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

**COURSE GUIDE**

**AY 2023-2024**

**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 responsibilities of genetic counselors in diverse clinical settings.

**Course credit:** 3 units

**Course placement:** 1st 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:** Thursday 5:00-7:00 PM

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

**Course meeting link:**

Topic: GC 201 for AY 2023-2024  
Time: This is a recurring meeting Meet anytime  
  
Join Zoom Meeting  
<https://up-edu.zoom.us/j/98426153316>  
  
Meeting ID: 984 2615 3316  
Passcode: GC2012324

**Course requirements**

1. Exams – there will be two long exams – one after each major topic in the course. 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:
3. 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 2023.** You will submit your papers through the VLE.
4. 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 **2 November 2023** and the second paper on **7 December 2022**.

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
  + Demographics
  + Patient presenting concerns/session expectations
  + Important medical and family history
  + Genetic counselor’s working conceptualization
* Transcript of the interview/session following the format below:

|  |  |  |
| --- | --- | --- |
| Counselor Response | Patient Response | Analysis |
|  |  |  |

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

1. 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 VLE account for announcements on blog assignments, forums, and chat discussions.

**Course faculty:**

Main faculty: Leniza G. de Castro-Hamoy, MD, FPPS, MSc

Associate Professor

lgdecastrohamoy@up.edu.ph

Ma-am Joy R. Tumulak, MD, MSc

Genetic Counselor and Research Faculty

Institute of Human Genetics

Guest lecturers: Mercy Y. Laurino, MSc, CGC, PhD

Director, Cancer Prevention Program

Seattle Cancer Care Alliance

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:**

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| --- | --- | --- |
| **Date** | **Topic/Activity** | **Learning Activities and Important Deadlines** |
| Sept 14 | 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   * Reciprocal Engagement Model of Genetic Counseling * Person-centered counseling * Teaching vs counseling approach to genetic counseling | - Read in the VLE the required readings for the topic.  - Prepare answers to the forum questions |
| Sep 21 | Listening to patients   * Attending skills * Primary empathy skills   Gathering information: asking questions | - 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. |
| Sep 28 | Principles of Family History and Risk Assessment  Risk Calculation in Genetic Counseling | - Read in the VLE the required readings for the topic.  - View the prerecorded lecture on risk calculation in genetic counseling.  - Participate in synchronous activities via Zoom and answer discussion forum in VLE. |
| Oct 5 | The Genetic Counseling session   * Initiating * Contracting * Ending * Referral | - 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 12 | Collaborating with patients: providing information and facilitating decision-making  Providing guidance: advice and influencing skills  Responding to patient cues: advanced empathy and confrontation skills | - 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 19 | Patient’s response: resistance, coping, affect, styles  Genetic counselor self-reference   * Self-disclosure and self-involving skills * Transference and countertransference   Distress, burnout, and compassion fatigue | - 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 26 |  | - Exam 1: Deadline of Submission (26 October 2022 7PM) |
| Nov 2 |  | Deadline of the 1st Genetic Counseling Interview Analysis on 2 November 2022 at 12MN. |
| Nov 9-30 | Dysmorphology and genetic syndromes | - Join the lecture of Dr. Ma-am Joy Tumulak  - Role-play scenarios |
| Genetic counseling in newborn screening | - Join the guest lecture of Mr. Edbert Jasper Jover  - Role-play scenarios |
| Prenatal and reproductive aspects of medical genetics | - Join the guest lecture (TBA) |
| Application of genetic counseling in cancer | - Join the lecture of Dr. Ma-am Joy Tumulak  - Role play scenarios |
| Genetic counseling and X-linked dystonia parkinsonism | - Join the guest lecture of Ms. Niecy Grace Bautista  - Role play scenarios |
| Dec 7 |  | - Deadline of submission of 2nd Genetic Counseling Interview Analysis |
| Dec 14 |  | - Take-home Exam 2: Deadline of Submission (14 December 2022 7PM) |
| Dec 21 |  | - Deadline of submission of (1) Term Paper |

Learning Objectives Addressed:

1. Clinical Competence
2. Effective Communication Skills
3. Generation and Utilization of Relevant Knowledge
4. Inter-Professional Practice
5. Leadership
6. Effective Teaching and Organizational Skills
7. Advocacy for Social Equity and Social Accountability
8. System-Based Approach to Health Care Practice
9. Lifelong Personal and Professional Development
10. Adherence to Professional and Ethical Standards

**Instructional Design**

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| --- | --- | --- | --- | --- | --- |
| Learning Objectives | LO Addressed | Content | Teaching / Learning Strategies | Resources | Evaluation |
| Apply concepts, principles, and approaches in providing effective and client- centered genetic counseling to clients with various clinical indications. | L1,2,3,4, 8,9,10 | Genetic counseling  Models and Theories  Listening to patients  Gathering information  The Genetic Counseling Session | VLE readings  VLE discussion forum | Faculty  Case reports  Laptop  LCD projector  Books and other references | Long Exams  Academic Term Paper  Genetic counseling interview analysis  Class participation and discussion |
| 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. | L1,2,3,4,9,10 | Principles of Family History and Risk Assessment  Risk Calculation in Genetic Counseling | Lecture  Family history and risk calculation exercises  VLE readings  VLE discussion forum | Faculty  Case reports  Laptop  LCD projector  Books and other references | Long Exams  Genetic counseling interview analysis  Class participation and discussion |
| Facilitate decision-making of clients ensuring that decisions made are aligned with personal and familial values, virtues, and beliefs. | L1,2,3,4,9,10 | Collaborating with Patients  Providing guidance: advice and influencing skills  Responding to patient cues: advanced empathy and confrontation skills  Patient's response | Lecture  Role-play Interview  VLE readings  VLE discussion forum | Faculty  Laptop  LCD projector  VLE  Books and other references | Long Exams  Genetic counseling interview analysis  Class participation and discussion |
| Appreciate the role and responsibility of genetic counselors in diverse clinical settings. | L1,2,3,4,5, 6, 7, 8, 9,10 | Dysmorphology and Genetic Syndromes  Newborn screening  Prenatal and reproductive genetics  Cancer genetics  Neurology | -Listen to the lectures  - Role-play scenarios | Faculty  Laptop  LCD projector  VLE  Books and other references | Long Exams  Genetic counseling interview analysis  Class participation and discussion |