

► **The Genetic Counseling Connection** ◀

The Official Newsletter of the University of Cincinnati and Cincinnati Children's
Hospital Medical Center Genetic Counseling Program



(Our First Year Students, 2005)

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Check out our new and improved website at:

<http://www.caahs.uc.edu/gc/gc4u.htm>

News from The Chief

You heard it from her yourself

For once, I will be brief. It's been a challenging quarter, but we are anticipating filling the Clinical Coordinator position soon. Things should settle down into a more typical hectic routine after that! Students, faculty, supervisors are all pitching in to keep our activities flowing as smoothly as possible. Thanks to everyone for your help and tolerance. I am looking forward to seeing you soon at the NSGC meeting in Los Angeles.

Nancy

Excerpt from our accreditation approval letter of May 13, 2005:

"The American Board of Genetic Counseling is pleased to grant the Master of Science in Genetic Counseling at the University of Cincinnati and Cincinnati Children's Hospital Medical Center full accreditation for a period of 8 years. The Program has demonstrated excellence in developing the didactic and clinical components of the training provided. The Genetic Counseling Program continues to produce graduates whose performance on the Board examination has been outstanding.....Full accreditation will remain in effect until 2013."

- American Board of Genetic Counseling

😊 Reminder 😊

Remember to stop by our alumni reception! We will be congratulating all the newly certified graduates from our program, and celebrating the Genetic Counseling Program for achieving full accreditation through 2013. The event will be held from 7-9 PM on Monday, November 14, 2005, at the NSGC meeting, Century Plaza Hotel, Los Angeles, CA. We truly hope to see you there!

Embryology On-Line

In an effort to afford others greater opportunity to learn about genetic counseling, our successful Clinical Embryology course is now being offered to prospective students and practicing health care professionals in an online version. We were recently approved by the American Board of Genetic Counseling and the American Counseling Association to offer category 1 genetic counseling continuing education units for the course, the first online course to be approved in genetic counseling. Clinical Embryology is also approved for CAT 1 CEU, CME, and CNE credits. The 25 hour course is divided equally into basic embryology lectures and clinical application presentations. Lectures by embryologist and Coursemaster, DJ Lowrie Jr., PhD, are enhanced by participation of medical geneticists and physicians who contribute their knowledge and experience from clinical settings. Each lecture is presented on Blackboard using a combined audio/video format and detailed PowerPoint slides. Current enrollment consists of genetic counselors from all over the US and in England, several geneticists, genetic counseling graduate students from another graduate program, as well as undergraduate and graduate students. For more information and registration methods, see our website:

www.caahs.uc.edu/gc/ceo.htm

IDEA

The Initiative for Diverse Enrollment and Access in genetic counseling

Our IDEA is a demonstration project consisting of admissions and curriculum revisions to promote diversity and cultural competence in the training program. Recently, graduate students from a Promotional Writing class at UC helped revise the Genetic Counseling Program website to be more culturally sensitive and attractive to minority students. The new site (<http://www.caahs.uc.edu/gc/GC4U.htm>) features information about the instructional design of the training program, admission requirements, and profiles of the current students and program director. A new web page, "What Does a Genetic Counselor Do?" explains the basic roles of genetic counselors and presents the varied niches where genetic counselors work. The website's goal is to address the common questions of prospective minority and majority students about the field and our graduate program. The site is more detailed than in the past, but much more user-friendly. We hope the new website attracts many more students to consider the rewarding career of genetic counseling and choose to be trained at the University of Cincinnati Genetic Counseling graduate program.

The Class of 2006 Unleashed

Revealing the untold secrets

Katie Ziegler- Hey everyone! I'm extremely excited to be in my 2nd and final year of GC school. I'm really enjoying my 2nd year so far, and looking forward to graduation and finding a "real job". The end is finally in sight! Hopefully all of the fun things to do in Cincinnati will keep me sane along the way. I also have an aunt and uncle who live in town, so it's nice to have the occasional free dinner and cleaned laundry as well ☺

I spent my summer counseling at a perinatal diagnosis center in Charlotte, NC. I really enjoyed working there and living with an old friend. I learned a ton and had a lot of fun playing in the city as well. That experience made me very excited about the anticipated "real job" mentioned above! This year I am helping Nancy with IGC, which I love. Our first years are fabulous, and I'm so happy to have this chance to work with them.

Misti Williams- I had a very interesting and enjoyable summer balancing 2 internships. I interned at Children's National Medical Center in Washington, DC working in various high volume pediatric clinics with patients from extremely diverse cultural and socioeconomic backgrounds. Also, I worked at the Genetic Alliance, gathering information for their Disease InfoSearch database and participating in the annual conference which brings together genetic advocates, providers and government and industry representatives from around the world.

Brandie Heald- This past summer I was at the Cleveland Clinic Foundation in Cleveland, OH. While there, I worked in general pediatric and cancer clinics. I really enjoyed the experience of being in Cleveland as well as working as a full time genetic counselor. It was also a pleasure to have the opportunity to work with UC alumnae, Jennifer Stein.

Katie Krepkovich- Hi, everyone! This past summer, I completed my rotation at the Boston University Medical Center doing prenatal counseling. I had a really great time working with all of the counselors there, and I know that I learned a lot! During my stay, I absolutely fell in love with the city, and I had such a wonderful experience that I am looking forward to focusing my job search in the Boston area. Since then, I have been working hard on my IRB proposal and keeping myself busy with course work and clinic. Hopefully there is not a picture of me sleeping this year to suggest otherwise! It certainly is amazing to see how fast the past year has flown by. I am looking forward to being finished with school and getting out in the real working world.

Heather Taylor- Hi! This summer, I completed my clinic rotation in beautiful San Antonio, Texas, at Wilford Hall Medical Center. I had the opportunity to work with the military population, and I have a new found respect for our men and women in uniform. I enjoyed this challenging and fast-paced rotation because it gave me a chance to stretch my genetic counseling wings and get a feel for my own counseling style. Also, this summer, I got engaged! I am getting married this upcoming summer, after graduation, to my fiancé, Zach. I certainly have my hands full with finishing school and preparing for my married life!

Jennifer Fick- I am currently immersed in the activities that come with being a second year genetic counseling student: writing a CV and cover letters, preparing for the NSGC national meeting, and diving into more responsibilities in clinic. This year I am also a trainee in the LEND program (Leadership and Education in the Neurodevelopmental and related Disabilities), which is housed in the Division of Developmental and Behavioral Pediatrics at Children's Hospital. This interdisciplinary program is providing me with unique opportunities to learn about other disciplines in the hospital, meet with families, and make professional contacts in the field. So, although this year will be very busy, it will also be very exciting!

Donnice Michel- I am so excited to be a second year, preparing to enter into the real world of employment and genetic counseling. The last year has been a very busy one. After spending the first three quarters learning the basics of genetic counseling, I had an eight week internship in Dallas to cement those skills. I saw pediatric cases in five different clinics, enabling me to really fill out my log book and see many interesting and important diagnoses.

Victoria Raymond- Hi All! I spent my summer working within the St. Louis University Hospital System. I had the opportunity to counsel patients in prenatal, neurofibromatosis and craniofacial clinics. I had a great time and saw some very interesting cases. While in St. Louis, I stayed with my younger sister, and shock to everyone (including ourselves), we did not kill each other. :) Now it is back to the grind with only a few more months to go before being a real genetic counselor. How scary!!

Meet the Newbies

Who are they, where did they come from, and who sent them?

Kate Lamvik- Kate is a first year genetic counseling student from Carmel, California. She graduated from UCLA in March with a B.S in Microbiology, Immunology, and Molecular Genetics. During her time at UCLA, she took part in the Developmental Disabilities Immersion Program, a full time internship where she volunteered at a developmental center while doing research in an electrophysiology lab. She also shadowed genetic counselors in a pediatric clinic at Cedars Sinai Medical Center and was a TA for a first grade classroom. Kate really enjoyed these experiences and hopes to continue working with children in the future. She is excited to be living in a new part of the country and likes exploring Cincinnati whenever she gets the chance!

Jody Haubner- Jody is a hometown girl. She was born and raised in Cincinnati before moving to Columbus, OH, to attend The Ohio State University. She received a B.S. in Biology with a minor in Business. Jody was a volunteer sexual assault counselor in Columbus, and shadowed genetic counselors in both pediatrics and adult disorders. She is thrilled to be on the road to genetic counseling, and looks forward to being your colleague in the future. She is very excited to be back in her hometown and even more ecstatic that the Cincinnati Bengals are looking so good! WHO-DEY! She is also in the process of planning her wedding to her college sweetheart, Danny, which will take place on July 1st, 2006, in Cincinnati.

Katie Wusik- Katie is from northwest Indiana, and she graduated from Purdue University with a BS in Biology and a BA in Psychology. While completing her undergraduate degrees, she was a teaching intern for several biology labs. She volunteered at a local crisis center where she was also a trainer for incoming volunteers. She completed an independent research project using chemical imaging and Fourier Transform Infrared Spectroscopy (FTIR) to identify mutations in *Arabidopsis thaliana*. In addition, she worked as a lab technician in a cell wall genomics laboratory and a developmental psychology laboratory.

Amy Woltanski- Amy is from the very tiny town of Scottville, in northern Michigan. After high school, she attended Michigan State University where she majored in Human Biology and graduated in May, 2005. Five years ago she thought she was moving to a huge city. It never occurred to her that she would ever move to a city as large as Cincinnati. She loves how many things there are to do here, although she is quickly learning that school is going to keep her pretty busy! While at MSU, She worked with genetic counselors at the Prenatal Screening Program. As it turned out, two of the genetic counselors are UC alumni. They had great things to say about the program and she is excited to have the opportunity to be a part of it.

Camila Vieira- Camila is originally from Brazil, and has spent the last six years studying in the United States. She graduated from Ramapo College of New Jersey, where she majored in Biology with a minor in Psychology. In 2004, she volunteered at Hackensack Universal Medical Center where she was able to observe genetic counseling sessions in various areas. Camila finds Cincinnati to be a very manageable city, and she loves all the parks around her neighborhood.

Audrey Karlea- Audrey is originally from California, but has decided to come all the way out to Cincinnati, because this program is the best. She became interested in genetic counseling while working in a molecular genetics lab. She knew that she loved genetics, but she also enjoyed interacting with people. Since you do not get a lot of personal contact in the laboratory, genetic counseling seemed like the career she was searching for. The more she learned about the field, the more she realized what Cincinnati had to offer. She felt that with all the experience in counseling and having the opportunity to work in a hospital, she would be well prepared for working in the real world.

Andrea Guskowski- Andrea was born and raised in Wauwatosa, Wisconsin, which is about ten minutes east of downtown Milwaukee near Lake Michigan. It's a large suburban city with excellent schools and coveted real estate. It's probably one of the best rated cities to live and raise a family in Milwaukee. In fact, she happily turned down out-of-state undergraduate programs to save a little money and take advantage of a great education at the University of Wisconsin-Milwaukee. Like any Wisconsin native, she has a special love affair with cheese brats, pastries and beer. However, unlike most, she is *not* a Packers fan.

Outside of the classroom, she enjoys the theater, dance, music and food...which includes everything from the cheapest Mexican restaurant to the most overpriced bistro. These quieter things in life do not mean that she cannot get a little too rowdy at a NASCAR race or a Patriots game. She also loves sports.

When she began the interviewing process for a graduate program in genetic counseling, she secretly wondered how she would be able to distinguish any differences between programs. However, she was pleasantly surprised during her visit to Cincinnati. Immediately, she was amazed by the incredible hospitality and accessibility of the students and staff. What a treat it was to know that her transportation, schedule and meals were not a worry. In addition, the program by itself provides students with an excellent opportunity to build skills not only in the sciences but also in counseling, ethical and psychosocial areas. The intensive educational opportunities, thorough clinical program and highly acclaimed medical staff made the decision easy for her. The whole experience made her feel like she would be part of a family. She also thinks this is one of her favorite things about Cincinnati in general. Its small neighborhoods, sports arenas, river access and easy pace remind her of home. Well, all this and the fact that Anthropologie is a block away from her is a definite bonus.

Monica Giovanni- Monica is a first year student from Cincinnati, Ohio. She graduated in 2003 from Boston University with a degree in Biology and Psychology. She spent two years in neuroscience research at Tufts New England Medical Center before coming to UC. Monica is looking forward to rediscovering Cincinnati and becoming a part of UC's community.

Blasts From the Past

The latest and greatest news from our alumni

Jennifer Stein- Dr. Charis Eng started at the Cleveland Clinic's Genomic Medicine Institute on September 1st. Our program is expanding. We are looking for genetic counselors and geneticists who have an interest in research and/or clinical areas. Please contact me if you're interested (216) 444-5809. I would be happy to meet with anyone at the conference. Thanks.

Mary Jo Rosenblatt- Mary Jo Rosenblatt (Class of 1991) says "hi" to her UC Genetic Counseling Program friends and colleagues. She wanted you to know that she will miss seeing people at the meeting this year. She will be sticking close to home because she was recently diagnosed with non-Hodgkin's lymphoma. She is tolerating the chemo pretty well so far and she has a great, positive attitude. It helps her to know that others are thinking about her.

If you want to be in touch with Mary Jo, her email is rosenbmj@mail.amc.edu
Her home address is 18 Cygnet Circle, Slingerlands, NY 12159

Tammy L. Stumbaugh- Tammy started a new job back in February! She is now located at The Fetal Diagnostic Institute of the Pacific, 1600 Kapiolani Blvd. #1025, Honolulu, HI 96814. Her telephone number is 808-945-2282, and the fax number is 808-945-2230. She can be reached via email at tammyls@verizon.net. "Mahalo, Tammy."

The Research Craze

Exactly what research topics are challenging our second years?

Katie Ziegler- "Assessing the knowledge of medical self-care skills in adolescents and young adults with spina bifida". One thing that is important to many people with spina bifida is independence, and a lot of studies have assessed their readiness to become independent based on functional self-care skills (mobility, self-catheterization, etc.). But there have not been studies assessing their readiness to become independent based on their medical safety. For example, do they know that a headache might signify a shunt malfunction and they should call the doctor? My study will assess how much these patients know about shunt malfunction symptoms, pressure sore prevention, bowel and bladder management, and their medications. Sounds like fun, huh?

Misti Williams- "Understanding the roles of genetic advocacy groups: a genetic counseling perspective." Genetic advocacy organizations provide many services to families of individuals with genetic conditions as well as to the general public. Through my research, I hope to gain insight into how genetic counselors currently work with these organizations as well as knowledge of the services they provide.

Brandie Heald- My thesis project is entitled "Reproductive Fitness In Families of Children with Juvenile Rheumatoid Arthritis (JRA) Study, Phase II." My project is part of an ongoing grant in the Division of Rheumatology under Dr. David Glass. I will be mailing questionnaires out to mothers of children with JRA as well as their best friends. The questionnaire, which looks at demographic, medical history, and reproductive history, was previously completed by mothers and best friends. I will be sending the questionnaire a second time to assess the test-retest reliability.

Katie Krepkovich- The title of my thesis is "Transition to Adult Care and Awareness of Genetic Counseling: Perceptions of Cystic Fibrosis Patients and Parents." We hope to learn what the perceptions of patients with CF and parents of children with CF are regarding the transition from pediatric medical care to adult medical care, and to assess these individuals' awareness of genetic counseling. I will be conducting a brief telephone interview to gather my information, and I hope to be able to compare the responses of patients and parents at CCHMC and at UC to those from a second CF center with similar practice patterns (to be determined).

Heather Taylor- My thesis project is "Pediatric and Adolescent Fabry Disease: A Quality of Life Study." I hope to measure quality of life in this unique population. Quality of life has been measured in men and women with Fabry disease, but has yet to be studied in children and adolescents. I will be sending out a mail survey and also posting an online link through a support group web site.

Jennifer Fick- The title of my thesis research is “Discussing spirituality in genetics clinic: patient perspectives on importance and comfort level.” The goal of my project is to describe patients' comfort level and desire to discuss spirituality (sources of hope, strength, comfort) and spiritual practices (attending religious services, yoga, meditation, etc.) with their genetics healthcare providers.

Donnice Michel- My thesis project, looking at the presentation of risk assessment in patients at a high risk for BRCA1/2 mutations, has really taken off since I returned from my summer. We began data collection in the middle of October and will hopefully be able to address the question of whether or not the way risks are presented to patients really does make a difference.

Victoria Raymond- My research project is entitled "Describing the Professional Characteristics of Underrepresented Minority (URM) Genetic Counselors". My research advisor is Nancy Warren. We aim to survey currently active and previously active URM genetic counselors regarding their introduction to genetic counseling, views of the field and ideas for recruitment.

Cincinnati Favorites

What *we* love and what *you* are missing.

Camila: the parks, **Carol**: Counter Culture and the music scene, **Victoria**: The Hofbrauhaus. Authentic German food and they brew their own beer. The only Hofbrauhaus NOT on German soil, **Jody**: WEBN and the fireworks, **Katie W**: the trees and the hills! (Coming from Indiana, I don't get to see those things very often.), **Audrey**: the music, you can hear everything from blue grass to heavy metal here!, **Andrea**: The residential architecture. The homes here are absolutely incredible in terms of size, detail and history., **Misti**: Please?, **Katie Z**: fun things..., **Monica**: graeter's cookie dough chip. :), **Amy**: the bridges and their amazing colors!, **Brandie**: My favorite thing about Cincinnati is the rich German heritage. Being of German decent and having study German in my undergraduate career I can appreciate the many German things here. In particular I will always remember the memories created with my classmates at the Hofbrauhaus while listening to our favorite band, Prost., **Heather**: Graeter's Ice Cream on every corner!, **Katie K**: restaurants and bars that overlook the river., **Donnice**- The topography. I love the hills and the river! We don't have those things in Texas, **Jenna**: the cultural festivals like Oktoberfest and the Celtic Festival, **Kate**: experiencing all four seasons! Although I hate winter, it is quite a change from the weather in California.

Science... A Kid's Perspective

- H₂O is hot water, and CO₂ is cold water
- Humidity is the experience of looking for air and finding water. We keep track of the humidity in the air so we won't drown when we breathe.
- The four seasons are salt, pepper, mustard and vinegar.
- Artificial insemination is when the farmer does it to the cow instead of the bull.
- Genetics explains why you look like your father and if you don't why you should
- Three kinds of blood vessels are arteries, veins and capillaries

<http://www.juliantrubin.com/kidsquotes.html>

Useless Facts You Don't Need to Know

- The tradition of bobbing for apples and lighting candles inside pumpkins came from the Romans.
- The Thanksgiving Feast that the Pilgrims had with the Natives in 1621 lasted three days.
- Wedding rings are worn on the fourth finger of your left hand because people used to believe that the vein in this finger goes directly to your heart
- One town in Indiana is called Santa Claus. There is also a Santa, Idaho.

<http://www.funology.com/thatsodd/index.htm>



Have a Safe and Happy
Halloween and Thanksgiving