

Self-Certification of CERPs

(Continuing Recognition Education Points)

According to the IBCLC Commission's Individual CERPs Guide - <https://ibclc-commission.org/ibclc-information/individual-cerps-guide/> **Section B II. Purpose of Requesting Individual CERPs.** When recertifying an IBCLC may submit educational activities undertaken by themselves that have not already been recognised for IBCLC Commissions' CERPs. Activities undertaken that can earn CERPs include education, publications, clinical observation, volunteer service and Pathway 3 mentorship.

❖ Education

To be considered eligible for CERPs the educational subjects **MUST** be found on the IBCLC Detailed Content Outline (DCO) - <https://ibclc-commission.org/ibclc-information/detailed-content-outline/> The education is to fall within one of three categories: Lactation, Ethics or Related with one CERP representing 60 minutes (1 hour) of education.

L-CERPS = Lactation

E-CERPs = Ethics

R-CERPs = Related

See the LCGB 'IBCLCs Recertify Every Five Years' document to link the DCO content to the CERPs.

❖ Publications

These human lactation/breastfeeding specific publications may be counted for CERPs. **No other topics will be considered.** Detailed information can be found in the Individual CERPs Guide –

<https://ibclc-commission.org/ibclc-information/individual-cerps-guide/>

- Primary or co-author of article, abstract, chapter in a peer reviewed publication = 15 L-CERPs
- Completion of Masters thesis/Doctoral dissertation within a completed degree programme = 75 L-CERPs
- Creation of poster or video for health professionals = 5 L-CERPs
- Author or co-author of an original finalised hospital protocol or policy = 5 L-CERPs

❖ Volunteer Service

This leadership experience is important and will be recognised with CERPs. For each full year of volunteer service (within the 5 year recertification cycle) on the board of a non-governmental organisation that promotes and/or supports breastfeeding, grants 2 L- CERPs. Maximum of 10 L-CERPs in a 5 year recertification cycle. Documentation for volunteer service is required from the organisation.

Effective January 1, 2026: clinical support for lactating families in local, regional, national, or international emergency situations is now recognised for L-CERPs. For each 10 hours of service grants 1 L-CERP. Maximum of 2 L-CERPs per year in a 5 year recertification cycle. Documentation for each service situation is required from the lead organisation (i.e. FEMA, Red Cross, Red Crescent, local government).

❖ Clinical Observation

Time spent observing, a currently certified IBCLC, who has recertified at least once grants CERPs. 1 L-CERP per 120 minutes of observation time.

❖ Pathway 3 Mentorship

IBCLCs who serve as mentors for verified Pathway 3 Plans may receive CERPs for their service. Detailed information can be found in the Pathway 3 Plan Guide –

<https://ibclc-commission.org/ibclc-information/pathway-3-plan-guide/>

This document aims to clarify the process but should only be considered as a guide

Basic Life Support (BLS) Education

Whether recertifying by exam or CERPs all IBCLCs are required to: hold certification of instructed BLS education in one or more of the following courses every 5-year period

- Cardio-Pulmonary Resuscitation (CPR)
- Neonatal Resuscitation Program (NRP)
- Paediatric Advanced Life Support (PALS)
- Advanced Cardiac Life Support (ACLS)
- Sugar & safe care, Temperature, Airway, Blood pressure, Lab work, Emotional support (S.T.A.B.L.E)
- Newborn Life support (NLS)
- European Paediatric Advanced Life Support (EPALS)

When completing **one or more** of these certified courses, each course grants 3 R-CERPs. Maximum of 6 R-CERPs per 5 year recertification period. IBCLCs who instruct any one of these courses will receive 6 R-CERPs for teaching the course <https://ibclc-commission.org/ibclc-information/recertification-guide/>

Some educational activities will NOT be recognised for CERPs

Topics **not** included on the DCO:

- Computer skills, Business management
- Bra fitting (unless specifically related to lactation)
- Motivational sessions
- Instructional programmes on complementary therapies, Specialised health care skills (e.g. foetal monitoring)

Other education that will NOT be recognised:

- Clinical work as a lactation consultant, antenatal or postnatal classes for mothers
- Private study, including reading journals and watching videos
- Sponsorship from companies whose products fall within the scope of the International Code of Marketing of Breast-milk Substitutes (e.g. infant formula, bottles and teats)

AUDIT REQUIREMENTS

ALWAYS be prepared to be called for audit! Plan ahead each 5 year recertification cycle

When called for audit you only have 10 business days to provide the required evidence

See detailed information - Section IV Audit Requirements of the Individual CERPs Guide

<https://ibclc-commission.org/ibclc-information/individual-cerps-guide/>

Examples of documentation required to verify completion of education:

- Course/event - programme, brochure or syllabus, table of contents, duration time, for each event. Organiser, college/university's description of learning with pass grade achieved
- Article/abstract or chapter - copy, publication name & date, authorship, URL etc
- Poster, document - bibliography and confirmation of acceptance
- Clinical observation/mentorship - verified by IBCLC (name, certification L-number and signature)

Become a member of LCGB

membership@lcgb.org

