

PRACTICE 2



Facility will maintain staff competency in lactation support.

- A.** Maternity care staff have completed 10 or more of the 15 Kansas Breastfeeding education modules on the KS Train platform OR have completed similar comparable staff education.
- B.** All new staff have completed lactation education within six months of hire.
- C.** Facility employs at least one person with advanced lactation education (International Board Certified Lactation Consultant, Certified Lactation Counselor, or similar) as part of the staff working directly with families.
- D.** At least one person from the facility has listened/participated in two or more High 5 webinars (available at www.high5kansas.org/webinars) in the last 12 months.

A well-educated staff can support the family and provide assistance with breastfeeding when the “expert” is not available. All staff should know the basics about lactation and be able to answer mom’s questions.

High 5 for Mom & Baby education requirements are based on step 2 of the **Ten Steps to Successful Breastfeeding**: “Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.”

Staff education and resources can be found in many places; some examples are included below*

- The [Kansas TRAIN Learning management system](#) will soon have 15 modules available. Create an account, log in and search “Kansas Breastfeeding Education modules.”
- [Texas Health Steps](#) offers free CE’s through online training modules. Explore the [Ten Steps to Successful Breastfeeding](#) or general [Breastfeeding](#) modules.
- The [Community Health Training Institute](#) provides two online 1.5 hour tutorials, which together provide three hours of breastfeeding education aligned with the content expected for physicians providing care in Baby-Friendly Hospital facilities.
- The [Stanford University Breastfeeding page](#) includes video demonstrations and resources.
- [Wellstart International](#) offers free breastfeeding modules for physicians and nurses
- [AAP Breastfeeding Initiatives](#) features archived breastfeeding webinars, free or reduced cost resources and more!

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Staff education and resources continued.

- **Maryland Hospital Policy Committee** developed a series of six recorded lectures containing insights on important strategies and practices related to promoting and supporting breastfeeding. They were designed to help physicians and advanced care providers meet BFHI step 2 training requirements.
- **Step 2 BFHI Training** were developed through a collaboration between the Maryland Department of Health and the University of Maryland Upper Chesapeake Medical Center, under the guidance of the Maryland Department of Health Hospital Breastfeeding Policy Committee. These modules were developed to meet the requirements outlined in Step 2 of the Ten Steps to Successful Breastfeeding, developed by UNICEF/WHO.
- The **Breastfeeding University** was developed through the Carolina Global Breastfeeding Institute (CGBI) by an interdisciplinary team of physicians, nurses, lactation consultants, public health professionals, educators and La Leche League leaders. These trainings will help learners to establish a working knowledge of the importance of breastfeeding and how to support mothers and families to meet their breastfeeding goals.

Interested in becoming specialized in human lactation?

The International Board Certified Lactation Consultant (IBCLC) is widely considered the gold standard in lactation care. Classes and courses range from two to five days, with some providing a certificate. The following resources* may provide a starting point to help determine the best option for you.

- **What is an IBCLC?** from Dianawest.com
- **Differences between the IBCLC and the CLC** from the United States Lactation Consultant Association
- **Information on becoming an IBCLC** from Lactationtraining.com
- **IBCLC information and application information** can be found on the website of the International Board of Lactation Consultant Examiners www.IBLCE.org
- BreastfeedLA offers a **Lactation Education Specialist class** online in two parts, with 45 CERP for each part.
- **Lactation Education Resources** has 45 CERP and 90 CERP online classes.
- **Health e-learning** provides various lactation classes including a ten-part series that offers 120 CERPs. They also offer an online **practice exam**.
- **Breastfeeding Outlook** offers a couple of options for getting 90 or more CERPs; both online and combination online/in-person classes are available.
- Wichita State University's badge program, designed to make workforce training and continuing education accessible and affordable, recently added "**Anatomy and Physiology of Lactation**". Coursework can be completed online and at your own pace and provides 1.0 college credit, 45 CNEs.
- **Texas Ten Step Toolkit** from the Texas Department of State Health Services, Nutrition Services Section

**High 5 for Mom & Baby and the United Methodist Health Ministry Fund (UMHMF) do not recommend or endorse any particular education offering included in this listing. Listings were accurate as of the creation of this document, however, programs frequently make changes. High 5 for Mom & Baby and UMHMF are not responsible for the terms of the business relationship between the student and the education provider, and encourage students to explore all details about a class prior to enrollment.*