opt to do the exam if you wish in 2022.

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1. Recertifying by CERPS / exam

- For IBCLCs recertifying by either examination or CERPS in 2021 and going forward, IBCLCE will require the following in each five-year recertification cycle:
 - 250 hours of practise in lactation consulting (full or part-time) in the area(s) of education, administration, research, clinical practice or advocacy.
 - These hours may be earned as a volunteer or paid hours, or a combination of both.
 - Recertification dates for recertifying by CERPS in 2021 from April 19th to Sept 30th

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2. Clinical hours required

- The Lactation Specific Clinical Practice hours calculator is on the website www.iblce.org under Step 1 Preparing for the IBCLC recertification/resources
- It is an excel spread sheet that you can download to use to document your hours
- In accordance with the [IBLCE Advisory Opinion on Telehealth](#), these hours may be completed remotely if providing a consult by video consult. This document can be viewed on www.iblce.org

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3. CPR requirement

- For IBCLCs recertifying by either examination or CERPS in 2021 and beyond, IBCLCE will require Basic Life Support education in each five-year recertification period. Examples of education that meets this are:
 - CPR (Cardio-Pulmonary Resuscitation)
 - NRP (Neonatal Resuscitation Program)
 - PALS (Paediatric Advanced Life Support)
 - ACLS (Advanced Cardiac Life Support)
 - S.T.A.B.L.E (Sugar & safe care, Temperature, Airway, Blood pressure, Lab work, Emotional support)

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3. CPR requirement

- IBCLCs will receive 3 R-CERPs for each aforementioned course up to a maximum of 6 R CERPs. IBCLCs who are instructors for one of these courses can receive 6 R-CERPs for teaching the course.
- Over a five year period, IBCLCs may earn up to a total of 6 R-CERPs for completion of one or more of the courses listed



3. CPR requirement

- You can meet the basic life support education requirement for recertification at any point within the five-year recertification cycle.
- A basic life support credential is not a requirement. A didactic basic life support course will be sufficient to meet the requirement.
- National CPR Foundation provide an online course.
- Course and exam free to do. You must get 100 % to pass with multiple choice questions and the print out of the certificate cost is \$15
- We will get a list on the ALCI site of other online CPR course providers



4. CERP requirement

- In order to recertify by CERPs, IBCLC certificants must obtain at least 75 CERPs in the intervening 5 years since they last passed the examination.
- These 75 CERPs MUST meet the following minimum requirements: At least 50 L-CERPs, at least 5 E-CERPs and at least 20 additional CERPs, which may be L, E or R-CERPs



4. CERP requirement

- These remaining CERPs (20) R CERPs may be on any topic related to the field of lactation consulting because some of the disciplines on the IBCLC Detailed Content Outline are neither lactation nor ethics specific.
- If it is on the blueprint it can be counted as a related CERP. Check your blueprint for guidance.
- Details of CERPs in all 3 categories can be found on the CERP guide.
- If it is on the blueprint- The detailed content outline for the exam it can be counted as a related CERP. Check your blueprint for guidance.



Overview of IBCLC Recertification Requirements

Recertification Method	When?	Requirements by Recertification Method	Requirements for all Certificants as of 2021	Get More Information
Recertification by CERPs (Continuing Education Recognition Points)	5 years after passing the examination	75 CERPs L = Lactation E = Ethics R = Related 1 CERP = 60 minutes of education • Minimum of 50 L-CERPs • Minimum of 5 E-CERPs • Remaining CERPs may be L, E, or R-CERPs	• 250 hours of clinical practise • Basic Life Support Education	Individual CERPs Guide Recertification Guide
Recertification by Examination	Every 10 years after passing the examination (Also available every 5 years instead of recertification by CERPs)	Submit recertification by examination application and payment, pass the examination.	All certificants, regardless of recertification method, must meet these new requirements every recertification cycle.	Recertification Guide

Source: www.ibclc.org

5. Ways to get free CERPS

- There are many ways of collecting free CERPS over a 5 year period. Examples of where free CERPS can be attained are:
 - HSELAND
 - Mother and Baby Academy
 - Great lakes Breastfeeding webinars
 - Institute for breastfeeding and lactation education (IABLE)



5. Ways to get free CERPS (Hseland)

- An introduction to child first (1 CERP)
- Ages and stages 21-24 months (1 CERP)
- Supporting breastfeeding (2 CERP)
- Breastfeeding challenges (2 CERP)
- Fundamentals of GDPR (1 CERP)
- Primary child health assessment (1 CERP)
- 3month child health assessment (1 CERP)
- 9 month child health assessment (1 CERP)
- Growth monitoring in children 1 (1 CERP)
- Communication with consideration (1 CERP)
- Covid 19 Communication (1 CERP)
- Communicating effectively through open disclosure (1 CERP)
- Introduction to traveller health (1 CERP) (this can apply to cultural awareness)
- LGBT awareness and inclusion (1 CERP)
- Nutrition preconception and pregnancy (1 CERP)
- Newborn blood spot screening (1 CERP)
- Covid 19 Record Keeping and Documentation (1 CERP)
- Formula feeding 1(1 CERP)



5. Ways to get free CERPS (Mother and Baby Academy)

- Vit D in BF Babies (1 CERP)
- Breastfeeding and the fourth trimester (1 CERP)
- Alleviating the Distress of Colic (1 CERP)
- Nutrition (1 CERP)
- Perinatal Mental Health (1 CERP)
- Pregnancy Planning and Care (1 CERP)
- Microbirth School (Microbiome Course)(1 CERP)

! Many CERPS can be used on the Mother and Baby Academy site as long as sponsorship is not from a formula company and the subject is on the blueprint (i.e. colic, jaundice etc.)



5. Ways to get free CERPS (Michigan Breastfeeding Network)

The Great Lakes webinars provide the following:

- Affirming Abundance with newborn feeding (1 CERP)
- A look inside the NICU, how best to support families (1 CERP)
- Innovative Community Initiatives to support breastfeeding (1 CERP)
- Breastfeeding in Colour: Representation Matters (1 CERP)
- Ethical Lactation Support: Motivational Interviewing (1 CERP)
- Remembering the Role of Social Support in Fostering Breastfeeding (1 CERP)
- Motivating and Equipping Fathers with tools for success (1 CERP)
- Supporting Survivors of sexual violence through postpartum care (1 CERP)
- Breastfeeding and Safe Sleep (1 CERP)
- Pushing through: Community Based Support in a Pandemic (1 CERP)
- Black Breastfeeding: Trauma and Resilience. (1 CERP)
- Engaging men in Breastfeeding Support (1 CERP)
- Breastfeeding and the Fourth Trimester (1 CERP)
- Equitable Milk Sharing: The Risks and Burdens of Food Insecurity (1 CERP)



5. Ways to get free CERPS (IABLE & Gold Conference)

- Institute for breastfeeding and lactation education IABLE case studies every month with CERPS
- One free CERP for International IBCLC day on GOLD
- One free CERP 1.25 L CERP from ALCI if you are a member for the month of March also from GOLD

! An hour of breastfeeding education is equal to 1 CERP when calculating



Publications for CERPS

The following publications may be counted for CERPS. All publications must be specific to human lactation and breastfeeding:

- Primary author or co author of an article, abstract or chapter published in a refereed journal or edited book (5 L-CERPS)
- Completion of a Master's thesis and doctoral dissertation within a completed degree program (75 L-CERPS)
- Poster presentation (5 L-CERPS)
- Development of a video for health professionals (5 L-CERP)
- Primary author or co-author of an original, finalised hospital protocol or policy (5 L-CERPS)



Look at recertifying guidelines p14/17 to see what is included as CERPS and what is not



6. Taking exam for first time

- New for candidates applying for the exam for the first time from 2021 you must have 90 hours of education and in addition you now need 5 additional hours in Communication CERPS 95 hours in total in last 5 years. Ideally communication hours should be lactation focused but not mandatory.
- You can attain these hours in many ways as in the list of CERPS mentioned and in an IBCLC preparation course if desired.
- You do not have to attain 95 hours in one course. The board does like to see you have education from a wide range of areas.
- The clinical requirement is dependant on your pathway and 1000 hours of clinical breastfeeding experience in the last 5 years for those on pathway 1 is required



Window for applying for exam 2021: 19th April - May 28th 2021
Exam date: 15th - 24th Sept 2021



7. Inactive register

- In 2021, IBLCE will introduce an Inactive Status for currently active IBCLCs who are unable to meet recertification requirements in the year they are due to recertify, but intend to earn the certification again within one year. During Inactive Status, individuals do not actively hold the IBCLC credential.
- If you are due to recertify by exam 2021 you must recertify by exam
- If you do not to the exam this year you move to the inactive register.
- If you move to the inactive register in 2021 you will have to sit the exam in 2022



8. Retired register

- In 2021, IBLCE will introduce a Retired Status for active IBCLCs who intend to retire and no longer practise as an IBCLC. For a limited time, those who held the certification in good standing in the past will be able to apply for this status. Dates for these applications will be announced on the IBLCE website.
- Those who have achieved this status may use "IBCLC Retired" on a résumé, or below their name on a business card.
- However, it may not be listed directly following their name or signature (e.g., charting) as an active credential.
- The intention of this status is one of recognition and is for those who are no longer actively practising as an IBCLC and have no intention to return to practise.



9. Useful resources and contacts

- www.iblce.org website has all information needed for Recertifying with the new guidelines
- Download the Individual CERP Guide document and the Recertifying Guide document.
- Good Questions and Answers of frequently asked questions
- Nicola Clarke is the Irish Coordinator for the exam and can be contacted at Ireland@iblce.org
- You can also contact the board if you have a specific case that is not answered on the IBLCE website
- Our European representative for the exam board is Ilse Bichler in Austria
 - Contact Ilse Bichler at eume@iblce.org or her assistant
 - Contact Carole Iffinger at eumeoffice@iblce.org



Hope this is helpful to you as we move forward with our credential as IBCLCs. We welcome any questions

Material for this presentation taken from the IBLCE website, CERP guide and recertifying guideline December 2020

Photo in this presentation taken by Claude Wynne

