

Genetic Counseling in Developmental Disability

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ABSTRACT Genetic counseling (GC) is a communication process and has been described in the past 3 decades for its objectives, principles to be used, the process and the steps involved, various types of counselees encountered, the knowledge about the genetic condition, genetic evaluation using different diagnostic tests, occurrence or recurrence of the risk estimate, prevention modalities as well as for the psycho-emotional and ethical issues. The current research focuses on GC in the developmental disability (DD)/mental retardation (MR) which encompasses the global (mental and /or motor) developmental delay (GDD) emphasizing the role of the primary physicians in GC. The aetiology of DD/MR is varied and hence a genetic counselor needs to possess the knowledge about their causes, updates on diagnostic tests, mode of inheritance, therapy management and rehabilitation of the affected individual/family. The common genetic disorders associated with DD and their implication in the prevention of the recurrence risk which is one of the major goals of the GC is delineated in the Indian clinical set-up considering the parents/couples or the adult patients /family members who need to be counseled.