

Virology Newsletter



University of Iowa Hospitals and Clinics

Summer 2017

Outreach Clinic Moves to Cedar Falls– 2426 Orchard Dr.



As of July 11, outreach has moved from the NE Iowa Family Practice center on 2055 Kimball Avenue to 2624 Orchard Drive in Cedar Falls. UIHC converted the former Cedarloo Family Practice Center to a facility that houses the growing number of Outreach clinics in the surrounding community. This includes adult virology and multiple pediatrics clinics such as orthopedics, hematology, neurology, and others.

Virology (HIV) clinic days and hours will remain the same; every second and fourth Monday of the month from 9:00 to 12:30 unless a holiday falls on the date.

To schedule or reschedule an appointment, please call 319-268-3760.

If you are not familiar with the Cedar Falls/Waterloo area, our medical assistant, Saskia, has graciously offered to provide directions with landmarks. Her number is 319-384-5529.

CASS plans to come to this location on clinic days to facilitate your case management.

The Iowa Drug Donation Repository

Did you know that you can donate your unused, unopened medications to lowans in need?

The Iowa Drug Donation Repository, operated by SafeNetRx, was established by the Iowa Legislature to give individuals, pharmacies, and medical facilities the opportunity to donate unused medications to lowans who cannot afford their medicines. The Iowa Drug Donation Repository is the nation's largest state drug repository and now serves as a national model to meet the growing demand from uninsured and underinsured patients. Over 71,000 patients have received donated medications through the Repository since it was established in 2007.

Medications in original, unopened, sealed packaging may be sent to the Iowa Drug Donation Repository where pharmacists inspect the donated medications before they are sent to health care providers across Iowa who request them on behalf of their patients. Individuals at 200% of the Federal Poverty Level and who are uninsured or underinsured are eligible to receive medications donated to the Iowa Drug Donation Repository.

The Repository does not accept controlled medications, drugs requiring refrigeration or medications due to expire in less than six months.

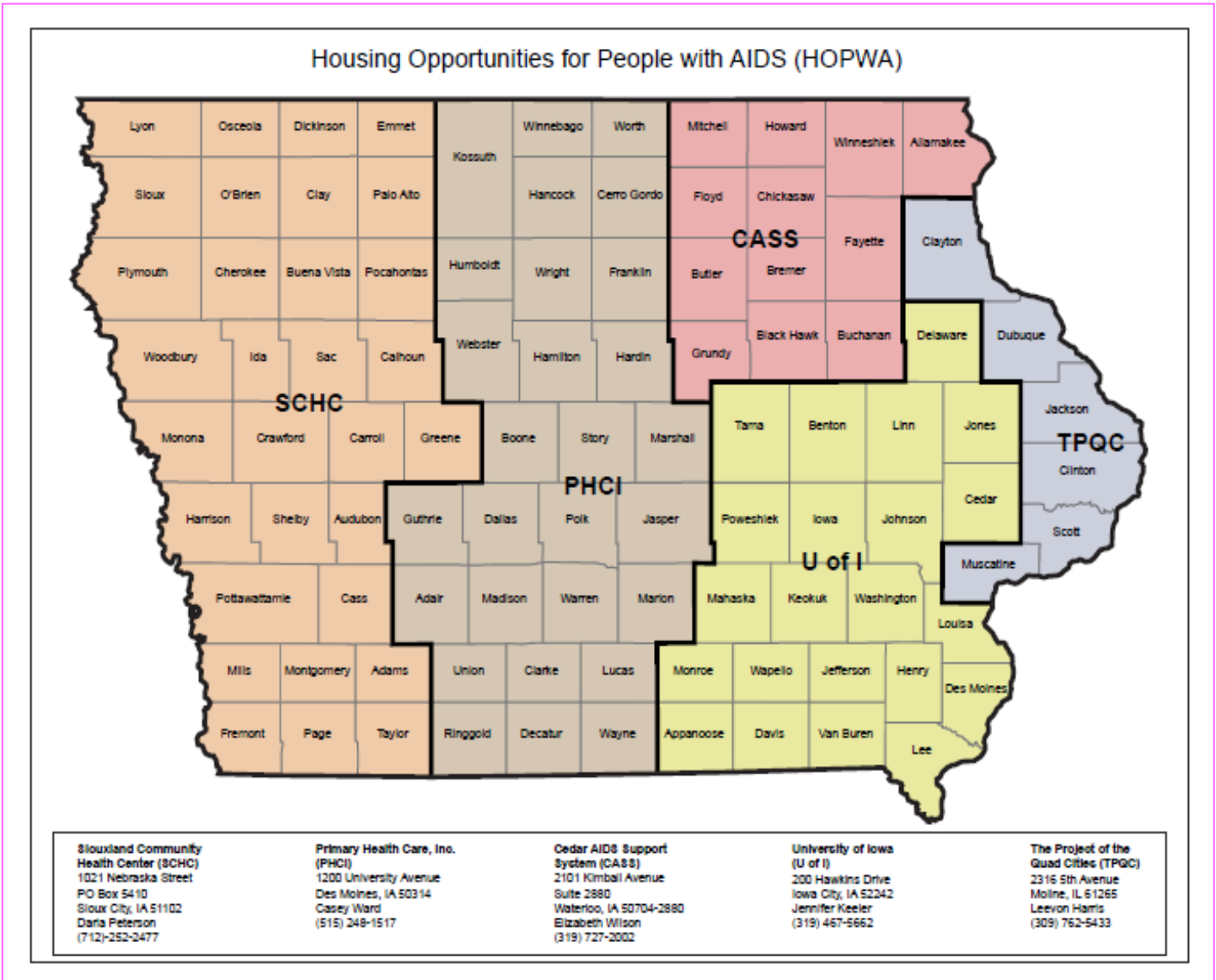
Please visit SafeNetRx.org for more information about how to donate medications or call 866-282-5817. For patients at UIHC, you can drop off your medications in the Virology Clinic or contact the clinic pharmacist Dena Dillon, 319-541-0335 or dena-dillon@uiowa.edu.

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.



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).



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.

Scheduling Reminders

- To schedule a clinic appointment, call 319-356-8133
- For refill requests, have your pharmacy fax a request to 319-356- 3004 or contact the Infectious Disease refill line at 319-356-8133
- 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.
- 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 or Malory Dreasler at 319-335-7328.
- For lab results or health related questions, call Wendy Sauter, RN at 319-335-7605.
- If you have questions or would like more information about our HIV program please contact Amy Halvorson Bouffard at 319-335-7444

Smoking Cessation

If you receive Medicaid or Iowa Health and Wellness benefits through an MCO (United Healthcare, AmeriHealth Caritas, or Amerigroup), you are eligible for help quitting smoking! Smoking cessation products are offered for free through your MCO coverage with a prescription from your provider. Nicotine Replacement Therapy (NRT) options like nicotine patches, gum, or lozenges are available, as well as medications like Chantix and Bupropion.

Anyone in Iowa has the option to receive support quitting smoking using a service called Quitline. Quitline is a telephone based counseling service that can support you while you work to quit smoking and help you avoid the potential of relapse. Quitline also provides Nicotine Replacement Therapy and funding for medication supports. In order to utilize Quitline, you must be willing to talk on the phone with a Quitline counselor on multiple occasions. It is important that you are able to receive calls from your Quitline counselor, as you can be removed from the program if they cannot reach you a certain number of times. To prevent this possibility and keep receiving benefits to help you quit smoking, communicate with your Quitline counselor about the best times to reach you on your phone and let them know if you will be running low on phone minutes.

If you're interested in quitting smoking but can't commit to telephone counseling, talk with your case manager. The Iowa Department of Public Health (IDPH) understands that telephone counseling can be a barrier for some people to access smoking cessation supports, and they feel strongly about providing support to help you improve your health and decrease your risk of heart disease. IDPH can offer funding for smoking cessation products through ADAP even if you are unable or unwilling to participate in telephone counseling.

If you do not have a case manager and wish to have IDPH support in obtaining smoking cessation products, contact Wendy at (319) 356-7605 or ask to see our pharmacist, Dena Dillon, during your clinic appointment.



TelePrEP Provides Iowans Access to HIV Prevention

TelePrEP, a collaborative telehealth service aimed to prevent the spread of HIV, launched as a pilot program in February 2017. The program uses secure video conferencing, in-home visits, and medication delivery by mail to expand HIV prevention across the state of Iowa, especially in rural areas.

According to the Centers for Disease Control and Prevention (CDC), 1 in 3 primary care doctors and nurses have not heard about pre-exposure prophylaxis (PrEP) to prevent HIV. To address the gap in PrEP awareness and utilization in Iowa, an interdisciplinary team of pharmacists, physicians, and public health professionals from the Iowa Department of Public Health, Johnson County Public Health, and the UIHC Departments of Infectious Disease and Pharmaceutical Care have created TelePrEP – a telehealth clinic created to increase access to preventive health care by overcoming barriers of geography and stigma.

TelePrEP virtual visits use HIPAA-compliant, secure videoconferencing which allows people to access care from the privacy and convenience of their home. Individuals interested in PrEP can be referred to a local PrEP provider or initiate a virtual visit through the TelePrEP clinic. Clients will speak to a pharmacist who provides evidence-based care – following guidelines released by the U.S. Public Health Service and CDC – in order to determine whether PrEP is appropriate for them. Necessary lab testing can be conducted close to the person's home via a network of UI Health Care affiliated sites and Iowa community health laboratory testing sites. When medically appropriate, patients will be prescribed PrEP and can opt to receive the medication by mail.

At this time, Truvada[®] taken once daily is the only PrEP regimen approved by the US Food and Drug Administration. The medication is appropriate for those without HIV who are at risk of contracting the virus. The CDC reports that daily use of PrEP can reduce the risk of HIV by more than 90 percent when used as part of a structured program of risk-reduction counseling and monitoring.

A person taking PrEP is monitored every three months to ensure that he or she remains HIV negative. Additionally, regular testing will assess kidney function and check for undetected sexually transmitted infections (STI). PrEP is covered by Iowa Medicaid plans and most private insurance plans. Co-pay assistance is available to those who qualify. The TelePrEP service, in collaboration with the Iowa PrEP Coordinator, will assist individuals in identifying the most affordable avenues for obtaining the medication and associated lab monitoring.

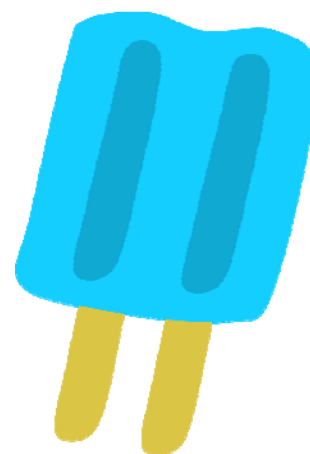
For more information about PrEP and TelePrEP, please contact one of the individuals listed below, or visit www.prepiowa.org.

Cody Shafer, Iowa PrEP Coordinator, at cody.shafer@idph.iowa.gov, 515-443-0341

Angie Hoth, TelePrEP Coordinator, at angela-hoth@uiowa.edu, 319-467-8169

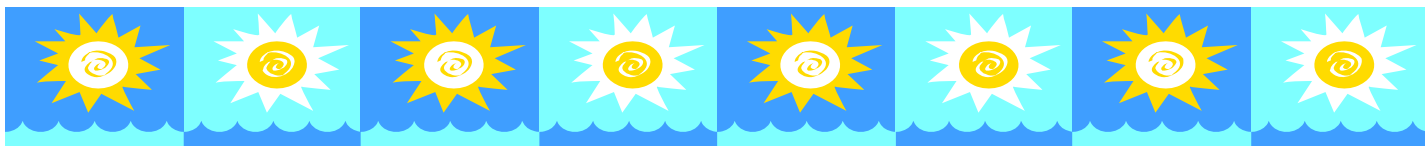
Dena Dillon, TelePrEP Pharmacist, at dena-dillon@uiowa.edu 319-541-0335

TelePrEP: teleprep@healthcare.uiowa.edu phone 319-467-8777



Our Clinic Is Growing!

In the second quarter of 2017 (April 1-June 30), UIHC saw 389 clients for 435 appointments. That is almost a 20% increase in clinic visits and clients over the same period in 2016. This includes 66 new patients who have started since the beginning of 2017. The Ryan White Program remains committed to making sure that every person living with HIV in Iowa has access to the physicians and medical care they need to remain healthy, and we're working every day to be the biggest and best provider in Eastern Iowa. We greatly appreciate everyone who chooses our clinic to be their care home and thank you for trusting the University of Iowa with your care.



New Team Members!

Hi! My name is Malory Dreasler, and I'm a new case manager in the HIV program. I grew up in Marshalltown, Iowa, and graduated from Grinnell College with a degree in English and Gender, Women's, and Sexuality Studies. I went on to get a Master's in Social Work from the University of Iowa, and have been living in Iowa City ever since! After graduating, I spent three years working in a transitional housing program in Cedar Rapids. Most of my free time is spent with my six month old daughter, but I also love reading and baking. I'm so excited to be a part of the HIV program and to continue to get to know everyone here!

Hi! My name is Mac Schmalshof, and I am the new Student Employee for the HIV Program. I am a senior at the University of Iowa pursuing a Bachelor's Degree in English/Creative Writing. After graduation, I plan to further my education by obtaining an MFA in creative writing. Outside of school, I enjoy writing short stories, reading, playing music, travelling, spending time with family/friends, and my cat, of course. I am very excited to be a part of the team!

My name is Kari Vrban and I'm a new Social Worker II in the department. I am originally from central Iowa, but have lived in Iowa City with my family since 2006. I graduated from The University of Iowa with a bachelor's degree in social work. After graduation, I took a position at the Abbe Center for Community Mental Health in their Integrated Health Home Program. I have spent nearly 2 years as a case manager for individuals living with severe mental illness. I am also serving my first year on the Board of Directors for NAMI Johnson County. In my free time I enjoy cycling, cooking, traveling, and spending time with my husband and our 3 kids, 2 cats, and 3 dogs!

New Team Members Continued

Hello! My name Poorani Sekar. I am a new physician in the Infectious Diseases department. I have a special interest in caring for patients with HIV. I grew up in India and moved to the United States for college. After receiving my medical degree from the University of Nebraska Medical Center, I moved to the Twin Cities for my Internal Medicine residency and Infectious Diseases fellowship training. I worked in Chicago for a year at Northwestern Hospital, but moved back to Iowa to be closer to my family who live in Ames. I worked for a couple of years in Dubuque, Iowa where I cared for patients with HIV, Hepatitis C, and other infections. I enjoyed my time there and worked with local health agencies to promote awareness about HIV, knowing your status, practicing safer sex, etc. I have since moved to Iowa City and am excited to be a part of this clinic. In my free time I like to sample various cuisines at the local restaurants and maintain a photo blog of my food finds. I love to travel; I have been to 15 countries and hope to continue seeing more of the world. I also like to go to small towns to check out their historic downtowns and find interesting and, sometimes strange, roadside attractions along the way. I like to crochet; however, I can only make rectangular, square, or round objects with simple chains, single, and double crochets. I hope to improve upon my skills someday. I love superhero movies, especially the Marvel movies and I am looking forward to the next Thor, Avengers, and Ant-Man movies. I look forward to meeting you, caring for you, discussing some of our mutual hobbies, and learning more about each and every one of you.

Hello! My name is Hiroyuki Suzuki. I started infectious diseases fellowship this July. I was born and grew up in Japan. I had been a doctor in Japan for 12 years (emergency medicine, internal medicine, and infectious diseases) and recently came to the United States to have further infectious diseases training. I am really excited to be a part of great team at University of Iowa! Outside work, I love to play with my two kids, Soma and Isana. I also love to spend time reading books, listening to music, and watching movies. During my stay in the States, I am thinking of traveling to many places. Please let me know if you have any recommendations. Hope to see you soon!

Dr. Sirshendu (Dev) Banerjee is also joining the Virology clinic and will start seeing patients in September.



WANTED

Male Donors for lab studies



Healthy male donors needed

Men are invited to participate in a University of Iowa research study on how serum and semen affect HIV infection of cells in the laboratory.

- 18 years or older
- No active symptoms of ill health
- Pre-existing hepatitis (HCV, HBV) or HIV is OK
- Compensation provided

For more information: Call 319-335-7605