

Lactation Assessment Care Tool Score (LACT Score)

Wessells, A., et al. (2023) J Human Lact

Maternal Factors (5 points)

1. Mother's breastfeeding experience?
 - ☐ 1 Previously successful experience
 - ☐ 0 None or unsuccessful experiences
2. Interventions or birth complications (ex: epidural, induction, narcotics, vacuum or forceps delivery, C-sect)?
 - ☐ 1 No birth interventions/complications
 - ☐ 0 Birth interventions/complications
3. History of depression, PCOS, infertility, DM, GDM, insufficient glandular tissue, breast surgery?
 - ☐ 1 No
 - ☐ 0 One or more
4. Partner/family/friend support available?
 - ☐ 1 Yes
 - ☐ 0 No
5. Maternal nipple irregularities (ex: true inverted or bifurcated nipples)?
 - ☐ 1 No
 - ☐ 0 Yes

Infant Factors (6 points)

1. Infants gestational age at birth?
 - ☐ 1 At least 38 0/7 weeks
 - ☐ 0 32 0/7 – 37 6/7 weeks
2. Infant's birth weight appropriate for GA?
 - ☐ 1 Appropriate for GA (2500-4000g)
 - ☐ 0 LGA or SGA (>4000g or <2500g)
3. Percentage weight loss at hospital discharge?
 - ☐ 1 Loss of less than or equal to 7%
 - ☐ 0 Loss of greater than 7%
4. What is infant's current weight gain pattern?
 - ☐ 1 Gain >20 g/day and maintaining upward curve
 - ☐ 0 Gain of <20 g/d or not maintaining upward curve
5. Number stools last 24 hours?
 - ☐ 1 Three (3) or more
 - ☐ 0 Less than three (3)
6. Infant with anatomical irregularities (ex: torticollis, ankyloglossia, asymmetry face/head/jaw or recessed jaw)?
 - ☐ 1 No
 - ☐ 0 Yes

Lactation Function (5 points)

1. Infant latch *and* skin-to-skin contact made within the first hour after birth?
 - ☐ 1 Yes
 - ☐ 0 No (no points for only one element)
2. Feeding devices used (bottle, nipple shield, syringe)?
 - ☐ 1 No
 - ☐ 0 Yes
3. Is formula supplementation being given?
 - ☐ 1 No
 - ☐ 0 Yes
4. Is pumping needed more than 1x / 24 hours?
 - ☐ 1 No
 - ☐ 0 Yes
5. Maternal nipple, areolar or breast trauma present (ex: pain, swelling, blisters, abrasions, cracking, bleeding, plugged ducts or mastitis)?
 - ☐ 1 No
 - ☐ 0 Yes

Total Score: / 16 points Lower scores indicate elevated risk, refer accordingly

Please select most urgent/acute need:

- ☐ Urgent professional care with a lactation consultant (IBCLC) within 1-2 days
- ☐ Routine professional lactation care (IBCLC) and/or counselor/educator support (CLC, CLE, CBS or equivalent) when available
- ☐ Community support (La Leche League Leader or other breastfeeding support or groups)

Exclusion criteria: VLBW, <32 weeks gestation, multiples, congenital anomalies that affect latch or suck are present - Urgent referral to IBCLC recommended