



The Certified Breastfeeding Counselor Examination is a national competency based examination that provides a valid and reliable assessment of the entry-level clinical knowledge and skills of nurses in the lactation management specialty after initial nurse licensure. The eligibility requirements to take the certification examination include holding a currently active nurse license in the U.S. and at least one year of working with lactating women or have taken a training on lactation management. Once you successfully pass the certification examination, you are awarded the credential: CBC. This credential is valid for 3 years. You can continue to use this credential by meeting the renewal requirements in place at the time of your certification renewal.

This Test Content Outline identifies the areas included on the Certified Breastfeeding Counselor (CBC) examination. The percentage and number of questions in each of the major categories of the examination are also shown.

Category	Domains of Practice	# of Questions	Percent
I	Knowledge and Skills in Assessment and Diagnosis	33	44.00%
II.	Knowledge of Symptom Management and Treatment Modalities	31	41.33%
III.	Professional Role	11	14.67%
	Total	75	100%

Certified Breastfeeding Counselor (CBC) Examination Content Outline Effective: January 2, 2015

I. Knowledge and Skills in Assessment and Diagnosis - 44%

A. Anatomy and Physiology of the Breast

1. Maternal breast development
2. Anatomy of the lactating breast
 - a. Hormonal influence
 - b. Anomalies of the breast (e.g. tail of spence, accessory breast/nipple tissue, flat and inverted nipples, abnormally shaped breasts, non-functioning breast)
 - c. Active let-down
3. Breast milk composition
4. Impact of breast surgery on lactation

B. Assessment of:

1. Effective milk transfer
2. Feeding patterns
3. First hour
4. Infant stooling and voiding
5. Latching
6. Milk expression
7. Nutritional needs of the nursing dyad
8. Positioning
9. Skin-to-skin

C. Additional Considerations

1. Multiples
2. Prematurity
3. Relactation
4. Weaning

II. Knowledge of Symptom Management and Treatment Modalities - Pathophysiology, Prevention, Education and Management - 41 .33%

A. Maternal Pathology

1. Nipple pain and trauma
2. Nipple and breast conditions
 - a. Abscess
 - b. Candidiasis
 - c. Mastitis
3. Low milk supply

B. Infant Pathology

1. Ankyloglossia
2. Cleft lip/palate
3. Hyberbilirubinemia
4. Neurologic disabilities

C. Pharmacology

1. Alcohol and tobacco
2. Contraception
3. Drug abuse
4. Galactogogues
5. Herbs
6. Medication (prescription, OTC)
 - a. Guidelines for use
 - b. Resources

D. Lactation Aids

1. Breast pumps
 - a. Types
 - b. Milk storage
 - c. Milk banks
2. Nipple devices
3. Feeding devices (e.g. cup, spoon, finger feeding, supplementer)

III. Professional Role - 14.67%

A. Supporting Lactation

1. Standards of nursing practice
2. Professional practice guideline (AWHONN)
3. Baby Friendly Hospital Initiative
 - a. Ten steps to successful breastfeeding as outlined WHO and UNICEF
 - b. Marketing code
4. Maternal support network
5. Cultural competency

The CBC exam content outline is an essential tool as you study. It describes the subject areas covered by the examination and the number of questions per category. Questions will not simply include knowledge recall. This exam tests your ability to apply knowledge and use critical thinking skills to determine one best answer among answer choices. PCE also provides a list of suggested references to consider in your preparation. While it is not all-inclusive, it may act as a guide leading up to the examination.

Suggested References

- * Cadwell, K. & Turner-Maffei, C. (2013). *Pocket guide for lactation management, (2nd ed.)*. Sudbury, MA: Jones and Bartlett Publishers.
- * ILCA. (2013). *Core curriculum for lactation consultant practice*. Sudbury, MA: Jones and Bartlett Publishers.
- * Lawrence, R., (2015). *Breastfeeding: A Guide for the Medical Professional, (8th ed.)*. Philadelphia, PA: Saunders.
- * Spencer, B. & Wambach, K. (2019). *Breastfeeding and human lactation, (6th ed.)*. Sudbury, MA: Jones and Bartlett Publishers.
- * Smith, L. (2016). *Comprehensive lactation consultant exam review, (4th. ed.)*. Sudbury, MA: Jones and Bartlett Publishers.
- * Walker, M. (2014). *Breastfeeding management for the clinician: using the evidence, (2nd ed.)*. Sudbury, MA: Jones and Bartlett Publishers.

A number of authoritative texts, such as those listed, are used to develop this certification examination. The list is provided to help you prepare for the examination and is not intended to be all-inclusive. In the event that the publisher issues a new edition, the information is based on the most current edition.