



### WHAT do I study?

- The IBLCE content outline has 2 dimensions:
  - SCIENTIFIC DISCIPLINES
  - CHRONOLOGICAL PERIODS
- Most of the time, both are present in the question

---

---

---

---

---

---

---

---

---

---

### Exam Content Outline

- | <b>DISCIPLINES</b>  | <b>CHRONOLOGICAL PERIODS</b>   |
|---|--|
| <ul style="list-style-type: none"><li>• Development &amp; Nutrition (26)</li><li>• Physiology &amp; Endocrinology (24)</li><li>• Pathology (31)</li><li>• Pharmacology &amp; Toxicology (13)</li><li>• Psychology, Sociology &amp; Anthropology (21)</li><li>• Techniques (25)</li><li>• Clinical Skills (35)</li></ul> | <ul style="list-style-type: none"><li>• Prenatal/ Maternal</li><li>• Labor/Birth</li><li>• Prematurity</li><li>• 0-2 days</li><li>• 3-14 days</li><li>• 15-28 days</li><li>• 1-3 months</li><li>• 4-6 months</li><li>• 7-12 months</li><li>• Beyond 12 months</li><li>• General Principles</li></ul> |

---

---

---

---

---

---

---

---

---

---

### WHY isn't it just multiple choice?

- More accurately evaluates skills
- The exam is composed of
  - Multiple choice
  - Pictures ( this is what we SEE everyday)
  - Case Studies (this is what we DO everyday)

---

---

---

---

---

---

---

---

---

---

### HOW do I pass this exam?

- Before the test
  - PREPARE, PREPARE, PREPARE don't CRAM
  - Get a good night's sleep
  - Eat a healthy meal prior to testing
  - Arrive early with proper ID, materials
- After the test
  - Don't obsess, you can't change any answers by obsessing over them later.
  - Celebrate! It's over and you did your best!

---

---

---

---

---

---

---

---

---

---

---

---

### HOW do I pass this exam?

- During the test
  - Read all the INSTRUCTIONS
  - PACE yourself
  - Go with your 1<sup>st</sup> instinct
  - Formulate YOUR ANSWER
  - Cut UNLIKELY answers first
  - Don't be EXTREME
  - Be careful of NEGATIVE question stems
  - SIMILAR answers are helpful

---

---

---

---

---

---

---

---

---

---

---

---

### HOW do I pass this exam?

- During the test
  - UNDERSTAND what the question is asking
  - Longer, more descriptive answers are sometimes correct because they give more correct information.
  - CASE STUDIES – read the answers first
  - PICTURES – imagine what you would do if you saw this in practice
  - BE SUPPORTIVE
  - GLOBAL THINKING

---

---

---

---

---

---

---

---

---

---

---

---

### Practice Questions

You are helping a breastfeeding mother of a preterm infant with positioning to optimize her infant's ability to latch and sustain feedings at breast. Which of the following is MOST LIKELY to result in effective breastfeeding for this mother and infant?

- A – cradle hold with the baby's head near mother's elbow
- B – Side lying position on a firm bed with pillows behind mother's back
- C – Whichever position is most comfortable for the mother
- D – The "football" or cross-cradle hold with the mother's hand behind the baby's shoulders

---

---

---

---

---

---

---

---

---

---

### Practice Questions

Which of these sets of symptoms is MOST LIKELY to culture positive for mammary candidosis?

- A – Burning nipple pain
- B – Shiny nipple skin and stabbing breast pain
- C – Flaky nipple skin with non stabbing breast pain
- D – Shiny and flaky nipple skin with breast pain

---

---

---

---

---

---

---

---

---

---

### Practice Questions

A mother reports her 16 day old baby is suddenly quite fussy and wants to breastfeed very frequently. Your FIRST response should be:

- A – suggest several galactogogues that may help to raise her milk supply
- B – reassure her that the baby is going through a growth spurt and all is well
- C – tell her to pump for 10 minutes after every feeding
- D – ask the mother to describe how breastfeeding was going before the baby got fussy.

---

---

---

---

---

---

---

---

---

---

Practice Pictures



---

---

---

---

---

---

---

---

Practice Pictures



---

---

---

---

---

---

---

---

Practice Pictures



---

---

---

---

---

---

---

---

WHERE did you get this info?

- IBLCE.org
- <https://casc.byu.edu/testtaking-strategies#1>
- Comprehensive Lactation Consultant Exam Review

---

---

---

---

---

---

---

---