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39	A	B	C	D	E

PRACTICE QUESTIONS

IBCLC Examination

IBSPA

International Board Certified Lactation Consultant - Spanish

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for IBCLC Examination **IBSPA**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **IBSPA**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

During the initial consultation, which approach best supports a mother who plans to breastfeed while returning to work?

- ☐ A Advise her to stop breastfeeding before returning to work
- ☒ B Help her establish a feeding and milk-expression plan that includes maintaining lactation, storing milk safely and planning how milk will be given to the infant
- ☐ C Recommend exclusive pumping without reviewing breastfeeding goals
- ☐ D Tell her that working outside the home makes continued breastfeeding unsafe

ANSWER B

WHY A lactation consultant should collaborate with the mother and family to develop an individualized plan that protects breastfeeding, maintains milk production, addresses safe milk handling and prepares for infant feeding during separation.

QUESTION 2

SINGLE CHOICE

Which assessment finding should the lactation consultant investigate most urgently when evaluating a mother's psychosocial situation?

- ☐ A A preference for breastfeeding on demand
- ☐ B A plan to return to work after maternity leave
- ☒ C Severe sadness, hopelessness or thoughts of harming herself or the infant
- ☐ D A request for information about breast pumps

ANSWER C

WHY Severe depressive symptoms or thoughts of self-harm or harm to the infant require prompt evaluation and appropriate referral. Breastfeeding support alone is not sufficient for this potentially urgent safety concern.

QUESTION 3 SINGLE CHOICE

A term newborn is alert, roots at the breast, opens the mouth widely, draws in a large portion of the areola, and suckles with pauses and audible swallowing. Which conclusion is most appropriate?

- ☐ A The infant has an abnormal suck and needs immediate evaluation
- ☒ B The infant is demonstrating effective breastfeeding behavior
- ☐ C The infant is too sleepy to feed effectively
- ☐ D The infant has an oral anomaly that prevents milk transfer

ANSWER B

WHY Rooting, a wide mouth, a deep latch with much of the areola in the mouth, and audible swallowing are observations consistent with effective breastfeeding behavior. These findings do not by themselves establish poor milk transfer, which is assessed through additional clinical measures.

QUESTION 4 SINGLE CHOICE

Which instruction is most appropriate for a mother asking how to recognize effective milk transfer during breastfeeding?

- ☐ A Count the minutes spent at the breast as the only measure of effective feeding
- ☐ B Wait for the breasts to feel soft before offering the breast
- ☒ C Look for sustained rhythmic suckling with pauses and swallowing, along with signs of adequate infant output and weight gain
- ☐ D Use a breast pump after every feeding to determine whether the infant emptied the breast

ANSWER C

WHY Effective milk transfer is evaluated using a combination of breastfeeding observations and infant outcomes, including audible swallowing, relaxed feeding behavior, appropriate wet diapers and adequate weight gain. Time at the breast alone or routine pumping after feeds does not reliably measure transfer.

QUESTION 5

SINGLE CHOICE

Which finding is most useful for assessing whether an exclusively breastfed newborn is receiving adequate milk?

- ☐ A The number of times the mother changes the infant's clothing
- ☐ B The infant's feeding frequency alone
- ☒ C The infant's weight trajectory together with elimination patterns and clinical assessment of feeding
- ☐ D The mother's perception that her breasts are full before each feed

ANSWER C

WHY Adequacy of intake is assessed through infant weight change, elimination, feeding behavior and clinical examination. Breast fullness and feeding frequency alone are not reliable measures of milk transfer.

QUESTION 6

SINGLE CHOICE

A mother reports nipple pain during feeds. Which observation would most directly indicate that latch should be reevaluated?

- ☐ A The infant's lips are flanged outward and much of the areola is in the mouth
- ☐ B The infant pauses frequently but continues swallowing
- ☐ C The mother feels a brief tugging sensation without pain
- ☒ D The infant repeatedly slips off the breast and compresses the nipple between the gums

ANSWER D

WHY Repeatedly slipping off the breast and compressing the nipple suggests a shallow or unstable latch, which commonly contributes to nipple trauma and ineffective milk transfer. The other findings are more consistent with a comfortable, deep latch and effective suckling.

QUESTION 7

SINGLE CHOICE

A mother with a premature infant is unable to directly breastfeed during the early hospitalization. Which intervention best supports initiation and maintenance of lactation?

- ☐ A Wait until discharge to begin milk expression
- ☒ B Begin hand expression or pumping promptly and provide the expressed milk according to the infant's clinical plan
- ☐ C Limit expression to once daily to prevent breast engorgement
- ☐ D Substitute formula exclusively until the infant can coordinate suckling at the breast

ANSWER B

WHY When direct breastfeeding is not yet possible, prompt and effective milk expression helps establish and maintain lactation, while expressed milk may be provided when clinically appropriate. Delaying expression or withholding breast milk can reduce milk production.

QUESTION 8

SINGLE CHOICE

A breastfeeding mother has a hard, tender, diffuse area of the breast, feels generally unwell and has not yet received a medical evaluation. What is the most appropriate initial action?

- ☐ A Advise immediate cessation of breastfeeding from the affected breast
- ☒ B Recommend frequent effective milk removal and encourage medical assessment, with urgent care for severe or worsening symptoms
- ☐ C Apply a tight breast binder and reduce fluids
- ☐ D Suggest that the infant should not receive breast milk until the fever resolves

ANSWER B

WHY Frequent and effective milk removal is an important component of care for suspected milk stasis or mastitis, and breastfeeding may continue when the mother and infant are clinically able. Because systemic symptoms can indicate infection, medical assessment and urgent evaluation of severe or worsening symptoms are appropriate.

QUESTION 9

SINGLE CHOICE

A mother who plans to return to work at 12 weeks postpartum asks when she should begin expressing and storing milk so that her caregiver can feed the baby while she is away. What is the most appropriate timing recommendation?

- ☐ **A** Begin expressing and storing milk the day before returning to work so the milk is fresh.
- ☒ **B** Begin expressing and storing milk about two weeks before returning to work, practicing with her pump once daily.
- ☐ **C** Begin expressing and storing milk only after the infant is six months old and solid foods have been introduced.
- ☐ **D** Begin expressing and storing milk only when the mother notices a decrease in her milk supply.

ANSWER B

WHY Most working mothers benefit from introducing pumping several days to two weeks before returning to work so they can become comfortable with their pump, build a small stored supply, and identify any equipment or scheduling issues in advance. Waiting until the day before does not allow time to establish an expressed supply, and delaying until six months or until supply drops is unnecessary and unhelpful.