

CORE CURRICULUM FOR

Interdisciplinary Lactation Care



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Production Credits

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Composition: S4Carlisle Publishing Services
Cover Design: Scott Moden
Rights & Media Specialists: Wes DeShano, John Rusk
Media Development Editor: Troy Liston
Printing and Binding: Edwards Brothers Malloy
Cover Printing: Edwards Brothers Malloy

Library of Congress Cataloging-in-Publication Data

Names: Lactation Education Accreditation and Approval Review Committee, author. | Campbell, Suzanne Hetzel, editor. | Lauwers, Judith, 1949- editor. | Mannel, Rebecca, editor. | Spencer, Becky, editor.
Title: Core curriculum for interdisciplinary lactation care / Lactation Education Accreditation and Approval Review Committee ; edited by Suzanne H. Campbell, Judith Lauwers, Rebecca Mannel, Becky Spencer.
Description: Burlington, Massachusetts : Jones & Bartlett Learning, [2019] | Includes bibliographical references and index.
Identifiers: LCCN 2018009895 | ISBN 9781284111163 (paperback)
Subjects: | MESH: Lactation--physiology | Education | Breast Feeding | Milk, Human--secretion | Infant Nutritional Physiological Phenomena | Curriculum
Classification: LCC QP246 | NLM WP 18 | DDC 612.6/64071--dc23
LC record available at <https://lccn.loc.gov/2018009895>

6048

Printed in the United States of America

22 21 20 19 18 10 9 8 7 6 5 4 3 2 1

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Acknowledgments



The Lactation Education Accreditation and Approval Review Committee's (LEAARC's) *Core Curriculum for Interdisciplinary Lactation Care* represents the work of scores of clinicians, researchers, and educators who have advanced the field of lactation consulting over the past 3 decades. We honor those accomplishments and recognize our peers and colleagues for inspiring us to accept the challenge of guiding the preparation of this first edition. It was a pleasure being part of such a collaboration among numerous experts throughout the world who generously shared their talents and insights into clinical practice.

Our editorial team extends our sincere gratitude to all the chapter authors whose diligence helped maintain high standards and integrity and ensured that this important resource would be relevant to clinicians, educators, and students. We extend special thanks to the team of reviewers who helped identify areas for improvement and who validated the stellar work of our chapter authors. We acknowledge Jones & Bartlett Learning staff members Teresa Reilly, Christina Freitas, Vanessa Richards, and Wesley DeShano for their patience and support throughout the project. We appreciate the expert editing and guidance from our editor, Jeanne Hansen, in shepherding us through the writing and editing of such an extensive text. Thank you as well to the LEAARC Board of Directors for their vision and action to ensure the lactation profession will continue to be guided by a core curriculum and for placing their trust in our editorial team to manage the process. None of us would have had the privilege to be part of this process without the mentors and guides who came before and nurtured us, the students who challenged our perspectives and rationales, and the many parents, babies, and families who taught us along the way. Finally, we thank our families for their encouragement, support, and understanding that allowed us to devote the time and focus needed to steer this text through to publication.

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Foreword



As an International Board Certified Lactation Consultant (IBCLC), physician, and educator with more than 25 years of experience with training others in lactation, I am very enthusiastic about the publication of this text. The impact it will have on the different environments in the clinical practice of human lactation will be enormous. Whether as a text for academic and professional-level human lactation courses or as a reference in the clinic, it provides evidence-based information that will undoubtedly help us expand our knowledge and assist our clients or patients in making informed decisions. This text is written following the Core Curriculum of the Lactation Education Accreditation and Approval Review Committee (LEAARC), which is based on the competencies that any academic program needs to offer, regardless of its setting.

My training and experience in public health have convinced me that lactation consultancy is one of the health-care specialties in which the fundamental pillar of inter- and multidisciplinary treatment is put into practice every day. The specialists in the field who wrote this text represent a variety of professions and experiences, which further enriches the content and makes it an appropriate text to use in any academic setting. Authors and reviewers from several countries around the world give this text international relevancy because it allows the reader to apply what they have learned in different sociocultural contexts.

This text is written in gender-neutral language that avoids bias toward gender, adopting this as an important principle for lactation consultants' training and the families they serve. It also emphasizes awareness of the necessary social support and the challenges related to equity that impacts breastfeeding services. I recommend without hesitation that all educators in lactation programs adopt this text, both to help design curricula and as a text for students.

I teach courses in lactation completely in Spanish. I encourage the translation of this text in the near future, to Spanish and other languages, to allow millions of readers who do not understand English to benefit from it. This will help minimize disparities and inequities around the world.

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Introduction

We are very excited to introduce the first edition of *Core Curriculum for Interdisciplinary Lactation Care*. The work behind this text began more than 10 years ago when the International Lactation Consultant Association (ILCA) and the International Board of Lactation Consultant Examiners (IBLCE) collaborated to establish and sponsor an organization with the purpose of developing standards for lactation education. The Lactation Education Accreditation and Approval Review Committee (LEAARC) published *Curriculum for Programs in Human Lactation* in 2010 (with updates in 2014 and 2016), which defines the educational preparation for entry-level lactation consultants. The lactation education curriculum comprises the following topic areas: Communication and Counseling, Documentation and Communication, History Taking and Assessment, Prenatal and Perinatal Breastfeeding Support, Extended Breastfeeding Support, Problem Solving, Infant–Child Breastfeeding Challenges, Parental Breastfeeding Challenges, Public Health, Research Legislation and Policy, Professional Responsibilities and Practice, and Leadership and Teaching. Each topic area has defined core competencies, learning objectives, suggested content, and suggested skills and behaviors.

Curriculum for Programs in Human Lactation has served as the foundation for the development and review of lactation education programs worldwide. Lactation education programs that provide 90 hours of didactic education can apply to LEAARC for approval designation, and lactation education programs that provide 45 hours of didactic education can apply to LEAARC for recognized designation. Lactation education programs that are sponsored by an accredited postsecondary education institution can apply for accreditation by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). LEAARC provides program evaluations and recommendations for accrediting lactation education programs to CAAHEP. The IBLCE now requires that all applicants for the certification exam through Pathway 2 show evidence of completion of a comprehensive accredited lactation education program within 5 years prior to applying for the exam. *Curriculum for Programs in Human Lactation* guides the comprehensive review and evaluation of all lactation education programs seeking approval, recognition, or accreditation.

To fully enact LEAARC’s mission to “establish standards for and recognize quality in lactation education,” board members recognized the need to further develop lactation education materials and resources. This new text, *Core Curriculum for Interdisciplinary Lactation Care*, exemplifies the LEAARC *Curriculum for Programs in Human Lactation*. The LEAARC Board of Directors commissioned this team of editors and an interdisciplinary team of clinical lactation experts from several countries around the world to serve as authors to develop this text. Chapters in the text also received external review by experienced, internationally recognized clinicians and lactation educators. The text serves as a trustworthy source for lactation-specific information and education for students, interns, certification candidates, instructors, and clinicians—in any discipline or specialty—who provide care to breastfeeding families. We want to emphasize that the LEAARC *Curriculum for Programs in Human Lactation* and the content presented in this text are intended to provide the basic knowledge required to practice as a beginning lactation consultant. The breadth and depth of specialty lactation practice is outside the scope of this text.

Core Curriculum for Interdisciplinary Lactation Care is organized into three main sections. The *Science* section, Chapters 1–9, presents the science and biology of breastfeeding. Breast anatomy, infant anatomy related to feeding, infant behavior related to feeding, and production and biochemistry of human milk are presented with a focus on what is normal and variations of normal. Nutritional requirements and nutrition assessments for breastfeeding parents and infants are also presented. How medications, supplements, and other substances enter human milk and how to minimize infant exposure are discussed. Methods to appraise, interpret, and apply research are examined. The *Management* section, Chapters 10–24, examines specific areas related to the breastfeeding family that may impact breastfeeding and describes best practices, up-to-date research, and protocols, where available. The

information in this section describes the lactation consultant's role in supporting and promoting breastfeeding and family health as part of the interprofessional team. The *Professional* section, Chapters 25–32, addresses professional aspects of working in the lactation field. The interdisciplinary nature of lactation care involves working with a team of healthcare professionals, community organizations, and governmental agencies. It involves applying communication, education, advocacy, and professional standards to improve the environment for breastfeeding outcomes. Throughout the text, the chapters feature inclusive language to represent families from diverse backgrounds and cultures, and key points to guide learning. Most chapters also contain case studies to stimulate discussions among colleagues and in classrooms, allowing application of the theoretical and clinical information to a live situation and increasing the opportunity for experiential learning.

We chose to include the term *interdisciplinary* in the title of this text to highlight the strength of having many disciplines represented within the lactation care specialty. Leading global health authorities—including, but not limited to, the World Health Organization, the U.S. Institute of Medicine, and the Interdisciplinary Association for Population Health Science—have identified the need for collaboration among teams of multidisciplinary healthcare specialists, patients, and community health workers to address the world's most pressing health concerns. This focus on interdisciplinary collaboration is a relatively new phenomenon in global health care, with an increased emphasis noted over the past 10 years. Lactation consulting has been interdisciplinary in nature from its inception as a healthcare specialty in 1985. Although the discipline has many subspecialties, we all share the same lactation knowledge base, presented in this text, that enables us to provide comprehensive care for breastfeeding families. We thoroughly enjoyed the collaborative experience with our diverse team of authors and reviewers, and we hope that you will appreciate the variety of perspectives they present within their shared expertise in lactation.

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