



Virginia Association of  
**GENETIC  
COUNSELORS**

# **13th Annual Virginia State Genetics Education Conference**

**Thursday, May 16, 2019 – Friday May 17, 2019**

**Richmond Marriott Short Pump, Glen Allen, VA**

**We would like to thank our Platinum Sponsors,  
Ambry Genetics and Roche Diagnostics,  
for their generous support of this year's meeting.**



# ATTENDEE INFORMATION

## Registration:

Commonwealth Ballroom Foyer

Thursday May 16, 2019 11:30 am – 1:30 pm; 4:30 pm – 5:30 pm

Friday May 17, 2019 7:00 am – 9:00 am

## Exhibitor's Hall:

James River Rooms

Thursday May 16, 2019 11:30 am – 7:00 pm

Friday May 17, 2019 7:00 am – 2:00 pm

## Questions While You're Here?

Look for the Conference Committee Members!

They are wearing blue ribbons on their nametags.

Conference Co-Chairs
<b>Lydia Higgs, MS, LCGC</b> , Carilion Clinic, VaAGC Western Region Representative
<b>John Quillin, PhD, LCGC</b> , Virginia Commonwealth University, VaAGC Central Region Representative

Conference Committee
<b>Chelsea Chambers, MS, LCGC</b> , University of Virginia Medical Center
<b>Melanie Hardy, MS, MS, LCGC</b> , JScreen at Emory University
Rebecca Miller
<b>Ginger Norris, MGC, LCGC</b> , Virginia Commonwealth University
<b>Kara Withrow, MS, CGC</b> , GeneDx

*Please send conference photos to: [photos@vaagc.com](mailto:photos@vaagc.com)*

**Please complete the conference evaluation at:**

# THURSDAY MAY 16th - SPEAKERS

## Speaker

## Affiliation

Pamela Dillon, PharmD.  
Assistant Professor  
Center for Translational Science  
Virginia Commonwealth University

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Martha Thomas, MC, LCGC  
Genetic Counselor,  
University of Virginia

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Megan Frone, MS, LCGC  
Genetic Counselor,  
Division of Cancer Epidemiology  
and Genetics  
National Cancer Institute, NIH, DHHS

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John Quillin, PhD, LCGC  
Genetic Counselor,  
Virginia Commonwealth University  
Genetic Counseling Training Program

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Rachel Gannaway, LCGC  
Genetic Counselor,  
Virginia Commonwealth University  
Genetic Counseling Training Program

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Tahnee Causey, MS, LCGC  
Genetic Counselor,  
Virginia Commonwealth University  
Genetic Counseling Training Program

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Virginia Pallante, MS, LCGC  
Genetic Counselor,  
Virginia Commonwealth University  
Genetic Counseling Training Program

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John Horigan, MA, CIP  
Director, Human Subjects Research  
Protection Program  
Office of Research  
Virginia Commonwealth University

# THURSDAY MAY 16th - AGENDA

Time	Title	Speaker(s)	CEU-Eligible Contact Hours	Location
1:00 – 1:15 pm	<i>Conference Opening</i>			Commonwealth Ballroom
1:15 – 2:00 pm	Show Me the Money - Competitive Grant Writing	Pamela Dillon, PharmD.	0.75	Commonwealth Ballroom
2:00 – 2:45 pm	Publishing as a Genetic Counselor	Megan Frone, MS, CGC Martha Thomas, MS, CGC	0.75	Commonwealth Ballroom
2:45 – 3:15 pm	<i>Snack Break</i>			Commonwealth Ballroom Foyer
3:15 – 3:45 pm	Why and How To Review Genetic Counseling Publications	John Quillin, PhD, LCGC	0.5	Commonwealth Ballroom
3:45 – 4:30 pm	Why and How To Guide Students in Research	John Quillin, PhD, LCGC Rachel Gannaway, LCGC Tahnee Causey, MS, LCGC Virginia Pallante, MS, LCGC	0.75	Commonwealth Ballroom
4:30 – 5:15 pm	Catching Up: IRBs and 21st Century Research	John Horigan, MA, CIP	0.75	Commonwealth Ballroom
5:15 - 7:00 pm	<i>VaAGC Welcome Reception</i> Please come join us for hors d'oeuvres and cocktails! Meet-and-greet. Networking. Door Prizes.			Commonwealth Ballroom Foyer, James River Rooms

# FRIDAY May 17th - SPEAKERS

Speaker	Affiliation
Martha Thomas, MS, LCGC	Genetic Counselor University of Virginia VaAGC President 2017-2019
Chelsea Chambers, MS, LCGC	Genetic Counselor University of Virginia
Nicholas Johnson, MD, MSCI, FAAN	Vice Chair of Research Neuromuscular Division Chief Associate Professor of Neurology Virginia Commonwealth University
Lisa Demers, MS, LGC	Medical and Scientific Liaison, Women's Health Roche Diagnostics Corporation
Camerun Washington, MS	Graduate of VCU Genetic Counseling Training Program
Laura Braunstein, M.S.	Graduate of VCU Genetic Counseling Training Program
Tara Namey, MS, LCGC	Senior Genetic Specialist Ambry Genetics
Allison Goodwin, MS, LCGC	Genetic Counselor, VCU Health
Julie Sapp, ScM, CGC	Genetic Counselor, National Cancer Institute, NCI
Kimberly Matthijssen, MS, LCGC	Genetic Counselor, Inova Health System
Dina Alaeddin, MS, LCGC	Genetic Counselor, Inova Health System
Lydia Higgs, MS, LCGC	Genetic Counselor, Carilion Clinic
John Quillin, PhD, CGC	Genetic Counselor, Virginia Commonwealth University

# FRIDAY May 17th - AGENDA

Time	Title	Speaker(s)	CEU-Eligible Contact Hours	Location
7:00 am	<i>Breakfast</i> (will remain available until 8:30am)			James River Rooms
8:00 - 8:30 am	VAAGC Welcome and Presidential Address	Martha Thomas, MS, LCGC and Lydia Higgs, MS, LCGC	-	Commonwealth Ballroom
8:30 – 9:00 am	When Genetic Counselors Can't Be Everywhere: Educating our Non-Genetic Colleagues	Chelsea Chambers, MS, LCGC	0.5	Commonwealth Ballroom
9:00 – 9:30 am	Spinal Muscular Atrophy: An Overview	Nicholas Johnson, MD, MSCI, FAAN	0.5	Commonwealth Ballroom
9:30 – 9:45 am	<i>Mini Break</i>			
9:45 – 10:30 am	A thoughtful approach to unexpected NIPT results	Lisa Demers, MS, LGC	0.75	Commonwealth Ballroom
10:30 – 11:00 am	Saving money on medical genetic tests: An exploration in utilization management	Camerun Washington, MS	0.50	Commonwealth Ballroom
11:00 - 11:30 am	The effect of select modifiable lifestyle factors on breast cancer risk in BRCA1 and BRCA2 mutation carriers: A systematic review of the evidence	Laura Braunstein, M.S.	0.50	Commonwealth Ballroom
11:30 – 12:30 pm	<i>Lunch</i> Brought to you in part by Myriad Genetics			James River Rooms
12:30 – 1:15 pm	Paired Germline and Somatic Testing for Lynch Syndrome	Tara Namey, MS, LCGC	0.75	Commonwealth Ballroom
1:15 – 1:45 pm	Cardiogenetics - Updated Information for 2019	Allison Goodwin, MS, LCGC	0.5	Commonwealth Ballroom
1:45 – 2:15 pm	<i>Snack Break</i>			Commonwealth Ballroom Foyer
2:15 – 3:00 pm	Secondary Findings: Case Examples and Panel Discussion	Lydia Higgs, MS, LCGC Julie Sapp, ScM, CGC Kimberly Matthijssen, MS, LCGC	0.75	Commonwealth Ballroom
3:00 – 3:45 pm	A Clinical and Psychosocial Perspective of State Licensure: One Institution's Experience	Dina Saleh Alaeddin, MGC, LCGC Kimberly R. Matthijssen, MS, LCGC	0.75	Commonwealth Ballroom
3:45 – 4:00 pm	Conference Wrap Up	Lydia Higgs, MS, LCGC John Quillin, PhD, LCGC	-	Commonwealth Ballroom

# MEETING GOALS

## Purpose:

To provide a venue for Virginia genetic counselors and other associated professionals to discuss current issues and topics in genetics, to learn about the variety of state programs and available resources and to form a better network of communication.

## Meeting Goals:

1. Attendees will be able to describe recent developments in the field of genetic counseling including diagnosis and management of genetic conditions.
2. Attendees will be able to identify genetics colleagues and representatives from companies and non-profit organizations in Virginia to aid in the provision of genetic counseling services.
3. Attendees will be able to apply new technologies, genetic testing and research results into the practice of genetic counseling.

## Registration:

A registration fee of \$65 for members, \$90 for non-members, and \$45 for student members is due at the time of registration. For individuals requesting CEUs, an additional fee of \$25 will be required to be paid to the National Society of Genetic Counselors for the filing and awarding of CEU certificates. Space is limited.

# WANT TO GET INVOLVED?

The VaAGC is always looking for **volunteers**.

If you would like to become more involved with the VaAGC, please sign up for one of the committees below at the registration desk or email the VaAGC at [info@vaagc.com](mailto:info@vaagc.com)

- ◆ Bylaws and Public Policy Committee
- ◆ Website Design and Maintenance Committee
- ◆ State Meeting and Education Committee
  - ◆ Membership Committee
- ◆ Communication and Outreach Committee



# VaAGC NEWS

## THANK YOU to the 2018 – 2019 Officers:

(They are wearing red ribbons on their nametags)

<b>Martha Thomas, MS, LCGC, University of Virginia**</b>	President
<b>Elizabeth Spears, MS, LCGC, Sanofi Genzyme</b>	Past-President
<b>Jennifer Propst, MS, LCGC</b>	Secretary
<b>Brooke Blessing Spangler, MS, LCGC, Lineagen**</b>	Treasurer
<b>Amy Kenney, MS, LCGC, Children's Hospital of The King's Daughters</b>	Eastern Representative
<b>John Quillin, PhD, LCGC, Virginia Commonwealth University</b>	Central Representative
<b>Lydia Higgs, MS, LCGC, Carilion Clinic**</b>	Western Representative
<b>Kimberly Matthijssen, MS, LCGC, Inova Schar Cancer Institute</b>	Northern Representative
<b>Casey McKenna, MS, CGC, Informed DNA</b>	Board of Directors
<b>Lauren Vanner Nicely, MS, LCGC, VCU Medical Center**</b>	Board of Directors
<b>Tiffany Lewis</b>	Board of Directors

\*\* : these designated 2018 – 2019 officers will be completing their terms effective at the close of this meeting

## Meet your 2019 – 2020 Officers:

(They are also wearing red ribbons on their nametags)

<b>Lydia Higgs, MS, LCGC, Carilion Clinic</b>	President
<b>Martha Thomas, MS, LCGC, University of Virginia</b>	Past-President
<b>Jennifer Propst, MS, LCGC</b>	Secretary
<b>Chelsea Chambers, MS, LCGC, University of Virginia Medical Center</b>	Treasurer
<b>Brianna Murray</b>	Eastern Representative
<b>John Quillin, PhD, LCGC, Virginia Commonwealth University</b>	Central Representative
<b>Joyti Khokhar, MS, LCGC, University of Virginia</b>	Western Representative
<b>Kimberly Matthijssen, MS, LCGC, Inova Schar Cancer Institute</b>	Northern Representative
<b>Tiffany Lewis</b>	Board of Directors
<b>Casey McKenna, MS, CGC, Informed DNA</b>	Board of Directors
<b>Berkley Schmidt, MS, LCGC, University of Virginia</b>	Board of Directors

# LEARNING OBJECTIVES

The participants will be able to:

1. Identify available and appropriate research funding sources.
2. Describe the grant application review process.
3. Distinguish the components of a competitive grant application.
4. Recognize various publication categories and the organization formats required for each.
5. Compare influential journals and how to determine what journal is most appropriate for a paper.
6. Outline specific ways that genetic counselors can find publication opportunities.
7. List three benefits of reviewing publications/abstracts.
8. Describe the publication review process.
9. Name two specific ways a genetic counselor can be a peer reviewer.
10. Describe the qualities of an effective student research mentor.
11. Name two common mistakes novice researchers make, and two common mistakes novice mentors make.
12. Describe one research question a student project could help you answer.
13. Identify the major changes implemented in the 2018 Common Rule.
14. Anticipate regulatory and ethical challenges IRB's and researchers face in 2019.
15. Identify gaps in current regulations relative to advancement in technology and research methodology.--
16. Describe the structure of one clinical genetics program that utilizes non-genetics professionals in triage.
17. Assess high demand for genetic counselors and describe limitations that this imposes on the clinical setting.
18. Identify effective strategies to manage demand and maintain best patient care.
19. Describe the genetics of SMA, and how copy number relates to severity.
20. Identify therapies available for the treatment of SMA.
21. Articulate the benefits of presymptomatic therapy for SMA.
22. Examine unexpected NIPT results through case examples.
23. Critically evaluate the possible underlying technical and biological reasons for unexpected NIPT results based on the varying technologies.
24. Identify some potential solutions for handling unexpected NIPT results that may be supported by published reports to employ in clinical practice.
25. Recognize factors affecting cost of medical genetic testing for patients, laboratories, and institutions.
26. List the steps of a genetic test utilization management review.
27. Identify areas to better practice genetic testing stewardship.
28. List two to three modifiable lifestyle factors that affect breast cancer risk in BRCA1/2 carriers.
29. Describe the common limitations of research examining the effect of environmental factors on disease risk in those with genetic predispositions.
30. Identify the difference between the methods of a systematic review and a typical literature review.
31. Describe the challenges presented by traditional algorithms of Lynch syndrome screening.
32. State the frequency of discordant tumor screening and germline testing results for Lynch syndrome.
33. Assess the utility and potential benefits of paired tumor and germline testing for Lynch syndrome.
34. Recognize appropriate referral indications for cardiogenetics evaluation.
35. List relevant family history questions for a cardiogenetics evaluation and summarize strategies for genetic testing.
36. In families with hereditary cardiovascular diseases, describe recommended surveillance measures for at-risk family members and/or identify appropriate resources for obtaining this information.
37. Describe recent challenges and developments regarding variant classification in cardiogenetic testing.
38. Define "secondary finding".
39. Describe the complexity that arises when disclosing secondary findings.
40. Identify the potential benefits of more than one genetic counseling strategy for at least one of the presented cases with a secondary finding.
41. Describe the process of transitioning to a licensed GC.
42. Identify clinical and psychosocial impact of the licensure process.
43. Describe potential ramifications of the loss of active candidate status and/or a lapse in licensure.
44. Evaluate possible solutions to clinical obstacles and ways to improve the efficiency of the licensure process.
45. Identify the role of ABGC during the process of state licensure.

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