

Virology Newsletter

Fall 2019

What is “the flu?”

“The Flu” is often confused with stomach “bugs” that can cause vomiting/diarrhea.

INFLUENZA has more “head cold” symptoms than “stomach” symptoms.

Hallmark influenza symptoms include:

- ⇒ **sudden onset**
- ⇒ **high fevers, greater than 101°F**
- ⇒ **cough**
- ⇒ **sore throat**
- ⇒ **muscle or body aches**
- ⇒ **fatigue and**
- ⇒ **tiredness**
- ⇒ **headaches**
- ⇒ **runny or stuffy nose**



Influenza symptoms are similar to the common cold, but are *much more severe* and have a *very rapid on-set*.

Please contact your primary care provider if you are experiencing symptoms for evaluation.

Influenza can remain infective in the human body for a week.

Outside the body in colder environments, the virus can remain infective for longer.

Contact with saliva, nasal secretions, feces, and blood from an infected person can transmit the virus.

The elderly, the very young, and the immunosuppressed are at greater risk of complications and hospitalization.

Receiving the influenza vaccine is voluntary, however the Centers for Disease Control (CDC) considers people living with HIV

to be at higher risk for influenza-related issues, and highly recommends vaccination.

How can I prevent “the flu?”

The best protection and prevention of influenza includes the following: is to

- **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.”*

Individuals living with HIV should NOT receive live-attenuated virus such as the “flu mist” or other nasal formulations. Influenza vaccines are reformulated every year for maximum effectiveness.

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:

Medicine Specialty Clinic: Please call 319-356-8133 to schedule an appointment. Walk-ins are available, 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.

Influenza, or “flu season” is starting early this year, so please get your vaccine as soon as you can!

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

In 2017, roughly 86 percent of our patients who were seen from October through December received a flu shot. That number dropped slightly to 85.5 percent of patients in 2018. As part of our continuing effort to improve the health of our patients, we are emphasizing the importance of flu shots this winter, and our goal is to bring that percentage above 90 percent of the patients we see between October and December in 2019. Please make sure to ask your doctor about receiving a flu shot during your appointment, or mention if you’ve already gotten one from another location.

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

Insurance Happenings

Medicare recipients who are case managed at UIHC or are not case managed:

Medicare's annual open enrollment period is October 15 to December 7. During this time, you can review the 2020 Medicare prescription drug plans to determine whether your current plan is still the best plan for you next year, or whether you could save money by changing plans.

I can run your comparison and call you with the results. If your current plan is still the least expensive, I'll tell you that over the phone. If we find you can save money, I'll call you to set up a time when we can meet to go over the comparison with you. I will be able to start doing comparisons in early October and will do them on a first come-first served basis. Enclosed you will find two forms so I can help you with the enrollment. One is a release of liability and the other is to create an account to view the Part D comparisons. Please complete the forms and mail them back in the pre-paid envelop.

If you would prefer a face to face meeting, call **Angela at 319-335-7309** or email: angela-speers@uiowa.edu to schedule an appointment.

Important note: If you are covered by a Medicare Advantage plan and you receive notice this month that your plan will not be offered in 2020, please call and make an appointment.

Dear ADAP recipients:

ADAP's annual open enrollment period is coming up. During this time, the Iowa Department of Public Health and its legal advisory plans to determine whether the current ADAP plan is still the best plan for you next year, or whether it would be beneficial to make a change.

If you have any questions, comments, or concerns please feel free to call the field benefits specialist, Angela Speers, at 319-335-7309 or email angela-speers@uiowa.edu. She will be happy to help answer questions and works closely with your case manager to ensure your insurance needs are being covered. I look forward to connecting with each of you in the coming months as we proceed with ADAP open enrollment.

Medica Premium Refund Letter:

We have received notice that clients who were on Medica in 2018 have received letters about a premium refund for plans in 2018.

Medica is only able to make a certain amount of profit on Marketplace plans, and if they make too much they have to pay some of it back to the members for that year. In 2018, they did not meet their threshold, and they will be sending checks to all members from 2018. We do not know how much these checks will be, but because ADAP paid these premiums the check should be signed over to ADAP.

If you received a letter/check please direct them to sign the back of the check and write "for deposit by NuCara pharmacy only" and then give them to your case manager. If you have any questions please contact your case manager or **field benefits specialist Angela Speers at 319-335-7309**.

COMMUNITIES MAKE THE DIFFERENCE

The theme of this year's **World AIDS Day** is "*Communities make the difference*".

The commemoration of **World AIDS Day**, which will take place on 1 December 2019, is an important opportunity to recognize the essential role that communities have played and continue to play in the AIDS response at the international, national and local levels. (Source: UNAIDS)

An Organization Run for and By PLHIV and our support systems

PITCH WELLNESS SUMMIT

SAVE THE DATE

APRIL 24-26, 2020

The Wellness Summit provides a safe, non-judgmental environment for Iowans living with HIV/AIDS. The Wellness Summit is one way to help reduce the stigma and isolation that many people living with HIV/AIDS feel. The Summit is a source of encouragement, provides educational opportunities, camaraderie and a sense of community.



www.pitchiowa.com

also find us on Facebook



U=U

**Undetectable
=
Untransmittable**

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

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

Turning 65????

If you are turning 65 soon or have recently turned 65, you are eligible for Medicare. Please contact Angela to discuss your transition plan from your current insurance to Medicare. Every person's insurance situation is different and Angela can help you determine the best insurance plan for you and your situation.

Five questions to ask your Pharmacist

1. **What is this medication called?** Medications usually have two names: a brand name and a generic name.
2. **What does this medication do?** Medicines have intended effects and side effects, and it is important your pharmacist describes these for you.
3. **When do I stop taking this medication?** It is important to take your medications as your provider prescribed them. If you have any question about whether it's OK to stop taking a medication, contact our team immediately.
4. **What if?** Here's what happens when medications mix with our routine lives—questions arise. Is your pharmacist prepared to answer? Here are the types of questions we routinely hear and the way we address them.
 - **What if I take herbal medicines and nonprescription drugs?**
Certain vitamins, supplements, and over-the-counter medications can interact with your prescribed medications. Let us know about the other things you're taking. We'll note them in your medical record and alert you to any problems if you take them while taking your new medication.
 - **What if I forget to take this medication on time?**
We can give you instructions that explain what to do if you forget a dose of your medication.
 - **What if I become pregnant?**
Contact our team immediately. Certain medications can affect unborn babies. Some medicines require a pregnancy test before they're given to be certain there won't be any complications to you or a developing baby. We can give you warnings if your medication has consequences for pregnancies and offer you advice on safe birth control.
5. **Who can I call with more questions about my medications?** Medication questions pop up any time. The Virology Program includes three pharmacists who are in Clinic at different times. You can request to speak with us during your appointment or you can call or text Dena Dillon at 319-541-0335 or call Tony Huynh or Heidi Wood at 319-384-6909.

If you have any doubts or concerns about your medications, we recommend you ask us. When it comes to your health, there's no such thing as a silly question and we would love to help you get answers! Dena Dillon, Pharm.D., AAHIVP

DEA Prescription Drug Take-Back

The Drug Enforcement Administration (DEA) National Prescription Drug Take-Back Day collection site locator is now available, allowing consumers to search for a nearby location to dispose of unneeded, unwanted, or expired medications on **Saturday, October 26, 2019**. On this day from 10 AM to 2 PM, thousands of DEA-coordinated collection sites will be available across the country, and consumers are encouraged to use this unique opportunity to safely and legally dispose of any unneeded medications, including prescription painkillers and other controlled substance medications, which can only be accepted for disposal when law enforcement is present.

The take-back service is free and anonymous, with no questions

asked, DEA reminds consumers. Participating sites will accept tablets, capsules, and all other solid dosage forms of unwanted medication. Personal information may be blacked out on prescription bottles, or medications may be emptied from the bottles into bins provided at the locations. Check the DEA collection site locator often, as new locations will be added until October 26, 2019. [take-back locations within 50 miles](#)

Also note that the Ambulatory Care Pharmacies now permanently host four **MedSafe drug collection bins** for the safe disposal of unwanted medications (including controlled substance medications in Schedules II, III, IV, V) held by the ultimate user (a patient) or the ultimate user's legal representative. These bins are located in the following Ambulatory Pharmacy locations: Discharge, General, Pomerantz Level II, and Lower Level Pomerantz.

Consumer Needs Assessment (CNA) – WE'D LOVE TO HEAR FROM YOU!

The CNA is intended to reach all Iowans living with HIV to assess service needs, gaps and barriers
Results will help inform the development of a *Getting to Zero: A Plan to End the HIV Epidemic* plan

The survey can only be taken online from a computer, tablet or smartphone, and will be available in English and Spanish
A **\$25 GIFT CARD** will be offered for completing the survey

The survey will take 30-45 minutes

The survey will launch on Tuesday, October 1, 2019 and will close on Monday, November 25, 2019

A Survey ID is needed to take the CNA

Contact your Ryan White agency today to get your Survey ID!

For questions, assistance, or to get a Survey ID, please contact:

Annie Rodruck (CNA Coordinator) at 515-204-8773

OR

Your Ryan White Agency

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, 2019. You may also apply on October 2, 2019 if you have a disconnection notice or your service is currently disconnected. All other eligible households may submit applications from November 1, 2019-April 15, 2020. 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	\$21,858
2	\$29,593
3	\$37,328

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

380 EXPRESS

The 380Express service will operate on Saturdays in September through December with a slightly different route and stops than the weekday service. The Saturday route offers different stop options than the weekday service that can accommodate commuters and people wanting to take a trip for other reasons. This is a great alternate form of transportation in the winter months. Please contact your Case Manager if you need assistance navigating this option. Fares, passes and schedules can be viewed at the following link:
<https://www.380express.com/>

Sunshine Committee

As your UIHC Virology team, we appreciate getting to walk alongside you and support you in your healthcare needs. We know that supporting others means we need to take care of ourselves to be the best we can for the patients we serve. To better serve you, the UIHC Virology team has created a 'Sunshine Committee' that began to increase team building among staff, to offer a safe space for self-care and spread positivity throughout the work-place!

The Sunshine Committee meets quarterly to organize team building events for staff and activities to spread positivity. Most recently, staff have engaged in a bulletin board activity called "Catch Your Co-Worker" where team members were noticed for going above and beyond or simply offering an act of kindness. Staff members have also submitted 'fun facts' about themselves for others to "Guess Your Co-Worker" to learn more about each other. The Sunshine Committee also hosts a monthly breakfast club and organizes a once per quarter lunch outing for team bonding. All activities and events are voluntary, but we welcome any staff to join activities and events!



UIHC Consumer Advisory Board (CAB)

Responding to the call “Nothing about us without us!” we have reconstituted our CAB to make sure our patients can provide guidance to the Ryan White Program at UIHC from a consumer perspective and we are meeting the needs of the community we serve. The CAB members can serve as a link between the providers and the community, giving the community information about services and bringing community concerns and ideas back to the provider.

Since June, the board has met three times, with eight representatives joining our team for a meal and conversation. So far, we have reviewed our Ryan White grants, clinic demographics and the importance of clinic data and priority populations. We have also had participants review our pre-appointment tablet questionnaire that began circulating in clinic in late September 2019.

We are still trying to identify a regular day/time that works best for the core group, and are hoping to make meetings happen monthly in 2020.

If you have questions or an interest in participating at a future CAB meeting, please contact Tricia Kroll @ 319-384-7307.

USCA 2019: ENDING THE EPIDEMIC IN THEIR MEMORY

UIHC was fortunate to have 6 staff members attend USCA 2019. The energy, the advocacy and true dedication of attendees is unmatched by most Conference standards. This year’s Conference focused on the current Administration’s plan to end the HIV epidemic in America within 10 years.

HHS is proposing a once-in-a-generation opportunity to eliminate new HIV infections in our nation. The multi-year program will infuse 48 counties, Washington, D.C., San Juan, Puerto Rico, as well as 7 states that have a substantial rural HIV burden with the additional expertise, technology, and resources needed to end the HIV epidemic in the United States. The four strategies – diagnose, treat, protect, and respond – will be implemented across the entire U.S. within 10 years.

Tracks and Pathways focused on Aging, Biomedical HIV Prevention including PrEP, PEP, TasP and START, Ethical Tensions in the time of Trump and Pharma, Faith, the Opioid Epidemic, Prioritizing People Living with HIV, Public Policy, The South, Structural Interventions that force organizations to look at ways they can provide gender-affirming care to transgender and nonconforming people and incorporate trauma-informed care for both consumers and providers, U=U and Undoing Racism. (2019usca.org)

I have been honored to be a part of the advocacy community for 20 years now, I look around the room and see that we’re still here, there is still so much work to be done, and despite all the advances in antiretroviral therapy and the tools we have available to end the HIV epidemic, it’s not enough. I believe this country is still plagued by institutional racism and a housing crisis. I take comfort in knowing I’m surrounded by people that get it, we’re committed to bringing about change, we want to do better, we must! – Tricia

- People aging with HIV need services and supports tailored directly to their needs. AgingHIV.org is a great resource! – Malory

We acknowledged the progress that has been made in caring for those living with HIV/AIDS and identified areas where we need to do more. While listening to the experts in the field was important and informational, I found what resonated with me was listening to folks with lived experience. This opportunity provided me with a chance to put my white, cis-gendered, heteronormative, and privileged self aside and try to understand the intersectionality of folks living with HIV, those disproportionately impacted. Many sessions this year focused on health disparities, people of diverse backgrounds, women, and transgender populations. I look forward to utilizing skills and perspectives learned at this conference in my social work practice. -Kari

- No two people are alike and no two service plans should be alike. We need to make sure we are individualizing services to match the needs of the people that we serve.
- As the population we serve gets older, we need to broaden our networks and establish relationships with agencies that may have never been at the table before. We need to continue to provide education about HIV, education about U=U, and education about the needs of those that we serve. We need to look for new partners in our fight of getting to no new infections. –Jennifer

Changes When You Check In!

Patients will notice a change this Fall when they check in for their appointments. Once per year, you may be asked to fill out a survey on an iPad that asks some basic information about yourself, including your current living situation, a rough estimate of your household income, your mental health and substance use, if applicable. This is to fulfill a requirement of the Health Resources and Services Administration (HRSA), which funds the Ryan White program and our Virology Clinic.

The survey should take no more than a few minutes to complete and was created in consultation with our Ryan White team as well as with our Consumer Advisory Board.

We understand that the information we are asking for is highly personal and we promise to treat it with security and sensitivity. Patients can decide not to answer any question on the survey. Only deidentified data will be reported to HRSA. We thank you for your participation in advance.

CLEAR Corner

Most of us reading this newsletter could list a current stressor or problem in our lives that is influencing our daily feelings, thoughts and actions. Everyone has stress of some kind- with relationships, family, friends, housing, bills, work, school, and healthcare. Problems and stress can make it difficult to focus on the positive parts of our lives and impact achieving our goals.

We will all face stress, but we have the power to change how we deal with it.

In CLEAR, we discuss two different ways to cope with stress and learn how the feelings and thoughts we have about our stress can directly affect our actions when coping with our problems. We practice tools for dealing with stress we cannot change and stress we have power to change. These tools can help us focus on the positive parts of our lives and help us achieve small and large goals.

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 offered assistance to attending weekly appointments. To learn more about screening and the enrollment process please call Katie Vodraska at 319-353-7173, katie-vodraska@uiowa.edu or contact your case manager.



Do you know someone that would benefit from HIV prevention?

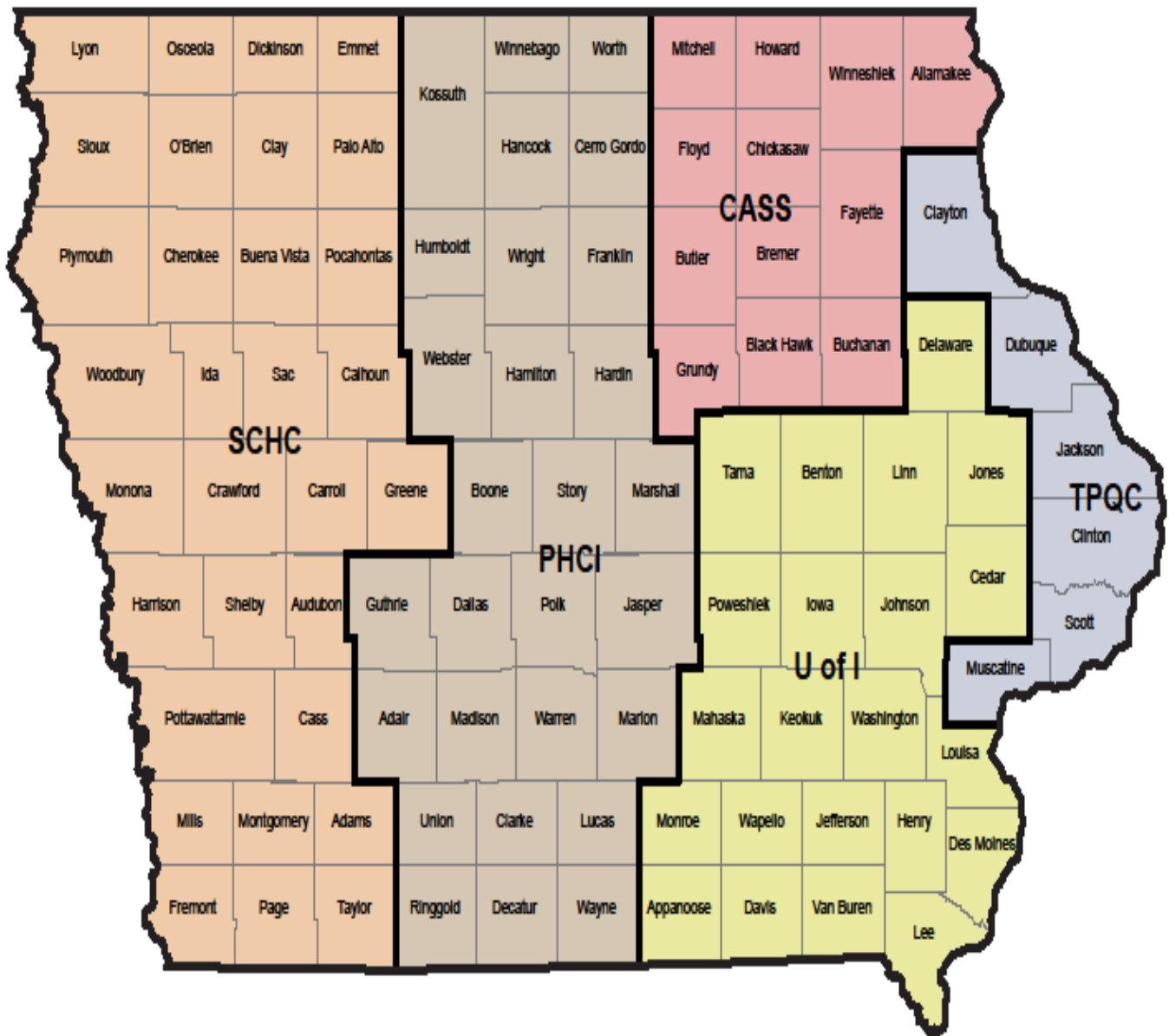
PrEP is the once a day HIV prevention medication. Through Iowa TelePrEP, people can get PrEP using a telemedicine ap on their smartphone, tablet or computer. Iowa TelePrEP also has a navigator that can help people get copay cards or other assistance programs so everyone can get PrEP for little or no cost. Please refer anyone you think would benefit from PrEP. Call or text 319-930-9093, visit us at www.prepiowa.org/teleprep, or ask to talk to Dena in clinic.

Iowa TelePrEP is the Power of Prevention in the Palm of Your Hand.

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.

Housing Opportunities for Persons with AIDS (HOPWA)



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

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

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

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

The Project of the Quad Cities (TPQC)
1701 River Drive #110
Moline, IL 61265
(309) 762-5433

**IC RED AND PITCH INVITE YOU
TO CELEBRATE**

2019 WORLD AIDS DAY

**TO RESERVE A TABLE FOR THIS EVENT, ARE A
PLEASE FILL OUT THE WORLD AIDS DAY
VENDOR TABLE FORM AT
[HTTPS://TINYURL.COM/WADVENDOR](https://tinyurl.com/wadvendor) AND
RETURN TO IC RED, 125 N MADISON STREET,
IOWA CITY, IA 5222 OR EMAIL TO ABBY
DICKSON AT ABIGAIL-DICKSON@UIOWA.EDU**

**IF YOU ARE STUDENT ORGANIZATION, NON-
PROFIT ORGANIZATION, OR INDIVIDUAL
ALLIES WHO WOULD LIKE TO SIGN ON IN
SUPPORT, PLEASE FILL OUT THE FORM AT
[HTTPS://TINYURL.COM/WADSUPPORT](https://tinyurl.com/wadsupport)**

**TO PROVIDE FINANCIAL SUPPORT FOR THIS
EVENT, PLEASE FILL OUT THE IC RED AND PITCH
WORLD AIDS DAY FUNDRAISING FORM AT
[HTTPS://PREVIEW.TINYURL.COM/WADFUNDS](https://preview.tinyurl.com/wadfunds)**

**SAVE THE DATE
DECEMBER 1 • 5-7 PM • IMU BALLROOM
FREE ADMISSION • CATERING PROVIDED
PrEP VISITS AND FREE HIV TESTS AVAILABLE**

**IC RED AND POSITIVE IOWANS TAKING CHARGE (PITCH) HAVE INVITED THE
2020 DEMOCRATIC PRESIDENTIAL CANDIDATES TO SUBMIT SHORT VIDEOS AND
APPEAR IN PERSON TO SHARE HOW HIV/AIDS HAVE AFFECTED THEIR LIVES. JOIN
US IN SPREADING AWARENESS AND ADVOCATING FOR PEOPLE LIVING WITH HIV**



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 Majerus, 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 Sarah Hambright at 319-353-8951 or 319-930-9829
 - Jennifer Keeler at 319-467-5662 or 319-499-7963 Katie Vodraska at 319-353-7173 or 319-383-6563
 - Kari Vrban at 319-467-5655 or 319-471-2123 Tricia Kroll at 319-384-7307
- If you have questions or would like more information about our HIV program please contact Abby Dalton at 319-335-7444.