

Intern Self Evaluation

Lactation Consultant Skills	Level of Expertise			Describe Your Experience
	Advcd.	Interm.	Basic	
1.0 Education and Advocacy				
1.2 Review nutritional recommendations for lactation, provide written guidelines if necessary, and refer to a nutritionist or supplementary food program if needed.				
1.5 Discuss the effects of medications, recreational drugs, chemicals and home remedies on lactation and infant health (make specific recommendations)				
1.6 Act as an advocate for breastfeeding in the community, work place and within the health care professions.				
1.7 Act as an advocate for the breastfeeding family in the pursuit of optimal health care.				
1.9 Develop the necessary understanding of cultural differences in the community as they relate to breastfeeding				
2.0 Clinical Management of Breastfeeding				
2.1 Consent				
2.1.1 Obtain informed content from mother after identification of need for lactation consultant services is made.				
2.1.2 Obtain mother's permission to conduct assessment				
2.2 History				
2.2.1 Systematically obtain and update history of the mother and infant relative to lactation and breastfeeding, including pregnancy, labor, delivery, previous breastfeeding experiences, current breastfeeding experiences including feeding, elimination and sleep patterns, and current health of mother and baby.				
2.2.2 Identify the possible conditions or problems based on history and assessment				
2.2.3 Evaluate the emotional status of the mother and the elements of her support system. Refer when indicated.				
2.3 Assessment/Examination				
2.3.1 Wash hands prior to examining mother or baby and maintain high standards of hygiene				
2.3.2 Examine the mother's breasts				
2.3.2.1 Nipple protractility and breast elasticity				
2.3.2.2 Lumps, breast obstructions, inflammation, edema, engorgement, scars, abnormal anatomy.				
2.3.2.3 Alterations breast & nipple skin integrity				
2.3.2.4 Breast, nipple and areola size, appearance and symmetry.				
2.3.3 Examine and/or observe the infant during non-feeding times for:				
2.3.3.1 Level of alertness				
2.3.3.2 Level of irritability				
2.3.3.3 Body alignment and symmetry				
2.3.3.4 Muscle tone & activity, body & mouth				
2.3.3.5 Facial features and oral anatomy				
2.3.3.6 Weight, weight for length ratio; length, head, and chest circumference, and growth pattern since birth				
2.3.3.7 Hydration status				
2.3.3.8 Age appropriate reflexes and other developmental milestones				
2.3.4 Observe mother and infant during a feeding				
2.3.4.1 Observe body position of mother and baby				
2.3.4.2 Assess milk transfer				

2.3.4.3 Observe and assess milk intake, noting: Successful and proper attachment to breast, Breathing pattern at breast, Suckling pattern, Swallowing of milk				
2.4 Analysis				
2.4.1 Formulate and communicate a complete list of concerns, conditions, and/or problems and verify with the mother				
2.4.2 Provide information to enable the mother to make decisions & to assume responsibility for her own health & her infant's health and feeding plan				
2.4.3 Initiate crisis intervention management when indicated				
2.5 Recommendations				
2.5.1 Use accepted counseling techniques and communication skills with mothers and support persons				
2.5.2 Identify the need for consultation and referral to appropriate members of the health care team or community support resources.				
2.5.3 Develop with the mother a comprehensive feeding and care plan based on the history and assessment				
2.5.4 Evaluate with the mother possible goals and modify plans of care as needed.				
2.5.5 Provide written instructions to the mother				
2.6 Reporting and follow-up				
2.6.1 Keep accurate and complete records on findings and care provided for mother and baby				
2.6.2 Regularly confer with and report progress, plans, and evaluations to all primary health workers caring for the mother and baby.				
2.6.3 Provide follow-up plans for each client contact.				
3.0 Technical Knowledge				
3.1 Demonstrate usual and special positioning techniques for mother and baby				
3.2 Select and explain assistance techniques based on history and assessment of the situation.				
3.2.1 Increase or decrease infant intake.				
3.2.2 Manual (hand) milk expression				
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3.2.4 Safe and effective collection and storage of breastmilk				
3.2.5 Alternate massage				
3.2.6 Maternal diet modifications relative to sufficient intake, maternal or infant food intolerance, maternal or infant food allergies and their effect on the infant lactation.				
3.2.7 Finger-feeding with tubing, syringe, dropper				
3.3 Discuss the risk and benefits of the use of the following items:				
3.3.1 Breast pads				
3.3.2 Nipple creams and oils				
3.3.3 Nipple shields				
3.3.4 Nursing bras				
3.3.5 Slings and carries				
3.3.6 Nursing pillows				
3.3.7 Special clothing				
3.3.8 Pacifiers				
3.3.9 Mothers own milk, donors breastmilk and breastmilk substitutes.				
3.4 Select and explain equipment based on history and assessment of the situation.				
3.4.1 Breast pumps				
3.4.2 Breast shells				
3.4.3 Devices for dimpled nipples				
3.4.4 Alternative feeding devices				
3.4.4.1 feeding tube devices				
3.4.4.2 cups				
3.4.4.3 bottles with artificial nipples/teats				
3.4.4.4 droppers				

3.4.4.5 syringes				
3.4.4.6 spoons				
3.4.4.7 bowls				
4.0 Special Knowledge and assistance				
4.1 Develop special plans for the continuation of breastfeeding if any of the following conditions are present in the infant. Assist the mother in implementing those plans.				
4.1.1 Hyperbilirubinemia				
4.1.2 Problems with attachment (latch-on)				
4.1.3 Dysfunctional, disorganized or weak suck				
4.1.4 "Nipple confusion" and nipple preference				
4.1.5 Breast preference				
4.1.6 Prematurity				
4.1.7 Postmaturity				
4.1.8 Temporary mother-baby separation				
4.1.9 Low birth weight				
4.1.10 Down Syndrome				
4.1.11 Developmental disability				
4.1.12 Physical challenges				
4.1.13 Neurological impairment				
4.1.14 Insufficient weight gain				
4.1.15 Cleft lip, cleft palate, and other orafacial abnormalities				
4.1.16 Digestive and metabolic disorders				
4.1.17 Infectious and contagious diseases				
4.1.18 Gastroenteritis				
4.1.19 Other illness/conditions that may adversely affect BF				
4.2 Develop special plans for the continuation of breastfeeding if any of the following conditions are present in the mother. Assist the mother in implementing those plans				
4.2.1 Breast engorgement				
4.2.2 Nipple problems and anomalies				
4.2.3 Breast pain				
4.2.4 Milk ejection problems				
4.2.5 Obstructed milk duct				
4.2.6 Infections and non-infectious mastitis				
4.2.7 Breast abscess				
4.2.8 Cystic breast disease				
4.2.9 Variations in milk supply				
4.2.10 Breast surgery				
4.2.11 Cesarean birth				
4.2.12 Induced lactation and relactation				
4.2.13 Endocrine disorders				
4.2.14 Enzyme deficiencies & metabolic disorders				
4.2.15 Seizure disorders				
4.2.16 Affective disorders				
4.2.17 Physical challenges				
4.2.18 Adolescence				
4.2.19 Infectious and contagious diseases				
4.2.20 Acute or chronic medication				
4.2.21 Recreational drug use				
4.2.22 Other illness/conditions that may adversely affect BF				
4.3 Develop and assist the mother in the implementation of special plans for the following situation:				
4.3.1 Separation from infant				
4.3.2 Working and Breastfeeding				
4.3.3 Relinquishing the infant for adoption				
4.3.4 Death of the infant				
5.0 Professional Responsibilities & Activities				

5.1 Identify the need for consultation and collaboration with other members of the health care team. Make referrals to:				
5.1.1 Peer or lay support groups				
5.1.2 Other LC with specific expertise				
5.1.3 Physician, nurse practitioner, midwife, specialist, physical therapist, occupational therapist or other health care specialist				
5.2 Coordinate services with other health care workers				
5.2.1 Consult and confer with other lactation consultants as needed				
5.2.2 Inform client of consultations with other resources				
5.3 Make provisions for coverage outside of normal practice hours.				
5.4 Pursue continuing education relevant to lactation consultant practice, including reading current professional journals, participation in workshops, seminars, in-service programs, conferences, accredited courses.				
5.4.1 Present evidence of maintaining and expanding knowledge and skills through participation in any other professional development activities				
5.5 Support the development of relevant education and certification process for the lactation consultant profession				
5.6 Assess equipment safety and effectiveness				
5.7 Observe guidelines for health workers in the International Code of Marketing Breastmilk Substitutes.				
5.8 Maintain professional credibility through membership in appropriate professional organizations				
5.9 Initiate, participate in, & report on research in the field of human lactation as opportunities arise				
5.10 Act as a resource to peer support groups				
5.11 Create peer support groups as indicated				
5.12 Create & staff BF hotline as needed				
5.13 Rent or sell breastfeeding equipment as desired				
5.14 When advertising the lactation consultant practice in any media, use the following guidelines, whether through telephone directory, periodicals, displays, newspapers, radio, television, written communications or other media:				
5.14.1 Reflect support of the International Code of Marketing Breastmilk Substitutes in all advertising.				
5.14.2 Make no advertising claim which cannot be met in full without further qualifications; provide accurate information regarding services and products.				
5.14.3 Advertise in a manner which conforms to generally accepted standards of good taste; avoid practices, words and illustrations that may be offensive				
5.14.4 Retain copy or recording of advertisement				
6.0 Business Practices/Legal Considerations				
6.1 Maintain patient confidentiality				
6.2 Charge reasonable fees for services rendered, as determined by local community norms for comparable health care				
6.3 Make a clear statement to the mother regarding fees and billing prior to providing services				
6.4 Obtain written release when photographing a mother and/or baby				
6.5 Carry appropriate insurance coverage				
6.6 Follow local laws and codes				
6.7 Maintain patient records for an appropriate time period.				

Comments: