

Lactation Education Resources



The Lactation Consultant Training Course

If you hurry you can still take an online Lactation Consultant Training Course to qualify for the IBLCE exam this year!! http://www.LERon-line.com/LC_Training_online/Lactation_Consultant_Training_online.htm. Last date to register for the IBLCE application is April 30, 2011.

Exam Review

Newly revised and updated with 300 questions very similar to the IBLCE certification exam. More than half have pictures, just like the IBLCE exam.

- ✓ Three 100 questions exams
- ✓ Video lecture – “Strategies for Acing the IBLCE Certification Exam”
- ✓ Suggested self study schedule
- ✓ Anatomy worksheets
- ✓ Vocabulary words (480)
- ✓ Question of the Day via online group
- ✓ Monthly live chat via online group

http://www.LERon-line.com/IBLCE_Exam_Review.html

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Baby Friendly Hospital Initiative Training

Lactation Education Resources announces a new online training program for hospitals wishing to meet the BFHI requirement of 20 hours of staff training. Your training program can be customized to your setting with support statements from your hospital administrators.



Each lesson is recorded in webcast format so the learner sees the power point slides and hears the speaker's voice. Each lesson is 20-45 minutes in length so students can access the materials when they have a short window of time, or can do several lessons when they have a longer period of time to devote to it. Each webcast contains:

- *realistic hospital scenarios,*
- *links out to relevant web pages*
- *quick quizzes*
- *fast facts*

The webinar format allows access to the training program 24/7/365. Special "Breastfeeding in Combat Boots" module for military hospitals.

http://www.LERonline.com/BFHI_Training.html

Contact Vergie Hughes, Program Director, for a personalized proposal including any applicable discounts. 703-868-1849 or vergieh@comcast.net

Notable Research

Lactation Consultants and nurses have long been aware that excessive maternal IV fluids during labor were related to excessive weight loss in the newborn.

New research from UC Davis shows 18% of infants who were exclusively breastfed or who also received minimal supplementation, exhibited excessive weight loss. Many factors contributed:

- higher maternal age, education, and income levels
- postpartum edema
- hourly intrapartum fluid balance
- delayed lactogenesis (>72 hours)
- fewer infant stools
- infant birth weight

However, intra-partum fluid balance was the most significant factor contributing to excessive weight loss.

CONCLUSIONS: Excessive weight loss was more common in this population than reported previously and was independently related to intrapartum fluid balance. This suggests that intrapartum fluid administration can cause fetal volume expansion and greater fluid loss after birth, although other mechanisms are possible.

Chantry CJ, Nommsen-Rivers LA, Peerson JM, Cohen RJ, Dewey KG.

Excess weight loss in first-born breastfed newborns relates to maternal intrapartum fluid balance. *Pediatrics*. 2011 Jan;127(1):e171-9.

FDA seeks comment on Infant Formula Label Statements

This is your opportunity to talk to the FDA, who is considering label regulation on infant formula. If you have had concerns about certain claims about formula and the health benefits made by formula manufacturers, respond by May 2 at <http://www.regulations.gov/#!docketDetail;dct=FR+PR+N+O+SR;rpp=10;po=0;D=FDA-2011-N-0098>
Click on the blue “Comment Due” to enter your statement.

Your Guide to Breastfeeding

The Office of Women’s Health has published a new parent education magazine on breastfeeding. This easy-to-read publication can be printed off the website and is available in English, Spanish and Chinese.
<http://www.womenshealth.gov/pub/bf.cfm>

Information on bulk orders is available at <http://www.womenshealth.gov/pub/>



Deadlines!

Be aware of the approaching deadlines for those applying for IBLCE certification.

Deadline for the 2011 IBLCE exam applications:
3rd deadline – April 30 \$640

To obtain an application for the 2011 IBLCE exam:
http://www.americas.iblce.org/upload/2011Pathway1Guide_USACanada.pdf

Deadline for Pathway 3 applications for the 2013 IBLCE certification exam:
•September 30, 2011

To obtain an application for Pathway 3 go to
<http://www.americas.iblce.org/upload/Pathway%203%20Guide.pdf>

Lactation specific education requirements:
2011 IBLCE exam – minimum of 45 hours
2012 IBLCE exam – Minimum of 90 hours

LER has online Lactation Consultant Training Course of both 45 and 90 hours available now!



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Blog – How to Become a Lactation Consultant <http://www.LERon-line.com/blog1>

Overview of the IBLCE pathways

<http://www.youtube.com/watch?v=ixgHQAE4VZQ>

Pathway 1

http://www.youtube.com/watch?v=HV5Bq7PJEiQ&feature=mfu_in_order&list=UL

Pathway 3

<http://www.youtube.com/watch?v=YEv59GSJGs&feature=related>

Clinical Internships

<http://www.youtube.com/watch?v=Kq qwfvijUbc&feature=related>

Program Director
Vergie Hughes RN MS IBCLC FILCA



Specialists in online lactation support training

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Where will you find LER next?

Central Virginia 2011 Breastfeeding Update

Bon Secours Hospital, Richmond, VA April 28, 2011
Exclusive Breastfeeding in the Hospital and Beyond,
Speaker Vergie Hughes
Contact LynneDee 804-747-0761 or
weiman2@verizon.net for more information or to register.

The In-patient Breastfeeding Specialist

Inova Health System, Fairfax, VA
April 25 & 26, 2011
Contact Marie Pokraka for information or to register
Marie-Ellen.Pokraka@inova.org

Towards Exclusive Breastfeeding

Englewood Hospital and Medical Center
Englewood, NJ June 1 or June 2, 2011
Contact Kim Morrissey for details or to register
Kim.Morrissey@ehmc.com

ILCA Conference San Diego, CA July 13 to 17, 2011
Visit us at our booth for a special gift.

Clinical Skills Workshop

October 15 & 16, 2011
Reston Hospital Center, Reston VA
More details at http://www.LERon-line.com/Workshop/skills_workshop.htm