

Fall 2018 **Virology Newsletter**



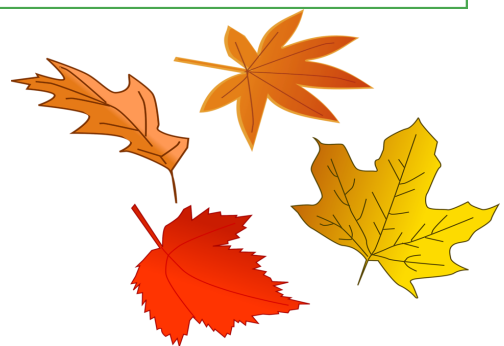
Insurance Information

For those enrolled in ADAP sponsored insurance, we will have more information in November. You may have heard that both Medica and Blue Cross Blue Shield will be on the marketplace this year, so as always, our current ADAP coverage may be changing. Due to the open enrollment being shorter than previous years, please be sure to respond to your case manager or field benefits specialist in a timely manner. 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 receive a letter from Angela Speers to help you find the best Part D plan for you in 2019. You can contact her at 319-335-7309 or contact your local Field Benefits Specialist for further assistance before December 7th, 2018.



Beginning October 1st, 2018 Medicaid will be able to back date up to 3 months if you are in a skilled care facility. Those who are pregnant and under the age of one also can back date Medicaid coverage 3 months. A common loss of Medicaid is not remembering to send in your annual recertification paperwork, paying your monthly premium, or checking the hardship box. 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.





United States Conference on AIDS 2018




"USCA is about building relationships and understanding the communities hardest hit by HIV. It's about giving voice to people who are often overlooked and undervalued: people who daily face discrimination and violence because of their HIV status, the color of their skin, their gender or gender identity, or who they love. Until HIV services and medication are normalized in all communities highly impacted by HIV, we will never end the HIV epidemic." – Paul Kawata, NMAC Executive Director

Five UIHC staff members had the honor to attend USCA 2018 in Orlando, FL in early September along with nearly 50 Iowans. Here are just a few of the many take away messages:

- While we need to be careful about how it can stigmatize our patients who are not virally suppressed, the U=U message is also incredibly empowering to many. It helps them feel in control of their own health and hopeful about living a full life.
- 70% of PLWH will be over the age of 50 by 2020, and they will have specialized needs.
- Don't do anything without buy-in from community stakeholders with lived experience.
- Quick start of ARV.
- 40% of women in US have family planning places for their only healthcare.
- Equity does not equal Equality... Some people need more than others and it's okay to give them what they need to be successful or remove barriers.
- Syringe Exchange programs aren't just about syringe access and they shouldn't be focused only on people who inject drugs. Risk reduction for all!
- Black women are the most impacted by the HIV epidemic and account for 60% of all women living with HIV due to factors like racism, discrimination and gender inequality.
- It takes multi-sectoral efforts to create comprehensive responses to the intersecting crises of drug use, hepatitis, and HIV.
- Lead with Intention, Through Resilience, Grace, and Strength.

What do my lab results mean? HIV and Laboratory Tests



You want your CD4 count to be HIGH

CD4 Cell Count

CD4 cells are specialized cells of the immune system destroyed by HIV. A CD4 cell count measures how many CD4 cells are in your blood. The higher your CD4 cell count, the healthier your immune system.

HIV Viral Load Test

An HIV viral load test, also called an HIV RNA test, tracks how many HIV particles are in a sample of your blood. This is called your viral load.


You want your viral load to be LOW

Taking a combination of HIV medicines every day prevents HIV from destroying CD4 cells and helps lower your viral load.

What are some other important tests?

DRUG RESISTANCE TEST

HIV can change form, making it resistant to some HIV medicines. A drug resistance test helps your health care provider choose the HIV medicines that will work for you.




TESTS FOR OTHER INFECTIONS

HIV weakens the immune system, leaving people vulnerable to other infections. Health care providers test for tuberculosis, hepatitis B and C infections, and other potential illnesses. The treatment for another infection may affect HIV treatment.

COMPLETE BLOOD COUNT

This test measures how many red blood cells, white blood cells, and platelets are in your blood. This helps health care providers keep track of your overall health and spot infections or other potential medical problems, and analyze your CD4 cell count.



BLOOD CHEMISTRY TESTS

This group of tests measures several different chemicals in your blood to help monitor the health of your organs, especially your heart, liver, and kidneys. Health care providers use blood chemistry tests to look for side effects caused by HIV medicines.

AIDSinfo
For more information, visit: aidsinfo.nih.gov

NURSE NEWS

The best protection and prevention of influenza includes the following:

- **Get vaccinated!**
- Cover your mouth when coughing or sneezing
- Wash your hands often
- Minimize contact, when possible, with those who have symptoms or have been diagnosed with influenza
- Disinfecting your environment can also help with transmission prevention, ie: hand sanitizers in the store.



Influenza vaccines are composed of either inactivated or live attenuated (weakened) virus, *but they cannot transmit “the flu.”*

HIV individuals should NOT receive live-attenuated virus such as the “flu mist” or other nasal formulations.

Side effects of the vaccine include: achiness, fatigue, low grade fever, but are short lived and do not carry the dangerous threat of complications associated with an actual influenza infection.

These side effects are *very mild* in comparison to influenza and can be treated with Tylenol or ibuprofen.

Where can I get my vaccine?

At UIHC, here are the locations you can access the influenza vaccine:

Medicine Specialty Clinic

Please call 319-356-8133 to schedule an appointment; walk-ins accepted, but appointments are preferred

Iowa River Landing

Walk-in appointments welcome

Family Medicine Clinic

UIHC main campus and various locations; Scott Blvd, North Dodge, etc.

Walk-in appointments welcome

If you are not local to UIHC, please check with your primary care provider’s office locally, or call staff to help you find the best location to access the vaccine.

There are also community clinics/sites offer the vaccine free of charge or at very low cost, and pharmacies also offer vaccines.

Please remember to let the nurse/providers know if you’ve received the vaccine to be documented!

Feel free to call the Program Nurse, Emily, at 319-335-7605, if you have questions related the influenza vaccine process!

UIHC FYI

**Parking will not accept
personal checks
starting week of 9/2.**



Partners PrEP (pre-exposure prophylaxis):

Access to HIV Prevention for Partners of People Living with HIV

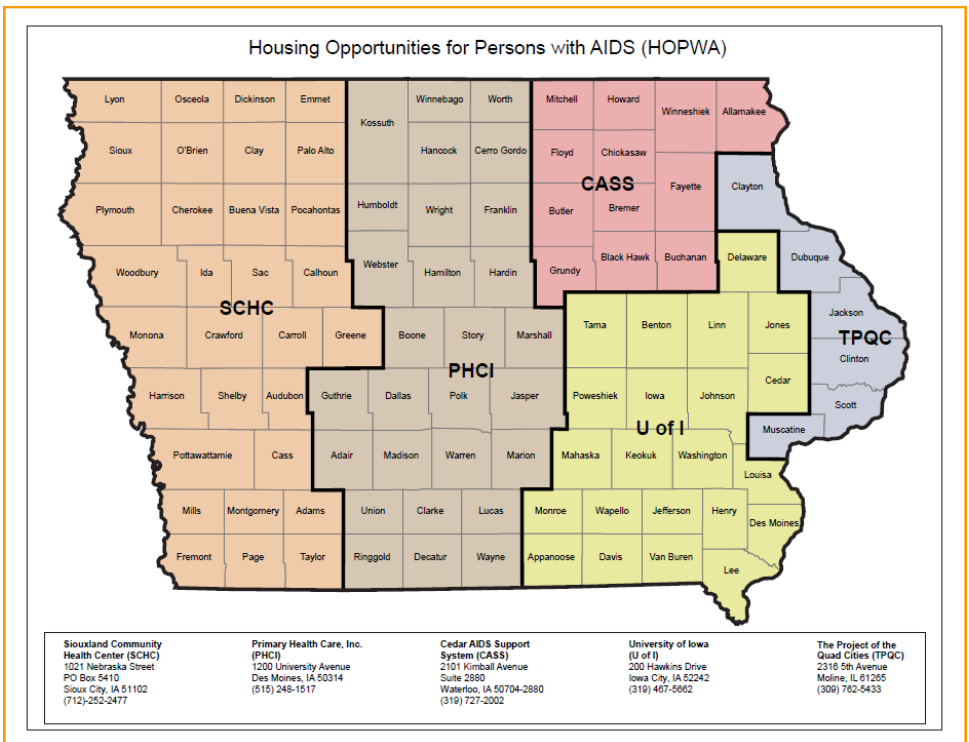
TelePrEP, a collaborative telehealth service aimed to prevent the spread of HIV, has been providing HIV prevention care since February 2017. The program uses secure video conferencing, in-home visits with a pharmacist provider, and medication delivery by mail to expand HIV prevention across the state 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.

HOPWA

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).

If you live in the U of I area, contact Jennifer at 319-467-5662.



380 Express Corridor Rides

There is a new bus (coach) service from the Cedar Rapids Ground Transportation Center to Iowa City Court Street Ground Transportation Center and back to Cedar Rapids! The 380 Express coach makes stops at Kirkwood in Cedar Rapids, Coralville Transit Intermodal Facility (next to UIHC's Iowa River Landing), and UIHC. The coaches will run frequently throughout the day. Rides cost \$3.50 one way. (Reduced fare available for Seniors and Disabled Individuals. Kids under 6 ride free with an adult.) Multi-trip passes are also available. All coaches in the 380 Express service are equipped with free WIFI, 110V power outlets and USB ports, restroom, and reclining seats with 3-point seat belts. There is also a wheelchair lift with two wheelchair securement areas on each coach. You can check out this services at www.380express.com.



The Low-Income Home Energy Assistance Program (LIHEAP) is designed to assist low-income families with meeting the cost of home heating. Individuals/Families must meet income eligibility requirements to receive assistance through this program. Applications will be accepted on a first come/ first serve basis at your local Community Action Agency. Disabled and Elderly households can start to apply on October 1st, 2018. All other eligible households may submit applications from November 1, 2018-April 15, 2019. You will need to bring three months' worth of income, your social security card and copies of your heating/electric bills with you when you apply. Please contact your local Community Action Agency for their hours of availability. If you need help locating the agency responsible for LIHEAP in your county, please contact a member of our social work team.

Size of Household	Annual Gross Income * **
1	\$21,245
2	\$28,805
3	\$36,365

**The Johnson County office is located at 367 Southgate Ave. Iowa City, IA , (1-800-332-5289 or 319-337-5765)



Hello from the Pharmacy Team!



Hello! My name is Dena Dillon, and I have been the HIV Clinic Pharmacist since January 1998! I am excited to be part of this amazing team, and to have 2 new pharmacists join our clinic. I grew up in a lot of places as part of an Air Force family (the longest was 3 1/2 years in Florida and the most exotic were Hawaii and Greece). My favorite place where I've ever lived is Iowa City! I received my Doctor of Pharmacy degree from University of Iowa, my pharmacy practice residency at the VA in Tampa, and my specialty residency at Henry Ford Hospital in Detroit. I am thrilled to be working closely with patients, and hope I can be of assistance for your pharmaceutical care needs! My primary role in the team is to help people living with HIV get the most out of their meds...primarily helping with side effects, drug interactions, adherence, and treatment selection. I am also a provider in the TelePrEP clinic. In my free time, I enjoy traveling, reading (I'm an active member of 4 book clubs), and visiting my family and friends.

Dena's contact info: 319-541-0335 (work cell...call or text).

Hello, my name is Heidi Wood and I joined the UIHC Virology Team in spring 2018. I obtained my Doctor of Pharmacy degree from the University of Iowa in 2008 and then completed two years of residency training in ambulatory care at UIHC. I worked with Providence Medical Group internal medicine and family medicine care teams in Portland, Oregon after completing residency training. I returned to UIHC in 2014 as part of the Liver Service, and continue to work in this clinic in addition to the Virology Clinic.



Hello, my name is Tony Huynh. I obtained my Doctorate of Pharmacy from the University of Iowa College of Pharmacy in 2013. I went on to complete two years of residency training in Ambulatory Care Pharmacy Practice through the University of Iowa in 2015 and currently work primarily in Hepatology with a focus on management of chronic hepatitis C.

Farewell from Amy Halvorson Bouffard

I have accepted a position with the PrEP project at UIHC, so am leaving my position in the Ryan White HIV Program at the end of September. I can't tell you how much I've enjoyed getting to know so many of you (some in person, many over the phone). I thoroughly enjoyed working with you all and will miss talking with you. Meeting several of the people we serve right after they received the diagnosis was a really powerful experience for me. It was humbling and inspiring to be a small part of your journey. I wish you all well and hope our paths may cross in the future as I will remain working in the field of HIV. Thank you all for your kindness. It's truly been a pleasure serving you.

The department is in the process of hiring someone to fill this position. Until my replacement starts, you can reach Madison at 319-335-7218, or anyone on the "Contact Us" list.

Ivan Sedenka and Jo Moore are certified pharmacy technicians and will be the primary contacts for HIV patients within the UIHC Specialty Pharmacy.



CLEAR



Fall into some good habits! Are you ready to start fresh? CLEAR services are now available in both Cedar Rapids and Iowa City!

CLEAR stands for: choosing life, empowerment, action, and results! The CLEAR program is open to persons living with HIV who are interested in increasing or enhancing behaviors that promote healthy living, practice ways to effectively face challenges of daily living, increase positive thoughts, feelings and actions as well as develop daily routines to stay healthy.

Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor. Participants will be given incentives to attend weekly appointments. To learn more about screening and the enrollment process please call Katie Vodraska at 319-353-7173, email Katie at katie-vodraska@uiowa.edu, or contact your case manager.

For the first time, there is a suicide hotline in the United States that is staffed entirely by transgender people to serve transgender people.

You can reach Trans Lifeline at

877-565-8860

Or visit

<https://www.translifeline.org/>



AIDS Watch

April 1-2, 2019, Washington DC

Scholarships Available

Deadline: November 1, 2018

[Aidsunited.org/aidswatch](https://aidsunited.org/aidswatch)

Did you receive the print version of this newsletter but would rather get it via email? Want to see the cute pics and designs in color while saving paper and mailing costs? Email Mike @ michael-c-bates@uiowa.edu



Contact Us

- To schedule a clinic appointment at UIHC, call 319-356-8133 and for Cedar Falls Outreach, call 319-356-1533.
- For lab results or health related questions, please call Emily Parsons, RN at 319-335-7605 or 319-383-1503.
- 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 insurance questions, contact Angela Speers at 319-335-7309 or 319-333-8714
- If you have a medical emergency during the 8am-5pm work day, please try contacting Emily or your provider. If Emily and your provider are 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 Dillon at 319-541-0335.
- Social work questions and concerns should be directed to:

Malory Dreasler at 319-356-1545 or 319-359-9181

Jennifer Keeler at 319-467-5662 or 319-499-7963

Kari Vrban at 319-467-5655 or 319-471-2123

Sarah Hambricht at 319-353-8951 or 319-930-9829

Katie Vodraska at 319-353-7173 or 319-383-6563

Tricia Kroll at 319-384-7307
- If you have questions or would like more information about our HIV program please contact Madison Auge at 319-335-7218.

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). Pick up/drop off at the Library in North Liberty can also be requested

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

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.

Moving? Transferring? Need Records Sent?

If you need to transfer your medical care, let us know! We can connect you to care wherever you may move and help you find services like you received at UIHC. HIV.gov is also a great resource for finding different services, like testing sites, housing assistance, Ryan White HIV care, and mental health and substance abuse treatment facilities. Once you find a location, call Madison at 319-335-7218, tell her where, and she will make sure you are linked to care in your new area.