

Fall 2017

Virology Newsletter

U = U

Undetectable

=

Untransmittable

A person living with HIV who has an undetectable viral load does not transmit HIV to their sexual partners.

According to the CDC: "people who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner."

Taking your medications everyday and being virally suppressed is the healthiest, safest thing you can do for you and your partners.

You are the solution!

Food Resources in Your Community



Need more food at home?

Talking to your case manager or a social worker in our clinic is a great first step. They can help connect you to SNAP benefits (food stamps), funding through Ryan White, food pantries, or other options for free groceries and meals that are available to you.

Need a meal today?

Iowa City Free Lunch Program offers lunch Monday-Saturday at noon. No verifications or enrollments are needed, just walk in and enjoy lunch. (1105 S. Gilbert Court, Iowa City, IA 52240, (319) 325-0652) .

Need groceries at home?

Check out the Johnson County Crisis Center Food Bank (1121 S. Gilbert Court, Iowa City, IA 52240, (319) 351-0128). Johnson County residents are eligible to shop for groceries and hygiene products one time per week. During your first visit, you will need to provide information about the people who live in your home, but no identification or verifications are required. The Crisis Center also offers many other types of assistance, including access to clothing, household items, bus tickets, shoes or clothing needed to start a new job, birth certificates and identification, and an address to receive mail for those who don't have a permanent home.

Live outside of Johnson County?

Talk to your case manager or a social worker in the clinic. There are food pantry resources in towns across Iowa, and we're happy to help you find what you need.

Partners PrEP (pre-exposure prophylaxis):

Access to HIV Prevention for Partners of People Living with HIV

TelePrEP, a collaborative telehealth service aimed to prevent the spread of HIV, has been providing HIV prevention care since February 2017. The program uses secure video conferencing, in-home visits with a pharmacist provider, and medication delivery by mail to expand HIV prevention across the state of Iowa. Partners PrEP is particularly helpful for people whose partner is newly diagnosed or doesn't have fully suppressed virus. For more information about Partners TelePrEP, please contact Dena Dillon, the UIHC Clinic Pharmacist, at 319-541-0335.





New Team Member!

Hi there! My name is Madison Auge and I couldn't be more excited to join the incredible team at the HIV program at UIHC. I am a recent graduate from St. Ambrose University in the Quad Cities where I received my Bachelors of Science in Biology and Bachelors of Arts in Psychology. I have spent my entire working career in hospitals, from being a nursing assistant on a cardiovascular floor to being a medical scribe in the emergency room. I love being around patients and in the hospital setting and hope to one day receive my Masters in Healthcare Administration. In my free time, I love to act, sing, and dance, and I've been lucky enough to be a part of over 50 theater productions since I started at the age of 5! I also love yoga, baking, reading, and knitting. I am so excited to be a part of this wonderful team!

Mindfulness Mumblings

Did you know that using mindfulness techniques has been proven to increase positive mood, quality of life and improve pain? Did you know that you can practice mindfulness in just one minute? A simple mindfulness exercises that I can share with you today engages all of your senses, to help ground you to the present moment.

Start by taking a deep breath in, what scents do you smell? Is there more than one? Describe the smells to yourself. Proceed with identifying 3 things around you. What do they look like? How would you describe those objects? Next, listen for three sounds. What are those sounds? Are they pleasant sounds? Notice how you feel in reaction to those sounds. After you identify the three different sounds, pick up something near you or grab a piece of your clothing. What does the object feel like? Is it soft? Is it warm or cold? Focus on the feeling of the object. Finally, we incorporate our last sense... taste. You might want to focus on something you're eating such as gum or a cup of coffee. However, if you don't have anything handy to taste, think about taking a bite out of a lemon. What happens when you taste the sourness? Do you notice any changes in your saliva? Do you imagine yourself cringing at the sour taste? Describe what is happening.

Congratulations, you've just accomplished a mindfulness activity!

Gathering interest for support/peer group!

If you are interested in being part of a support group around the Iowa City area, please contact Maddie Moree at madeline-moree@uiowa.edu.





Iowa was well represented at USCA this year, and we would like to thank our IDPH leaders for the opportunity to attend. This year's theme, "Our Family Reunion," focused on the families that make up the HIV community, and relying on one another in times of uncertainty. NMAC Executive Director Paul Kawata reminds us, "Whether they are birth families, chosen families, or work families, all of us in the HIV community rely on our families to support us through the hard times." I continue to be inspired by the energy of those on stage, in workshops, and those that share their stories. The take home message that "Undetectable equals Untransmittable" credits the advances of science and medicine and gives us hope that we will see the number of new infections decline when persons living with HIV maintain access to medication and achieve viral suppression. I want to take this opportunity to thank our team as I think we do an amazing job of working with our patients to help them overcome barriers, stay engaged in care, maintain access to treatment, and achieve viral suppression. We are very proud of the commitment, dedication, and passion of the Ryan White staff in Iowa.

Tricia Kroll

USCA 2017

(United States Conference on AIDS)

Washington D.C.

September 2017

While attending the 2017 United States Conference on AIDS, I was able to not only learn more about what is happening around the nation with HIV care, but discover discrepancies around race, privilege and faith communities. Many sessions this year focused on diverse communities advocating for human rights, whether it be people living with HIV, trans persons, those experiencing racial differences, or those experiencing homelessness or substance abuse. It was interesting to learn how large of an impact geographic factors can make on a person's holistic life, healthcare, and support system. I am very grateful to have had this opportunity to listen to others' ideas as well as enhance my education in this field. Iowa is a state with exceptional leadership in place and has many resources available to those in need.

Sarah Hambright





Insurance Information

For those enrolled in ADAP sponsored insurance, we will have more information in November. You may have seen that the Iowa Stopgap Measure did not go in to effect, but there is another option we are looking in to. Please note that dental insurance plans will not be available through ADAP this year as Blue Cross Blue Shield will not be offering individual dental plans in 2018. Please contact your Field Benefits Specialist or case manager for more information.

For those who have a Medicare Part D plan through original Medicare October 15th through December 7th is open enrollment. If you are case managed by the University of Iowa or not case managed but seen at UIHC you should have received a letter from Angela Speers to help you find the best Part D plan for you in 2018. You can contact her at 319-335-7309 or contact your local Field Benefits Specialist for further assistance before December 7th, 2017.

Beginning November 1st, 2017 Medicaid will no longer back date up to 3 months. The exception will be for those who are pregnant. A common loss of Medicaid is not remembering to send in your annual recertification paperwork. This is important to note that if you lose coverage you need to contact your case manager or field benefits specialist immediately to work on getting that reinstated.



Effective November 30th, 2017 AmeriHealth Caritas will no longer be an MCO in the state of Iowa. Those who have this MCO will be receiving letters of who their new managed care organization will be. If you would prefer to switch to the other option please contact your local field benefits specialist or your local DHS.

Do you or someone you know need access to Naloxone?

Here is a free resource to help:

Iowa Harm Reduction Coalition

<http://www.iowaharmreductioncoalition.org/>

Iowa Harm Reduction Coalition's Mission: To reduce the harms associated with drug use and promote health equity through compassionate, nonjudgmental community services, education, and advocacy.

Offering safer injection and risk reduction kits, free syringe clean up and disposal of sharps, free HIV and Hepatitis C rapid testing, 24 hour hotline to answer questions related to safer injection, vein health and wound care and also referrals and micro-case management services to health care and social services to obtain treatment, housing, mental health and medication assisted treatment.

Outreach and Health Services

IHRC provides weekly outreach services in Iowa City, Cedar Rapids, and surrounding communities and distribute safer injection kits, condoms, and reproductive health supplies to reduce the risk of HIV and hepatitis C in Eastern Iowa. IHRC has recently expanded into Central Iowa and is currently providing outreach services in Des Moines and surrounding communities.

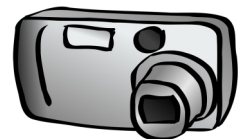
IHRC is Iowa's largest free naloxone distribution program and provide opioid overdose prevention education.

To find them in the community on Friday, Saturday, and Sunday please call or text our hotline at (319) 214-0540.

To arrange a delivery in Des Moines or Central Iowa, please contact us at (515) 957-1252.

Upcoming Clinic News!

Patients will be asked to have their picture taken to include in the UIHC electronic medical record (EPIC) system. (You may have already been asked to do this in the Emergency Room or other UIHC clinic). The goal of this project is to assist with patient identification. Your picture will be covered by the same confidentiality rules as all your information in your health record. You can decline having your picture taken and added to your chart in Epic. You can also ask to have it taken on a different day/at a different appointment, if you'd prefer.





The Benefits of Case Management

You may have noticed a lot of new faces around our clinic. This increase in staff is due to enhanced Ryan White Part B funding for specific projects, but also to increase services through case management. One factor that correlates with improved viral suppression is case management. Specifically, patients in Iowa who are enrolled in case management are more likely to have suppressed viral load with 85% of those enrolled in case management suppressed compared to 73% of those who are not case managed. In our Virology clinic, 89% of those receiving case management (either through our clinic or through another Ryan White Agency) were suppressed. These data show that case management can be an important tool to help you achieve the best possible health outcome. If you are not already enrolled in case management and are interested, contact us, or ask to speak to a social worker at your next clinic visit to find out what case management services are available for you.

About My HIV Thank You

My HIV Thank You™ is sponsored by Napo Pharmaceuticals. My HIV Thank You™ calls for people living with or affected by HIV to share their positive personal stories with their healthcare providers or others who have helped them throughout their HIV journey. To learn more about the My HIV Thank You, or to participate, visit HIVThankYou.com.

Patients' Rights and Responsibilities

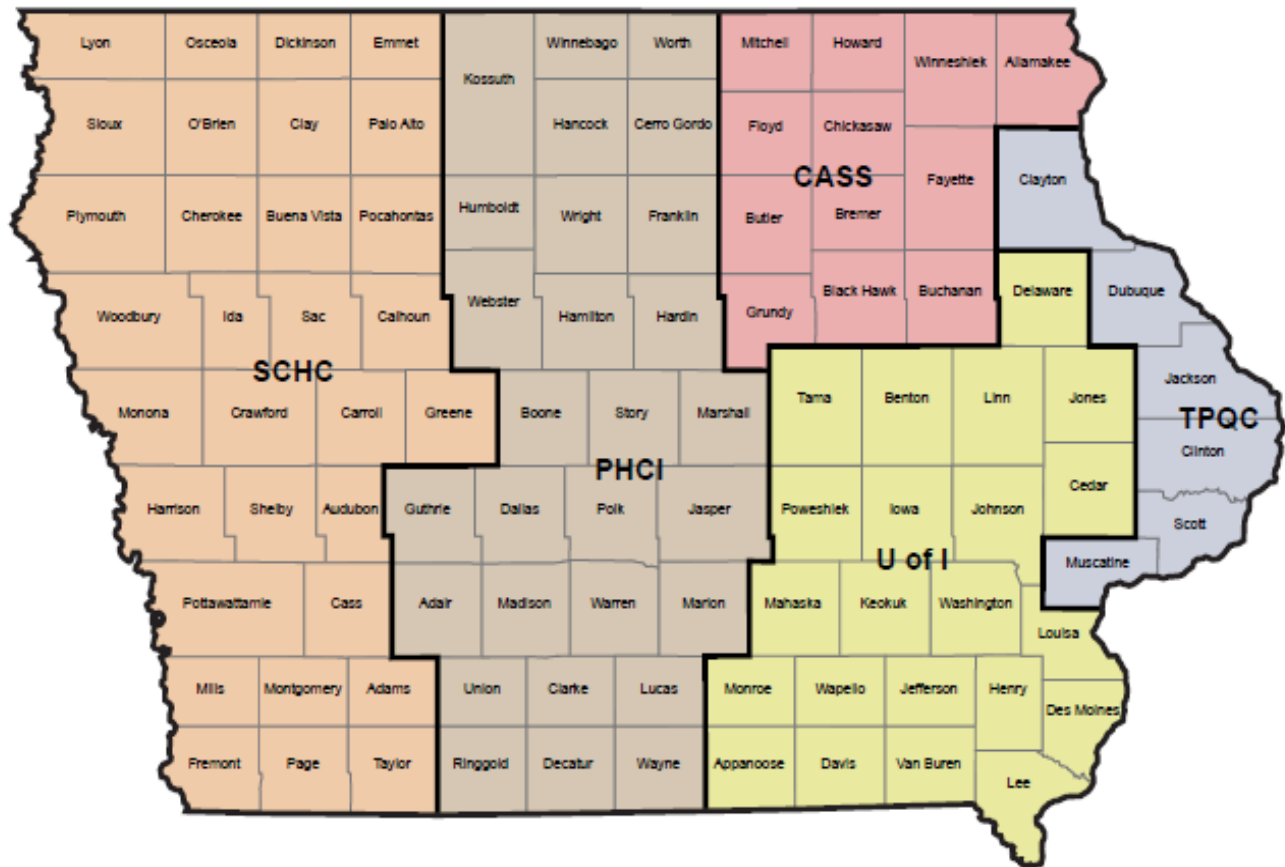
At University of Iowa Hospitals and Clinics, we are proud to provide expert medical care in an environment where you can expect quality service, personal respect, and consideration for you family and visitors. It is our sincere hope that your experience here will be comfortable and beneficial. Our patients have many rights and responsibilities. To obtain another brochure of Patients' Rights and Responsibilities, or share a concern or complaint, please contact any staff member, or the Office of Patient Experience by calling 319-356-1802.

<https://uihc.org/patient-rights-and-advocacy>



HOPWA

Housing Opportunities for People with AIDS (HOPWA)



Siouxland Community Health Center (SCHC)
1021 Nebraska Street
PO Box 5410
Sioux City, IA 51102
Daria Peterson
(712)-252-2477

Primary Health Care, Inc. (PHCI)
1200 University Avenue
Des Moines, IA 50314
Casey Ward
(515) 248-1517

Cedar AIDS Support System (CASS)
2101 Kimball Avenue
Suite 2880
Waterloo, IA 50704-2880
Elizabeth Wilson
(319) 727-2002

University of Iowa (U of I)
200 Hawkins Drive
Iowa City, IA 52242
Jennifer Keeler
(319) 467-5662

The Project of the Quad Cities (TPQC)
2316 5th Avenue
Moline, IL 61265
Leevon Harris
(309) 762-5433

Having trouble maintaining your housing due to an emergent situation such as job loss or illness? You may be eligible for HOPWA assistance. Please contact the HOPWA provider in your area to see if assistance is available. UIHC currently offers assistance with long-term rental assistance (TBRA), short-term rent, mortgage, and utility assistance (STRMU), and permanent housing placement services (PHP) (deposit and/ or 1st months rent). Please be aware that we are nearing the end of the HOPWA grant year so funds may be limited or depleted for some HOPWA sponsors. If you need housing help, please call as other resources may be available even if HOPWA funds are depleted.



Cedar Rapids Shuttle

Location: The shuttle leaves from the Ground Transportation Center (GTC) in downtown Cedar Rapids and drops off at University of Iowa Hospitals and Clinics (UIHC).

Dates/Times:

Mondays, Wednesdays and Thursdays (excluding holidays)

Depart GTC	8:00 am	11:30 am	3:30 pm
Arrive UIHC	8:45 am	12:15 pm	4:15 pm
Depart UIHC	9:00 am	12:30 pm	4:30 pm
Arrive GTC	9:45 am	1:15 pm	5:15 pm



Arrival times are approximate. Most rides should take 45 minutes, but could fluctuate a bit based on traffic.

Cost: Rides are free for patients **not** covered by a Medicaid transportation benefit.

Contact: Reservations are required a minimum of 24 hours before the shuttle time, and by noon on Friday for rides on Monday. **To reserve a seat, call 319-363-1321**, or contact your case manager.

A stop in North Liberty at Penn Place can be added if needed. Call 319-363-1321 or talk to your case manager to reserve a ride to/from this stop.

Contact Us

- To schedule a clinic appointment at UIHC, call 319-356-8133 and for Cedar Falls Outreach, call 319-356-1533.
- For refill requests, have your pharmacy fax a request to 319-356-3004 or contact the Infectious Disease refill line at 319-356-8133.
- For lab results or health related questions, call Wendy Sauter, RN at 319-335-7605.
- If you have a medical emergency during the 8am-5pm work day, please try contacting your doctor or PA. If your doctor or PA is unavailable you may call the hospital operator at 319-356-1616 and ask for the Infectious Disease doctor on call.
- For medication questions, contact Dena Dillion at 319-541-0335
- Social work questions and concerns should be directed to Tricia Kroll at 319-384-7307, Jennifer Keeler at 319-467-5662, Sarah Hambright at 319-353-8951, Katie Vodraska at 319-353-7173, Malory Dreasler at 319-356-1545, or Kari Vrban at 319-467-5655.
- If you have questions or would like more information about our HIV program please contact Amy Halvorson Bouffard at 319-335-7444.
- Our Locations:

UIHC at 200 Hawkins Dr. Elevator L, Level 3 Iowa City, IA

Cedar Falls Outreach at 2624 Orchard Dr. Cedar Falls, IA

