

## WHAT IS AN INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT, IBCLC?

An IBCLC is a healthcare professional specializing in the clinical management of breastfeeding and human lactation. IBCLCs are certified by the International Board of Lactation Consultant Examiners, IBLCE. IBCLCs in Denmark follow the recommendations from The Danish Board of Health of Breastfeeding and Human lactation. IBCLC are updated on evidence based recommendations.

IBCLCs works in a variety of healthcare settings, including hospitals, general practitioners offices, municipalities health care services, and private practice, where care are provided in your home or the consultant's office. An IBCLC is providing leadership, advocacy, professional development, and research in the lactation field.

## WHY A FAMILY MIGHT NEED AN IBCLC

A board-certified lactation consultant is an invaluable asset to breastfeeding families, reassuring you when breastfeeding and lactation are going well, and by providing information and support to help prevent and manage common concerns. IBCLCs assists with:

- Prenatal counseling about the factors that may affect breastfeeding and lactation
- Basic position and latch of the infant
- Information about practices that promote successful breastfeeding and lactation
- Preventing and managing common concerns such as poor latch, inadequate milk transfer or supply, nipple or breast pain, and calming a fussy baby
- Milk expression and storage for parents who must be separated from their babies
- Strategies for breastfeeding and lactation after returning to work
- Breastfeeding and lactation in challenging situations, such as feeding twins or triplets, a premature or sick infant, or infants in special medical situations.

## WHAT IS THE IMPACT OF THE IBCLC ON GLOBAL HEALTH?

- **IBCLCs improve breastfeeding outcomes.** IBCLCs have a unique body of knowledge and skill to provide breastfeeding and lactation care in routine and high-risk situations. The availability of IBCLCs increases breastfeeding rates, which, in turn, improves the health outcomes of the community, nation, and the world.
- **IBCLCs lower health costs.** Formula feeding increases adverse health outcomes, difficult hospital re-admissions, hospital lengths of stay, and lost days at work by parents due to sick children. The increased number of infants that are breastfed because of the availability of IBCLCs lowers these formula-related healthcare costs.
- **IBCLCs improve consumer satisfaction.** By helping breastfeeding families to achieve their lactation goals, IBCLCs improve the care of parents and infants. Consequently, consumer satisfaction with the healthcare team increases.
- **IBCLCs improve an institution's image.** Improvement of consumer satisfaction enhances any institution's competitive image. The availability of an IBCLC improves an institution's image as a breastfeeding-friendly entity. This can increase the institution's consumer base and can be particularly helpful in meeting accreditation and quality measurement standards.

- **IBCLCs improve consumer trust.** IBCLCs are knowledgeable and ethical professionals who are bound by a code of professional conduct, scope of practice, and standards of practice. The certification is a privilege and revocable for cause. Thus, families and communities trust IBCLCs.
- **IBCLCs improve breastfeeding programs and policies.** The clinical practice experience and empirical knowledge of IBCLCs give insight into lactation program development. IBCLCs are instrumental in policy and program development discussions on any issues that affect breastfeeding families and communities.

(Ref: IBLCE, ILCA)

## **DISCLAIMER**

**DACL**C's list "IBCLCs in DK" is to show how widespread the IBCLCs are in Denmark. They are either employed in one of the above listed settings or private practicing. They are members of **DACL**C. All entries are verified as holding a current IBCLC credential.

**Fee:** IBCLCs are members of the allied healthcare profession, so it is appropriate for them to charge for the time they spend in a lactation consultation. The fees may be covered by your health insurance or health ministry program, but you will have to ask your IBCLC. **DACL**C does not set fees, nor engage in any dispute resolution involving individual families and lactation consultants. **DACL**C does not endorse the services or products of any individual IBCLC.

If you are an IBCLC, but not a member, join **DACL**C today!