



Lactation Education Resources

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Dear Internship Applicant,

We are pleased to offer a Lactation Consultant Internship Program for those wishing clinical experience in lactation management. You, as an intern, will be paired with an experienced lactation consultant/s who will act as your mentor. This program is designed to give you a broad range of clinical experiences as well as time for developing care plans and researching the rationale for the care you give.

You will have the opportunity to observe and participate in a wide range of lactation consultant activities based on the setting to which you are assigned. Because of the variety of activities, volume of patients available for the day and the types of patients available, there will be variation in your daily activities.

To document your progress, you will use a competency check list to record the skills you learn. Depending on the amount of previous experience you have, you may not complete all skills within internship. You will know which skills you will need to seek out in order to round your experience.

We offer a 100 hour internship and a 500 hour internship that will meet the clinical practice requirements for Pathway 3 in preparing for the IBLCE certification exam. Details are in the attached Internship Program information. Please view <http://americas.iblce.org/exam-eligibility-pathways> for an explanation of the exam pathways and <http://americas.iblce.org/document-downloads> (scroll down to Pathway 3 Guide) for the guidelines for applying to the IBLCE for an internship. In preparation for a 500 hour internship you will be completing two applications, one for the IBLCE and one for Lactation Education Resources. Please plan your time carefully prior to application for the IBLCE certification exam so you can meet the IBLCE deadlines.

We think that the experiences you will have and the knowledge you will gain while in the Internship Program, will give your lactation consultant career a head start. Working with an intern is a challenging and rewarding experience for us as well. We look forward to welcoming you to our Internship Program!

Sincerely,

Vergie Hughes RN MS IBCLC FILCA
Program Director



INTERNSHIP PROGRAM

PURPOSE:

To provide educational and practice opportunities in a variety of settings for those interested in obtaining clinical experience in preparation for beginning a lactation consultant practice.

PREREQUISITES:

- 1) Commitment to complete 100/500 hours.
- 2) Completion of the Lactation Consultant Training Program or equivalent.
- 3) Interview with the Internship Director (in person or by phone)
- 4) Letters of recommendation (2) from a supervisor or someone who can attest to your experience, expertise and character.
- 5) Malpractice insurance coverage (provide copy)
If you do not currently have malpractice insurance you may obtain it from Seabury & Smith, (formerly Maginnis & associates) by calling 1-800-621-3008, or CMF Group <http://uslca.org/LiabilityInsurance.html>, or any other carrier of your choice. Obtain the highest coverage they offer.
- 6) Health clearance (form attached)
- 7) Current CPR card. Must be Heart Association CPR for Healthcare Providers
- 8) Criminal Background Check with both local and national searches and sexual predator search. Proof of a drug screen urine panel to test for the following: amphetamines, cocaine metabolites, marijuana (THC), phencyclidine PCP), opiates, benzodiazepines, barbiturates, methaqualone, propoxyphene, methadone (10 panel screening). Available via the internet through PreCheck, approximately \$95 for both. Look for Lactation Education Resources on the list of institutions. Our clinical sites will only accept background checks from PreCheck. Download the instructions from our website.
- 9) Seasonal flu shot
- 10) Compliance training (may be provided by your host hospital, check with Vergie)
- 11) Copy of RN license (if applicable)
- 12) Completed Internship application
- 13) Pre-approval of your internship program plan by the IBLCE for those who are doing Pathway III (discuss with Vergie). The application is available at <http://americas.iblce.org/document-downloads> - Pathway 3 Guide

100 HOUR PROGRAM Tuition \$750

The intern will observe, contribute to and participate in consultations, as the mentor sees her develop appropriate skills.

Keep records of clinical experiences on the designated forms (The Clinical Competencies for IBCLC practice). Submit daily journal recording the patients seen.

500 HOUR PROGRAM Tuition \$1500

The intern will observe, contribute to and participate in consultations, as the mentor sees her develop appropriate skills. Observation hours do not count towards the 500 hours. Only hours when the intern is participating in the consult will “count” towards the 500 hours. Please refer to the IBLCE document: Pathway 3 Plan Approval Packet <http://americas.iblce.org/document-downloads>

Keep records of clinical experiences on the designated forms (The Clinical Competencies for IBCLC Practice). Write 10 case studies including relevant research (2-3 pages and reference text books and journal articles)

Engorgement	Flat or inverted nipples
Jaundice	Breast refusal
Sore nipples	Cultural issues
Premature infant	Over-production
Infant weight loss greater than 10%	Low milk production

Present a case study or poster presentation on one of these cases at a staff meeting or other group organized by your mentor.

Attend one meetings/classes of each of the following:

Professional group: The local ILCA group meeting

Parents class: A prenatal breastfeeding class

Mothers support group: A post-partum support group or a La Leche League meeting.

Provide a written report of each.

COMPLETION OF THE PROGRAM:

The trainee will be awarded a completion certificate when:

- 1) 100/500 hours are complete
- 2) The Clinical Competencies for IBCLC Practice are submitted to the Program Director
- 3) A written evaluation of the Internship Program is submitted
- 4) Payment has been received in full

POLICIES:

Scheduling

Trainees will schedule time at their placements with the supervising Lactation Consultants based on availability. Generally interns work 2-3 days per week. The time limit for completing the 100 hours is 6 months, for 500 hours is one year.

Supervision

During the Internship Program LER will provide guidance and arrange observation/practice opportunities. An intern will begin by observing her mentors. She will then perform the various competencies under the supervision of the Lactation Consultants. When she has been observed several times and is believed to have mastered each skill, she may perform that activity independently with the lactation consultant nearby as a resource for problems or questions. All activities are subject to the approval of the institution=s policies.

Learning opportunities are based on the availability of patients and their clinical situations. Every effort will be made to offer a variety of educational experiences. The intern may not reach the level of independent practice in each competency by the completion of the internship.

Conflict of interest

Trainees may not solicit, distribute materials or business cards, or promote goods or services of any type while enrolled in the Internship Program.

Confidentiality

No confidential medical, personal or programmatic information may be divulged to others in any way. Turn in your assigned Confidentiality Statement with your application.

Parking

Parking will be provided by the institution. Interns will be responsible for parking fees, if any.

LEARNING OBJECTIVES:

At the end of the internship the Lactation Intern will:

1. Be able to counsel mothers as they initiate lactation and trouble shoot common breastfeeding issues.
2. Distinguish between common breastfeeding problems and more complex problems and provide appropriate referral as needed.
3. Be able to counsel mothers with common breastfeeding difficulties over the phone.
4. Be familiar with the features of different kinds of breast pumps, cleaning and trouble shooting.
5. Be able to recommend a breast pump suitable for the individual needs of each patient.
6. Be competent in providing routine education and support to hospitalized mothers of normal newborns and premature infants.
7. Be informed about the proper storage and handling of breastmilk.
8. Be familiar with resources for breastfeeding information including a medical library, the internet, and appropriate reference books.
9. Be aware of resources and handouts for patients with special needs: e.g. handicapped infants, mothers of multiples, mothers whose first language is not English, mothers with low reading level, etc.
10. Provide anticipatory guidance to mothers of normal newborns and mothers with breastfeeding problems.
11. Be able to document assessments and recommendations in appropriate records.
12. Be familiar with the appropriate use of special aids such as breast shells, nipple shields, feeding tube devices, special pillows, periodontal syringes and other related lactation management devices.



Lactation Education Resources

Internship Program Application Form

Name _____

Address _____

City, State, Zip _____

Phone number _____

Fax number _____ email _____

Please attach a résumé or CV.

Lactation Consultant Training Program (or equivalent) completed date: _____

Anticipated time schedule for 100/500 hours of training: (scheduled as space is available). (Days per week, hours per day, completion time frame)

Goals and learning needs for the Internship program:

Payment:

Check attached _____

Bill my credit card _____ exp date _____

If you would like a payment plan, please contact the LER office to set up an arrangement, 703-868-1849, or officemanager@LERon-line.com.



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LACTATION INTERNSHIP HEALTH CLEARANCE FORM

_____ has:

1. A negative PPD (Mantoux Method) less than 3 months prior to the date of scheduled clinical observation or a negative chest x-ray less than 1 year prior to scheduled clinical observation.
Date done _____
2. Has had rubella vaccination (MMR)
3. Has had chicken pox _____, has not had chicken pox.
4. Has had hepatitis B vaccination (or provide statement of declination)
5. Has had seasonal flu vaccine _____ date

She is in general good health and has no health problems that will interfere with her completion of the Lactation Consultant Internship Program.

Signature of Physician / Nurse Practitioner

Facility



Lactation Education Resources LACTATION INTERNSHIP

CONFIDENTIALITY STATEMENT

In the course of your activities with patients you will have access to confidential medical and personal information and records. This information may not be divulged to others in **any way**. Case reports and written assignments should identify patients only by a pseudonym or initial. In addition, you may become aware of sensitive programmatic information. This may not be shared with anyone outside of the organization.

An infraction in this area is considered very serious and may be grounds for disciplinary action or dismissal from the Internship Program.

By signing this statement, you acknowledge that you will not share or divulge any personal, medical or programmatic information to anyone who is not authorized to have access to it.

Signature of Intern

Date

