



General Knowledge Areas for the Certification Examination

- Adjunct breastfeeding assistance (e.g., pump, supplementation)
- Adverse Breastfeeding and Lactation (BFL) reactions (e.g., medications, procedures)
- Antenatal BFL care
- Antenatal BFL risk factors
- Bereavement/Grief in BFL context
- BFL care of premature infants
- BFL in emergency situations (e.g., natural disasters, war)
- BFL laws/policies (e.g., local, national)
- BFL positions (e.g., ergonomics, instinctive)
- BFL supportive measures (e.g., antepartum, intrapartum, postpartum)
- BFL techniques
- Breast dermatology
- Breast infections
- Breast lymphatic drainage
- Breast masses
- Breast pain
- Breast pathology
- Breast surgical procedures (e.g., biopsy, piercing, reduction)
- Charting for the BFL family
- Community BFL resources
- Continuum of BFL care
- Cow's milk protein intolerance/allergy
- Delayed secretory activation
- Differential diagnosis of insufficient milk production
- Differential diagnosis of milk transfer issues at breast
- D-MER (Dysfunctional Milk Ejection Reflex)
- Early postpartum care guidelines (e.g., Academy of Breastfeeding Medicine, Baby Friendly Health Initiative)
- Emerging lactation topics
- Engorgement
- Environmental exposures in BFL context
- Exclusively pumping parents
- Fertility issues within BFL context
- Galactagogue use
- General milk volumes & intervals (e.g., per age and weight of infant/child)
- Health screening in BFL (e.g., cancer screening)

Provided by the North American Board of Breastfeeding and Lactation Medicine as guidance for topics that may be covered by the certification exam and are considered integral knowledge for a Breastfeeding and Lactation Medicine physician. For more information please visit our website at www.nabblm.org

- Human Milk Banking
- Human milk storage
- Hyperlactation
- Impact of interruption of normal maternal/infant transition after birth
- Impact of gestational age on lactation
- Impact of maternal/infant care interventions on mental health (e.g., short- and long-term)
- Infant anatomy related to BFL
- Infant feeding behaviors related to BFL
- Infant growth metrics
- Infant medical conditions impacting BFL (e.g., hypoglycemia, jaundice)
- Infant oral anatomy (e.g., ankyloglossia)

- Integration of maternal medical issues and lactation (e.g., gestational diabetes, diabetes, thyroid)
- Mammary gland anatomy
- Mammary gland physiology
- Mastitis spectrum care
- Maternal mood disorders
- Microbiome in BFL (e.g., infant gut, milk)
- Milk cultures (e.g., collection, evaluation)
- Milk production concerns (e.g., high, low, perceived)
- Milk sharing (e.g., formal, informal)
- Nipple Areolar Complex (NAC) pain
- Newborn care in BFL context
- Non-pharmacological comfort measures in BFL context
- Perioperative care of BFL families
- Peripartum practices impact on BFL
- Pharmacological impact in BFL
- Perinatal mood and anxiety disorders and BFL
- Post-surgery needs of BFL patients
- Psychosocial barriers to BFL
- Pump management (e.g., cleaning, fitting, use)
- Radiology in BFL
- Risk factors for BFL difficulties
- Risks of formula (e.g., to infant, to lactating parent)
- Risks associated with not breastfeeding
- Special considerations in BFL (e.g., congenital metabolic disorders, infections, substance use disorder)
- Special properties of human milk
- Supplementation options (e.g., donor human milk, formula)
- Therapeutic ultrasound in BFL
- Trauma informed care in BFL context
- Wound care in BFL