

Audio Recordings Included in the Audio Lactation Exam Review

Below is a list of the audio recordings included in the Audio Lactation Exam Review Program. This program also includes 10 video webcasts covering topics like Environmental Toxins, Infectious Diseases, HIV, Nutrition, and Research.

Anatomy & Physiology

- Skull: Cranial & Facial bones, sutures, fontanelles
- Brain, cranial nerves, special senses, primitive reflexes & reflexes
- Oral structures, Part I: Lips, frenulum, etc.
- Oral structures, Part II
- Digestion, GI Tract, Gut Hormones
- GI Environment, pH, and gut bacteria
- Endocrine, Hormones: Oxytocin & Prolactin
- Structure of the Mammary gland, normal
- Structure of the mammary gland: variations
- Milk Production and Ejection: Parameters and Variations
- Breast and Nipple Surgery
- Fertility, LAM, Induced/Relactation

Nutrition

- Nutrition: Cultural Aspects of Food
- Nutritional Needs Pregnancy and BF Macronutrients
- Early Human Nutritional Needs: Fetus to 6 Months
- Early Human Nutritional Needs: > 6 Months
- Nutrient Deficiencies Part I Mother
- Nutrient Deficiencies Part II Child
- Biochemistry of Human Milk Part 1: Colostrum, PT milk water, etc.
- Biochemistry of Human Milk Part II: (after lactoferrin)
- Biochemistry of Human Milk: Protective Value
- Biochemistry of Human Milk, wrap-up

Immunology & Infectious Disease

- Allergens, Allergies; general concepts
- Cow's Milk Protein Allergy (CMP) & Nipple Vasospasm

Pathology

- Overview
- Traumatic Birth
- Hypoglycemia & Hyperbilirubinemia
- Multiple gestation & Pre-term birth
- Breast and Nipple Pathology: Sore nipples, engorgement
- Breast and Nipple Pathology: Plugged ducts, mastitis
- Breast and Nipple Pathology: Abscess, other lesions

Mother/Child Physical and Neurological Disabilities (spinal injury myasthenia gravis)
Down Syndrome, Cardiac Defects
Cleft Lip/Palate, Ankyloglossia
Congenital Metabolic Conditions (Errors of Metabolism, PKU, MSUD, etc.)
AFASS Criteria and Medically Acceptable Reasons

Pharmacology

Overview
IBCLC's role and Counseling related to Drugs
Pharmacodynamics of Specific Drugs
Drugs to know: Social and Illicit
Drugs: Marie's Favorite Good, Bad Ugly for the Exam

Psych/Soc/Anthro

Open, Closed Ended questions
Adolescents
Grief, Loss of the Perfect Baby
PPD, Domestic Violence
Counseling related to sleep issues
Issues for the Employed Mother

Growth & Development

Physical Cognitive Developmental Milestones Part I (2 to 6 months)
Physical Cognitive Developmental Milestones Part II (9-18 months)
Physical Cognitive Development Milestones Part III (2 to 3 years)
Failure to thrive, slow to gain
Major Psychological Developmental Theories
Weaning

Ethical & Legal Issues

Ethics & Legal Issues

Equipment & Technology

Overview
Breast & Nipple Devices: General
Breast & Nipple Devices: Pumps & Related Paraphernalia
Alternative Feeding Devices: Bottles, Nipples, Pacifiers
Handling & Treatment of Human Milk

Techniques

Latch
Hand Expression
Milk Collection Storage Transportation, Thawing
Techniques to Determine Adequacy of Milk Transfer

Public Health

Innocenti Declaration; Global Strategy, Bellagio Consensus
International Code of Marketing
Environmental Toxins
Baby-Friendly Hospital Initiative