Welcome to Family History – Internet Explore – one of our MINC education options. You have chosen an Independent Study option to obtain your education hour in genetics.

Information for you regarding this continuing nursing education activity:

1. PURPOSE: Upon completion of this activity, the learner will: recognize the value of knowing personal family history and advocate for patients to learn more about how family history and genetics related to health care.

   OBJECTIVES:
   • Identify importance of genetics knowledge in nursing practice.
   • Explore the importance of collecting a family history.
   • Complete personal family history.

2. In order for you to successfully complete this activity and receive 1.0 nursing contact hours, you must:
   a. At the Skills Fair in June 2013, sign sign-in sheet, complete evaluation (separate than attached) and turn in packet with completed questions. After June 2013, meet individually with one of the feedback persons listed below.
   b. Complete and submit attached evaluation form.

3. Content Specialists/Feedback Persons for this event are listed below. If you have questions please contact them in person or via phone/e-mail.
   a. Jan Questad (322-4302)
   b. Amber Top (322-4096)
   c. Brita Stange (322-4002)

4. There is no conflict of interest related to this activity identified by planners, content specialists or feedback persons.

5. The expiration date for nursing contact hours for this activity is May 1, 2014.

Avera McKennan Hospital & University Health Center is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Please follow the directions as they read. This activity uses the site www.G2C2.org designed specifically for the MINC project. Three separate individuals completed this activity and finished in a time that was averaged to 1 hour. Your time may be more or less than this. Please take time to enjoy the sites and/or return to them at a later time to explore further. We hope you find a wealth of fascinating information like we did!
1. PART 1 .... Once on-line, go to www.G2C2.org and click on “Nurse”.
2. Make sure “Learning Activities & Resources” is highlighted and select topic pharmacogenetics/pharmacogenomics. Then click on “search topic”.
3. Select “Telling Stories – Understanding Real Life Genetics – Nurses”.
4. Click on Resource 1
5. On the right side of the right side of the screen, use the Quick Text Search to look up autism or mental health (which will be a story connected to Huntington’s Disease) – whichever interests you most.
6a. If you chose autism, click on “Telling the story of autism: my son’s experience”.

6b. Read the story, and you can print out the story and the toolkit if you would like for your own info.
7a. If you chose mental health, click on “Huntington disease in the family”.

7b. Read the story, and you can print out the story and the toolkit if you would like for your own info.
8. Please answer the following questions related to the story you chose above.

   a. If this was a story you were hearing from your patient on your unit, what might be your response?

   b. As this patient talks about genetic issues, what comes to mind that you as a nurse should know about genetics?

When you have completed above activity and are ready to move on to PART 2 of this activity, click on the “X” indicated below.
Then click on the back arrow ....

And click on the back arrow again ....
9. PART 2 .... At the Nurse G2C2 site, select “Family History” and “search topic”.
10. Click on “American Medical Association Family History Tools”
11. Click on “Resource 3”.
12. Read this pamphlet from the AMA. Print it out if you would like.
13. Please answer the following:

   a. In your own words and a minimum of 3 sentences, give an overview of what the pamphlet identifies as the “value of obtaining a family medical history.”

   b. List 2 examples of “red flags” one might see in a family history.

      1. 

      2. 

   c. What is one potential nonmedical concern associated with family history?

   d. At Avera Behavioral Health, we do not “officially” collect a family history. If we were to start doing that, what ideas do you have as to how/where/when we could do that?
To move on to Part 3, click on the “x” ....

Then click on the back arrow .......
Stay on the results page for Family History. See next page of this packet for PART 3.
14. PART 3 ... Scroll down a ways (approximately 55th on the list – so WAYYY down!) and select “Family History – National Human Genome Research Institute”.
15. Select Resource 1
16. You now have the opportunity to fill in your own family history. Click on “My Family Health Portrait” and to the best of your knowledge and ability, fill in this information. (You may print out a copy for your own keeping!)

17. You may have this pop up – click on “yes”.

18. Click on “Create a Family Health History”
19. Complete as the screen directs. Your information does not save to this website. You have many options to give generic information as well. Enjoy exploring your family history!!

Please answer the following:

20. What is one thing that strikes you about your family history? And/or one thing you learned?

21. What value might there be in having our patients complete a family history upon admit?

You have successfully completed this activity! Please bring this completed packet and attached evaluation to the Skills Fair. We look forward to your feedback. Thank you!