

NABBLM

NORTH AMERICAN BOARD OF
BREASTFEEDING & LACTATION MEDICINE



Maintenance of Certification (MOC) Program Manual

(Diplomates Booklet)

Updated June 2026

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About NABBLM

Founded in 2024, The North American Board of Breastfeeding & Lactation Medicine (NABBLM) establishes and maintains standards for certification in Breastfeeding and Lactation Medicine (BFLM) to advance excellence in patient care across all medical disciplines.

NABBLM is a 501 (c) (3) organization governed by a volunteer Board of Directors. Committees of the Board: 1. produce the certification exam, 2. manage the Maintenance of Certification (MOC) program, 3. define the requirements for educational programs and applicants, and 4. oversee the applicant review processes and accreditation of educational programs.

NABBLM envisions breastfeeding and lactation medicine as a growing physician specialty with robust training and career pathways yielding greater access to high-quality, collaborative, evidence-based care to all families.

Maintenance of Certification (MOC) Program Manual

(Diplomates Booklet)

Maintenance of Certification (MOC) Program Description

(Revised May 2026)

Overview

NABBLM's Maintenance of Certification program supports the mission of NABBLM by ensuring that diplomates remain current in evidence-based continuing education in Breastfeeding and Lactation Medicine (BFLM). Initial certification is valid for five years; diplomates remain certified and in good standing by actively participating in the Maintenance of Certification (MOC) program.

To maintain board certification, diplomates must participate in the Maintenance of Certification (MOC) program, which begins January 1 of the year following initial board certification. MOC is a continuous program of 5-year cycles, designed to promote longitudinal learning and ensure that diplomates remain current with advances in the field of Breastfeeding and Lactation Medicine (BFLM).

Diplomates are expected to complete MOC activities each year. Annual MOC participation is designed to be clinically relevant, accessible, and cost-effective. Diplomates who do not complete required MOC activities in any given year will be subject to a late fee. All requirements for the year(s) missed must be completed prior to beginning the current year's MOC activities.

Diplomates who do not participate in the MOC program or meet its requirements will enter a period of remediation, in accordance with NABBLM policy, and may ultimately lose board certification if requirements remain unmet. A diplomate whose board certification has expired and who wishes to reinstate certification must reapply through a Pathway program and successfully retake the NABBLM certification exam. This process is more time-intensive and costly, and is not intended to serve as a routine pathway for recertification.

Diplomates with any extenuating circumstances may contact the Board directly. The remediation policy is available on request by emailing admin@nabblm.org.

Requirements

1. Knowledge Assessment

Diplomates must successfully complete six (6) Knowledge Assessments per year. For each, diplomates will be asked to read a relevant peer-reviewed journal article; their comprehension of the article will be evaluated through a

Knowledge Assessment. Knowledge Assessments consist of five (5) multiple choice questions and are untimed and open-book. A passing score is 80% or higher. Credit will not be awarded for a score below 80%. New Knowledge Assessments will be released on an annual basis and will be available through the end of the calendar year in which they were released.

Diplomates must complete a minimum of 24 Knowledge Assessments during the 5-year cycle. Diplomates who successfully complete this minimum requirement in the first four years will enjoy a year off of the Part 1 requirement, although they may participate if they choose to do so. Diplomates who have not successfully completed this minimum requirement in the first four years will be able to complete it in the fifth year.

2. Continuing Medical Education Activities

During each 5-year cycle, diplomates must obtain 30 CME or CME-equivalent credits directly related to BFLM. Diplomates should claim only the credit commensurate with the extent of their participation in the activity.

MOC credits for conferences, coursework, lectures, or journal clubs will be awarded for content that is taught at a physician level. Education from non-BFLM focused databases such as from Up-to-Date or Medscape are not acceptable, even when CME is awarded. Diplomates must provide proof of credit with one of the following methods, in order of most preferred to least preferred: CME credit certificate, certificate of participation/attendance, other proof of attendance such as a confirmation email or sign-in sheet. You may submit composite documentation for CME activities offered by a single organization (e.g. a lecture series with multiple lecture credits shown on a single transcript). Registration confirmations are insufficient proof of attendance.

In accordance with American Medical Association guidelines, CME-equivalent credits will be awarded for the following activities, if directly related to BFLM, as follows:

- Teaching a course or delivering a lecture: 4 credits per hour of presentation time. Diplomates must provide a copy of the course/lecture description. Credit can only be claimed once per presentation, and the content must be taught at a physician level.
- Poster presentation, first author: 5 credits per poster. Diplomates must provide a copy of the official conference proceeding showing the full abstract. If that is not available, then they must provide a copy of the abstract and proof of presentation, such as an agenda.
- Peer-reviewed publication indexed in PubMed, first author or last author: 10 credits per article. Diplomates must provide a link to the article in Pubmed.
- NABBLM CME-equivalent activities: These include writing exam questions, participating in the peer technical review of exam questions, or creating content for the Maintenance of Certification Program. All of these activities require pre-approval, and are limited to 10 credits over each five-year cycle.

3. Uphold NABBLM's Code of Ethics and Professional Conduct

MOC Fees

The annual fee for MOC is \$200.00. Payment of the annual fee is required prior to accessing Part 1 articles and knowledge assessments. Note that diplomates who begin MOC later than the first year following certification will need to complete all missed requirements, pay all past-due fees, and pay any applicable late fees.