

## Worksheet to determine IBCLC Pathway and course registration ability

Interested in becoming a Lactation Consultant? In order to become an International Board Certified Lactation Consultant, you must meet the certification requirements in one of three pathways:

### 1) Pathway 1 –

- **Hours required** – 1,000 hours of clinical experience
- **Who uses this pathway?** Health professionals and breastfeeding peer counselors who are already working with breastfeeding families, and can obtain their clinical experience hours through their paid or volunteer work. This pathway allows you to obtain clinical experience hours through a number of different sites.
- **What supervision is required?** You must have a supervisor at each site who can confirm that you obtained the clinical experience, but the supervisor does not have to be an IBCLC.

### 2) Pathway 2 –

- **Hours required** – 300 hours of clinical experience
- **Who uses this pathway?** Students admitted to the **PSU Pathway 2 program** or any other IBLCE Pathway 2 program would obtain their clinical experience through that academic training program. Pathway 2 programs are required to provide a variety of clinical experiences for their students under IBCLC supervision.
- The **PSU Pathway 2 Program** is a limited entry program, and students must apply and be accepted. Students can apply when they have completed the IBLCE Health Science Education requirements and the Lactation Education 1, 2, 3 courses. Students in the PSU Pathway 2 program will need to complete Lactation Practicum 1, 2, 3 and Lactation Seminar 1, 2, 3 to meet the clinical hours requirement.
- **What supervision is required?** Pathway 2 clinical experience programs must be overseen by recertified IBCLCs (IBCLCs who have been certified for more than 5 years), and all preceptors who provide direct supervision must be IBCLCs.

### 3) Pathway 3 -

- **Hours required** – 500 hours of clinical experience
- **Who uses this pathway?** Students who can make a mentorship agreement with an IBCLC mentor to provide supervision and clinical experience. The student and IBCLC mentor must complete a mentorship contract and have it approved by IBLCE before any clinical experience begins. Many mentor IBCLCs will require payment of some form for the contracted clinical experience hours. PSU does not provide mentor IBCLCs for Pathway 3.
- **What supervision is required?** The IBCLC mentor provides direct supervision for the student.

## **Step 1: Determine your pathway**

**Do you meet the IBLCE definition of a Recognized Health Professional:**

- Dentist
- Pharmacist
- Dietician
- Physical Therapist or Physiotherapist
- Midwife
- Physician or Medical Doctor
- Nurse
- Speech Pathologist or Therapist
- Occupational Therapist

**OR are you a Recognized Mother Support Counselor?**

The term “mother support counsellor” is used by IBLCE to identify individuals who obtain their lactation care experience in one of the following ways:

- Volunteer, accredited mother-to-mother breastfeeding support counsellors such as La Leche League Leaders and Australian Breastfeeding Association Counsellors
- Paid or volunteer mother support counsellors who work within a health care delivery organisation such as a hospital, birth centre or community clinic

To review a list of Recognized Mother Support Organizations, [click here](#).

**IF you answered YES to the above, you are eligible to be a Pathway 1 lactation student. You must be able to demonstrate 1000 hours of lactation specific clinical experience within 5 years of applying to the IBLCE exam.** Click [here](#) to calculate your hours.

**First: Write in name of health care profession or mother support counselor organization here:**

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**Second: Have you completed 90hrs of lactation education within 5 years of applying for the IBCLC exam? \_\_\_\_\_**

**Yes: you may apply for the exam when you have met the 1000hr practicum hours through your organization.**

**No: Register for Lactation Education 1, 2, and 3. \*\*Recognized Health Professionals will need to provide documentation of their credential such as a hard copy of license, registration, etc. or credentialing organization where credential can be confirmed in order to register for classes.**

**If you answered NO to the above, you have the option of Pathway 2 or 3.**

**Pathways 2 and 3:**

All students who are not IBCLC recognized health professionals should complete the Health Science Education and Continuing Education courses prior to obtaining Lactation Education and Practicum experience. Education and practicum experience must be completed within 5 years of applying for the IBLCE exam.

Use the [worksheet](#) below to monitor completion of pre-reqs.

**Pathway 2** students complete all education and practicum experience through an academic institution, such as Portland State University. *Students who are not Recognized Health Professionals must complete all Health Science Education and Continuing Education pre-requisites before registering for Lactation Education courses and/or applying to/completing the Lactation Practicum. An official transcript/documentation is required to demonstrate completion of Health Science and Continuing Education courses.*

Required: 90 hours Lactation Education  
300 hours supervised clinical practicum experience

**Pathway 3** students complete all required education and attain practicum experience by working with a certified IBCLC to mentor and supervise them as they complete 500 hours of practicum experience. Students must arrange for their own mentorship and compensation is determined between student and mentor.

This directly supervised lactation specific clinical practice must be completed within the structure established by a Pathway 3 Plan that has been verified by IBLCE. Click [here for a Pathway 3 Plan Guide](#).

Required: 90 hours of Lactation Education  
500 hours of supervised practicum

*The chart below can be used to monitor completion of course pre-reqs. For a complete list of PSU and PCC courses that fulfill these requirements, please visit the PSU Lactation Education webpage: <http://www.pdx.edu/sch/lactation-education>*

One course of each. Requires passing grade of C or better from an academic institution	Course Requirement Completed Term/Year/ School	Grade Received
Biology		
Human Anatomy and Physiology with labs		
Infant and Child Growth and Development		
Introduction to Clinical Research—may be integrated into another course with a research focus		
Nutrition		
Psychology, Counseling Skills or Communication Skills		
Sociology or Cultural Sensitivity or Cultural Anthropology		
Requires documentation of completion-can be taken concurrently with Lactation Education courses	Course requirement completed Date:	Pass/Fail
Basic Life Support		
Medical terminology		
Medical Documentation		
Occupational Safety and Security for Health Professionals		
Professional Ethics for Health Professionals		
Universal Safety and Infection Control		

## Pathway 2 Students:

**Have you completed the Health Science Education (lactation pre-requisites) and Continuing Education courses?**

**Yes:** You may register for Lactation Education 1, 2, and 3. If not already a PSU student, you must apply to the University first. Click [here](#) for more information.

**No:** Apply to PSU, PCC or other institutions and register for remaining courses needed. [Lactation Education Resources](#) and [Breastfeeding Outlook](#) have continuing education bundle courses that are a time and financially efficient way to complete this requirement.

**Have you completed 90 hours of Lactation Education at another academic institution?**

**Yes:** You may apply for the Lactation Practicum and Seminar Courses through PSU. Official transcripts are required to demonstrate completion of Lactation Education and Health Science courses through an academic institution.

**No:** Complete lactation pre-requisites and Register for Lactation Education 1, 2 and 3

## Pathway 3 Students:

**Have you found a currently certified IBCLC that is able and willing to take you on as an intern?**

**Yes :** Complete the [IBLCE Pathway Plan 3 Guide](#) and have it verified by IBLCE

**No:** Talk with others in the birth and breastfeeding community to identify IBCLC's that may be interested in working with a student.

**Does your mentor feel comfortable with the requirements of precepting a student?** If not, please encourage your mentor to register for our Preceptor Training Course. CERP's possibly available. Have your mentor contact [lactation@pdx.edu](mailto:lactation@pdx.edu) for more information.

After completing this worksheet, please contact [lactation@pdx.edu](mailto:lactation@pdx.edu) with any additional questions. We will do our best to ensure that emails are returned within the week.