

## **Genetic Counseling 201: Principles of Genetic Counseling**

### **COURSE GUIDE AY 2021-2022**

#### **Course description**

This is a 3-unit course designed to explore fundamental theories and principles of effective patient/client interviewing in genetic counseling practice. The genetic counseling student is expected to gain an appreciation on the importance of the field of genetic counseling in the provision of clinical medical genetics services. Foundational knowledge and skills on the responsibilities of a genetic counselor as part of the medical genetics team are applied.

#### **Purpose of the course**

The purposes of this course are to:

1. Provide students fundamental skills to serve as genetic counselors such as patient/family contracting, obtaining the family history, risk assessment, and counseling.
2. Prepare students on how to conduct case preparatory work, literature review, elicit/review medical history, and collaborate with the geneticist regarding the management recommendations and appropriate support for the patient/family.
3. Provide students an overview of the specific counseling concerns and various responsibility of genetic counselors in diverse clinical settings.

**Course credit:** 3 units

**Course placement:** 1<sup>st</sup> semester

#### **Course outcomes:**

At the end of the course, the students should be able to:

1. Apply concepts, principles, and approaches in providing effective and client-centered genetic counseling to clients with various clinical indications.
2. Communicate genetic information including inheritance pattern, occurrence/recurrence risks, reproductive and medical management options, and genetic testing information to clients in an effective, culturally competent, and gender-sensitive manner.
3. Facilitate decision-making of clients ensuring that decisions made are aligned with personal and familial values, virtues, and beliefs.
4. Appreciate the role and responsibility of genetic counselors in diverse clinical settings.

**Course schedule:** Friday 1:30 to 4:30 PM

**Course site:** UP Manila Virtual Learning Environment

#### **Course meeting link:**

Join Zoom Meeting

<https://up-edu.zoom.us/j/92718263218>

Meeting ID: 927 1826 3218

Passcode: GenCoun201

**Course requirements**

1. Exams – there will be two long exams – one after each major topic in the course. These are take-home exams but need to be submitted in the VLE on or before the deadline. Each long exam is equivalent to 20% of your grade.
  
2. Assignments- there are three assignments for this course. Each is worth 15%. The assignments are as follows:
  - a. Term paper- each student is required to submit a 6-page academic (term) paper of a genetic counseling topic of their interest. This accounts for 15% of your grade. The paper should be formatted as follows: use either 11-font size Arial or Times New Roman, double-spaced, and with at least 10 published articles as references. Criteria for grading includes clear explanation of why the topic is important in genetic counseling, thorough review of the 10 (minimum) published articles as references, and thoughtful insights on how the chosen topic is significant in the practice and provision of genetic counseling in the Philippine setting. The deadline of the term paper is on **21 December 2021**. Submit your papers through the VLE.
  
  - b. Genetic counseling interview analysis – this entails analyzing a mock genetic counseling interview to highlight basic and advanced counseling skills used. The goals of this assignment are two-fold: (1) it will allow the students to integrate basic skills and approaches learned in this course; and (2) to critically reflect on their own counseling skills and derive ways on how to improve. Two genetic counseling interview analysis papers are required in this course. The first paper is due on **6 November 2021** and the second paper on **21 December 2021**.

Through a role-play scenario, students will either play as a counselor or patient. The student playing the counselor will come up with the interview analysis. The role play may be recorded to facilitate analysis. The analysis paper should include the following:

- Background information about the session
  - o Demographics
  - o Patient presenting concerns/session expectations
  - o Important medical and family history
  - o Genetic counselor’s working conceptualization
- Transcript of the interview/session following the format below:

Counselor Response	Patient Response	Analysis

- Counseling process
  - o Evaluate the counseling relationship the genetic counselor formed.
  - o What roles did the counselor have for this session?
  - o What could the counselor have done differently?

3. Class participation and discussion - both in-class and asynchronous participation through the VLE will be graded. This accounts for 15% of your grade. Class participation through the

VLE will be in the form of blog assignments, participation in forum and chat discussions. Please always check your VLEaccount for announcements on blog assignments, forums, and chat discussions.

**Course faculty:**

Main faculty: Peter James B. Abad, RN, MSc  
Assistant Professor  
[pbabad@up.edu.ph](mailto:pbabad@up.edu.ph)

Guest lecturers: Mercy Y. Laurino, MSc, CGC, PhD  
Director, Cancer Prevention Program  
Seattle Cancer Care Alliance

Ma-am Joy R. Tumalak, MD, MSc  
Genetic Counselor and University Researcher  
Institute of Human Genetics

Gay Luz Talapian, MD, MSc  
Obstetrician-Gynecologist and Genetic Counselor  
St. Luke’s Medical Center

Edbert Jasper M. Jover, RN, MSc  
Genetic Counselor  
Newborn Screening Center – Mindanao

Niecy Grace G. Bautista, RN, MSc  
Genetic Counselor  
Sunshine Care Foundation

**Course schedule:**

Date	Topic/Activity	Learning Activities and Important Deadlines
Sept 24	Course orientation and setting of expectations  What is genetic counseling? History of the profession and contextualizing genetic counseling to Philippine setting.  Models and Theories in Genetic Counseling <ul style="list-style-type: none"> <li>- Reciprocal Engagement Model of Genetic Counseling</li> <li>- Person-centered counseling</li> <li>- Teaching vs counseling approach to genetic counseling</li> </ul>	- Attend the synchronous session via Zoom.  - Read in the VLE the required readings for the topic.  - Participate in synchronous activities via Zoom and answer discussion forum in VLE.

Oct 1	<p>Listening to patients</p> <ul style="list-style-type: none"> <li>- Attending skills</li> <li>- Primary empathy skills</li> </ul> <p>Gathering information: asking questions</p>	<ul style="list-style-type: none"> <li>- Attend the synchronous session via Zoom.</li> <li>- Read in the VLE the required readings for the topic.</li> <li>- Participate in synchronous activities via Zoom and answer discussion forum in VLE.</li> </ul>
Oct 8	<p>Principles of Family History and Risk Assessment</p> <p>Risk Calculation in Genetic Counseling</p>	<ul style="list-style-type: none"> <li>- Attend the synchronous session via Zoom with Dr. Laurino</li> <li>- Read in the VLE the required readings for the topic.</li> <li>- View the prerecorded lecture on risk calculation in genetic counseling.</li> <li>- Participate in synchronous activities via Zoom and answer discussion forum in VLE.</li> </ul>
Oct 15	<p>The Genetic Counseling session</p> <ul style="list-style-type: none"> <li>- Initiating</li> <li>- Contracting</li> <li>- Ending</li> <li>- Referral</li> </ul>	<ul style="list-style-type: none"> <li>- Attend the synchronous session via Zoom.</li> <li>- Read in the VLE the required readings for the topic.</li> <li>- Participate in synchronous activities via Zoom and answer discussion forum in VLE.</li> </ul>
Oct 22	<p>Collaborating with patients: providing information and facilitating decision-making</p> <p>Providing guidance: advice and influencing skills</p> <p>Responding to patient cues: advanced empathy and confrontation skills</p>	<ul style="list-style-type: none"> <li>- Attend the synchronous session via Zoom.</li> <li>- Read in the VLE the required readings for the topic.</li> <li>- Participate in synchronous activities via Zoom and answer discussion forum in VLE.</li> </ul>
Oct 29	<p>Patient's response: resistance, coping, affect, styles</p> <p>Genetic counselor self-reference</p> <ul style="list-style-type: none"> <li>- Self-disclosure and self-involving skills</li> <li>- Transference and countertransference</li> <li>- Distress, burnout, and compassion fatigue</li> </ul>	<ul style="list-style-type: none"> <li>- Attend the synchronous session via Zoom.</li> <li>- Read in the VLE the required readings for the topic.</li> </ul>

		<ul style="list-style-type: none"> <li>- Participate in synchronous activities via Zoom and answer discussion forum in VLE.</li> <li>- Take-home Exam 1: Deadline of Submission (30 October 2021 5PM)</li> </ul>
Nov 5	READING BREAK	<ul style="list-style-type: none"> <li>- Deadline of the 1<sup>st</sup> Genetic Counseling Interview Analysis on 6 November 2021 at 12MN.</li> </ul>
Nov 12	Dysmorphology and genetic syndromes	<ul style="list-style-type: none"> <li>- Join the guest lecture of Dr. Ma-am Joy Tumulak</li> <li>- Role-play scenarios</li> </ul>
Nov 19	Genetic counseling in newborn screening	<ul style="list-style-type: none"> <li>- Join the guest lecture of Mr. Edbert Jasper Jover</li> <li>- Role-play scenarios</li> </ul>
Nov 26	Prenatal and reproductive aspects of medical genetics	<ul style="list-style-type: none"> <li>- Join the guest lecture of Ms. Christina Choi</li> <li>- Join the guest lecture of Dr. Gay Luz Talapian</li> </ul>
Dec 3	Application of genetic counseling in cancer	<ul style="list-style-type: none"> <li>- Join the guest lecture of Dr. Ma-am Joy Tumulak</li> <li>- Role play scenarios</li> </ul>
Dec 10	Genetic counseling and X-linked dystonia parkinsonism	<ul style="list-style-type: none"> <li>- Join the guest lecture of Ms. Niecy Grace Bautista</li> <li>- Role play scenarios</li> </ul>
Dec 17	Course integration	<ul style="list-style-type: none"> <li>- Take-home Exam 2: Deadline of Submission (18 December 2021 5PM)</li> </ul>
Dec 21		<ul style="list-style-type: none"> <li>- Deadline of submission of (1) Term Paper and (2) 2<sup>nd</sup> Genetic Counseling Interview Analysis</li> </ul>