

Health Worker Knowledge and Skill

3 Ways to Keep Up-to-Date

1. **Join a professional association**, attend events, network and use association on-line discussion boards.
 - ◇ The International Lactation Consultant Association www.ilca.org provides a monthly newsletter, quarterly peer reviewed journal, discussion boards, free downloads, annual conference and representation for IBCLCs at international level. Student and retired members rates. www.ilca.org
 - ◇ The Association of Lactation Consultants in Ireland is the body for LCs in Ireland. It holds an annual conference and study day, provides a newsletter and facilitates networking. www.alcireland.ie
2. **Read.** *BEST Services* www.bestservices.ie has a very wide range of books and resources available to purchase (See Resources) plus Links to free downloads include WHO/UNICEF courses and skill building guides, protocols, growth charts and Breast Crawl video.
 - ◇ Find out what the HSE and hospital libraries can provide for access to journals, reports and books.
 - ◇ Set up Table of Contents email auto alerts with relevant journals.
 - ◇ Sign up for breastfeeding research updates free into your email. ellen.mcintyre@flinders.edu.au and <http://www.babyfriendly.org.uk/subscribe/>
2. **Participate in education** sessions and courses.
 - ◇ Education providers with both face-to-face and on-line courses include: *BEST Services*, ALCI & ILCA, Athlone Institute of Technology, Health-e-Learning.com

How do you know if a publication that you are reading is breastfeeding supportive and up-to-date? Download a checklist from the Newsletter Past Issues page at www.bestservices.ie

Intensive LC Exam Review workshop, Galway One week-end (12 teaching hours) Feb 12 & 13th

- ⇒ Assumes participants already have good knowledge and thus focuses on exam areas of difficulty and contentious issues with points for self-review of basic topics.
- ⇒ Structured handouts sent before workshop so you come prepared to discuss topics.
- ⇒ On-line facilitated exam practice and discussion board until date of exam included in price. (with Health e-learning)
- ⇒ Network with workshop participants from around Ireland and internationally.
- ⇒ Discount on purchase of books and resources
- ⇒ **All education hours completed by the IBLCE exam application deadline of the end of Feb.**
- ⇒ Accommodation can be arranged
- ⇒ Also suitable to refresh your knowledge for existing IBCLCs.
- ⇒ Over twenty years experience in preparing candidates for the IBLCE exam.

Details and application form at www.bestservices.ie
Discount extended to bookings by January 24th

January 2011



**Ethical and professional practice
Means keeping your skills
and knowledge up-to-date**

News

Congratulations to the IBCLCs who certified and re-certified in 2010. *BEST Services* LC course participants again achieved 100% exam pass rate. Ireland has 166 current IBCLCs.

ESRI Perinatal Statistics for 2008 are published. Exclusive plus partial breastfeeding rates at discharge were 51% (38,276 infants). Find out where did the mothers live, occupation, age and much more. Download the full report at www.esri.ie

Remember: Flu is not a reason to stop breastfeeding and H1N1 vaccination is compatible with breastfeeding. www.swineflu.ie

What's On

Quality Care for Breastfeeding module starting January 14th. Athlone Institute of Technology, Lactation Studies. ECTS Level 8. Details: www.ait.ie/lactation

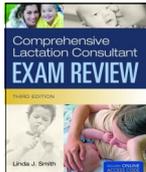
La Leche League Ireland Annual Conference, Gorey. March 5th and 6th. Contact: deemcdee@gmail.com

Association of Lactation Consultants in Ireland Spring Study Day, Dublin. March 26th. Contact: alci@ireland.com

International Lactation Consultant Association Annual Conference. July 13-17th. San Diego. Details: www.ilca.org

January 2011

Resources of the Month: Exam Preparation



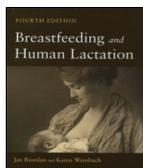
Comprehensive Lactation Consultant Exam Review, Smith L.

Clinical exercise and case studies to deepen understanding, over 800 questions plus two complete practice exams including pictures. On-line practice. 3rd edition 2010 .



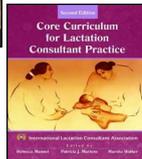
The Breastfeeding Atlas. Wilson-Clay & Hoover.

This text has 418 full colour photos with explanatory notes, case studies and management strategies. 4th edition 2008. Great preparation for the IBCLC



Breastfeeding and Human Lactation. Riordan J. Textbook and Study Guide.

Theoretical concepts, techniques, care plans and colour illustrations. Study guide includes practice exams. 4th edition, 2009.



Core Curriculum for Lactation Practice. ILCA.

Outlines key areas learning points and references for topics on the exam blueprint. 2nd edition 2007.

Are your textbooks recent?
Old information may be
wrong information.

More details on these and other resources and to order www.bestservices.ie



New Editions:

Need Answers to complex or unusual questions?

Lawrence & Lawrence, Breastfeeding: a guide for the medical profession is likely to have the detailed explanation with recent references. Protocols for care; infectious conditions including MRSA, botulism, hepatitis; new research on how suckling stimulates infant gastro development and innate newborn reflexes that have aided survival for over 400,000 years, are among the topics included. This 7th edition, 2011, includes searchable text online with links to references.

Are you asked medication questions when away from your desk?

Medications and Mother Milk 2010 *Mini* is now available.

Free download: Latest Protocol from the Academy of Breastfeeding Medicine #23 Non-pharmacological management of procedural-related pain in the infant.

The purpose of this protocol is to provide health care professionals with evidence-based guidelines on how to incorporate non-pharmacologic or behavioural interventions to relieve procedure-induced pain (heel prick, vaccinations etc in the breastfeeding infant. <http://www.bfmed.org/Resources/Protocols.aspx>

To remove your name from our mailing list, please [Email Us](#)
Reading someone else's copy and like to get your own? [Click here](#)

Questions or comments? [Email Us](#)