

Lactation Consultant Clinic 國際認證哺乳顧問診所

Out-patient Service 出院後服務

Location: Rm11, 5/F, Block S, QMH
地點：瑪麗醫院 S座5樓11室

General patient charges : Free of charge
一般病人收費：免費

Private patient charges: Ask nursing staff
私家病人收費 向護士查詢

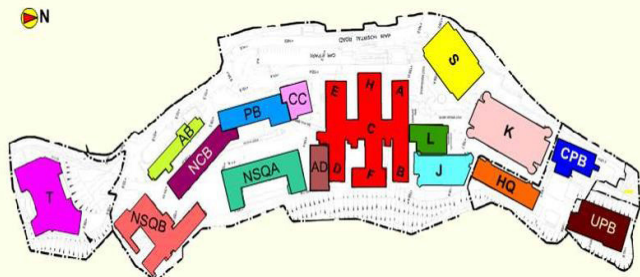
Service hours: Monday to Friday (except public holidays),
14:00 – 17:00
(Appointment by booking)

辦公時間：星期一至五 (假期除外),
下午二時至五時
(敬請預約)

Map 地圖

Queen Mary Hospital, 102 Pok Fu Lam Road, Hong Kong

KEY: Houseman Quarter, Nursing Quarter A, Nursing Quarter B, Cancer Centre, Professional Block, New Clinical Building, Administration Block, Clinical Pathology Building, University Pathology Building, Annex Block D Building, Block L, Block K, Block S, Block J, Block T, Main Block (Wing A, B, C, D, E, F, H)



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Target service groups:

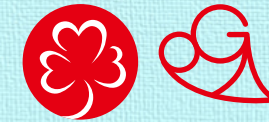
- Mothers who have given birth in Queen Mary Hospital till six months after delivery
- Hospital staff

服務對象:

- 在本院生產太太 - 生產後六個月內
- 本院員工

For booking, please call: 預約請致電

- Breastfeeding hotline: 7306 9687
母乳熱線 (08:00 - 20:00)
- Day center : 2255 5524 (Office hour)
日間中心



QUEEN MARY HOSPITAL
瑪麗醫院

International Board Certified
Lactation Consultant Services
(IBCLC)
國際認證哺乳顧問服務



瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Obstetrics and Gynaecology-53
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Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

Department of Obstetrics & Gynaecology
婦產科

What is IBCLC? 國際認證哺乳顧問是什麼?

International Board Certified Lactation Consultants (IBCLCs) are trained health care professionals in clinical management of breastfeeding and human lactation and are certified by the International Board of Lactation Consultant Examiners (IBLCE)

國際認證哺乳顧問是獲得國際哺乳顧問考試委員會認可及頒發證書之專業護理人員，為母嬰提供母乳餵哺臨床護理及專業輔導。

Roles & Responsibilities 國際認證哺乳顧問工作及角色

Provide education to parents/family and support informed decision for optimal infant feeding.
提供知識及支持父母/家人在知情權下選擇最佳及最合適之嬰兒餵哺方式

Support and enable mothers to meet breastfeeding goals.
支持母親達成母乳餵哺目標

Provide professional assessment, care planning, intervention and evaluation of care in breastfeeding problems.
提供專業判斷、護理計劃、措施及評估以解決嬰兒餵哺問題

Collaborative services with other health care professionals :

- Physiotherapist - USG breast treatment
 - Pharmacist - Drug consultation
- 與其他專職醫療部門合作提供護理服務:
- 物理治療師 - 超聲波乳房治療
 - 藥劑師 - 藥物諮詢

Scope of Service 服務範圍

- Antenatal breastfeeding counselling
產前母乳餵哺諮詢
- Drug counselling
藥物諮詢
- Breast and nipple problems:
乳房和乳頭問題:
 - Blocked ducts / mastitis/
breast abscess
乳腺管閉塞 / 乳腺炎 / 乳房膿腫
- Difficult latch on / sustaining problem
含吮困難
- Breast refusal by infant
嬰兒拒絕授乳
- Infant weight loss management
嬰兒體重增長不理想
- Milk supply issue
乳汁供應問題
- Babies with special needs , e.g.:
需要特別護理的嬰兒，例如:。
 - Tongue-tie management
舌頭繫帶處理
 - Preterm baby
早產嬰兒

Management of Acute Condition 緊急情況處理

哺乳媽媽如遇上乳腺堵塞，甚至出現疼痛性硬塊的乳腺炎症狀，便要找專業的醫護人員或國際認證哺乳顧問(IBCLC)，對症治療。讓母乳餵哺可持續。

媽媽應避免接受非專業人士治療如: 乳房按摩師、催乳師等，或讓其胡亂猛力推搓乳房。這不但可能為媽媽帶來不必要的痛楚及傷害，更有機會引致嚴重的後果如乳房膿腫，延誤治療及招致金錢損失。

If lactating mother encounters symptoms of the blocked ducts or painful lumps with signs of mastitis. She should seek help from qualified health care professional or International Board-certified Lactation Consultants (IBCLC) to tackle the problem as soon as possible. There's always a solution to sustain breastfeeding.

The mother is advised to avoid receiving treatment from non-qualified persons such as breast massagist, or to perform breast massage roughly or push your breast with force. This can not only bring unnecessary painful and traumatic experience to the mother but also cause adverse effects such as breast abscess, delayed treatment and money loss.

