

VIROLOGY NEWSLETTER



On June 16th, some of our team enjoyed the opportunity to participate in the 2018 Iowa City Pride Parade. We are proud to provide 30 years of HIV care in Iowa City and feel honored to be a part of this community!



What is Iowa City Pride?

“Our mission at Iowa City Pride is to increase positive visibility of the lesbian, gay, bisexual, transgender, queer/questioning, intersex, and asexual/agender/aromantic (LGBTQIAA) community of Iowa City, by providing opportunities to express and celebrate diverse perspectives, emphasizing acceptance of all individuals regardless of sexual orientation, gender identity or gender expression.”

For more information, please visit <https://www.iowacitypride.org>.



Insurance Information



- ◇ New Medicare cards are coming between April 2018 and 2019. The new card will have a number unique to you that will not be your social security number. This should help protect your identity. Things to know to avoid scams: Your card will AUTOMATICALLY be mailed to you, and you don't need to do anything to get it. This card is FREE, and you don't need to pay anything to get it. Your Medicare and benefits will stay the same.
- ◇ Regaining Choice in Medicaid: Those who chose Amerigroup Iowa and were temporarily assigned to Fee-for-Service coverage have now transitioned to their MCO choice of Amerigroup Iowa effective March 1, 2018. Those who are new to Medicaid, or those who wish to transfer to Amerigroup, can begin doing so May 1, 2018. Remember that you can change your Medicaid MCO at any time with good cause by contacting your current MCO and filing a grievance. If you need help in doing this please contact Angela Speers at 319-335-7309.

Insurance Vocabulary– Medications

- a. Drug List: A list of prescription and non-prescription drugs you are taking.
- b. Brand Name: A drug name that is sold by a drug company under a specific name or patent.
- c. Formulary: A list of drugs covered by a prescription drug plan or insurance company.
- d. Generic Drugs: A drug that has the same active-ingredient formula as a brand-name drug. Generic drugs usually cost less than brand-name drugs. The Food and Drug Administration (FDA) rates these drugs to be as safe and effective as brand-name drugs.
- e. Prescription Drugs: Drugs and medications that, by law, require a prescription.
- f. Prior Authorization: Approval from a health plan may be needed before you get to fill a prescription in order for the prescription to be covered by your plan.



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.



Putting a Face with the Name

We'll be highlighting a few staff in each newsletter so that you can put a face with the name and learn a bit about what each person does.



Malory Dreaser– Case Manager. Malory has been with the HIV program for about one year. She is one of six case managers in our program at UIHC. Her office is in the General Hospital.

Michael Bates– Research Associate. Mike has worked with the HIV program at UIHC for 3 years. His primary duties involve data and quality. His office is located at 342 MRC



Katie Vodraska– Case Manager and CLEAR coordinator. Katie has worked with the Ryan White HIV Program at UIHC for 3 years. Her office is located in the General Hospital.

Rina Chaudary– Research Specialist. Rina has been with the HIV program for 13 years. She oversees a number of projects with grants and clinical trials. Her office is located at MRC 342.



Jennifer Keeler– Case Manager and HOPWA coordinator. Jenn has worked in the HIV program for 7 years. Her office is in the Boyd Tower area of the General Hospital.





2018 Iowa HIV, STD, and Hepatitis Conference



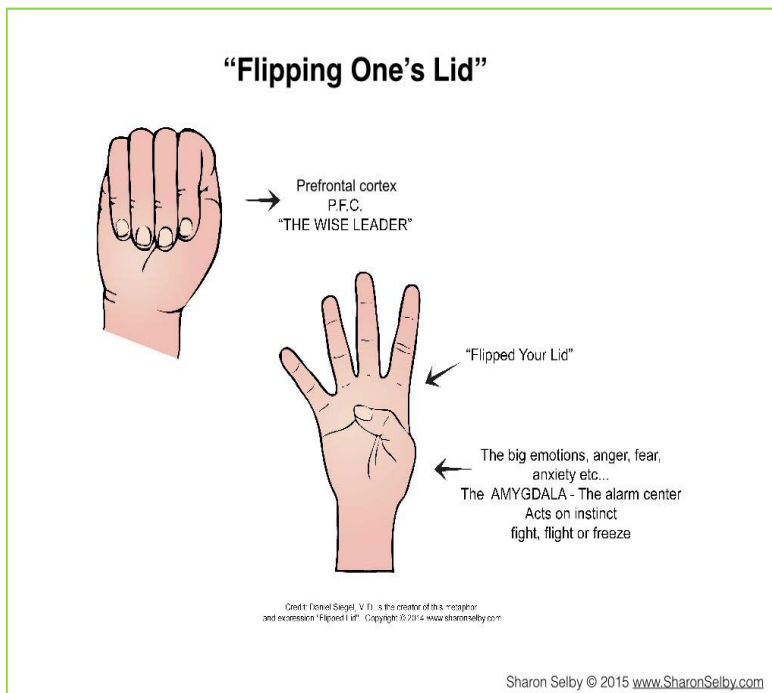
Trauma and Resilience

Many of us recently had the honor of attending the 2018 Iowa HIV, STD and Hepatitis Conference in Des Moines. Topics ranged from current state data, changing landscapes, Human Trafficking, Immigrant Rights and HIV, to Trauma Informed Care and Self-Care. We'd like to share a little more about Trauma and Resilience. Trauma can be an event at any point in our lifespan that threatens us or causes us to feel unsafe. These situations can impact our physical, emotional, and spiritual health. Resilience is one's ability to bounce back, which provides us with coping mechanisms for when hard things happen. "Resilience is made up of 5 pillars: self-awareness, mindfulness, self-care, positive relationships and purpose." Strengthening these pillars lifts us up and allows us to try to overcome traumatic events.

Flipping Your Lid

We were also introduced to the Hand Model of the Brain by Dr. Dan Siegel. See diagram: imagine your fist is the brain and your wrist and forearm are the spinal cord. The thumb tucked in the middle of your fist is the midbrain or our "emotional brain." The back of your hand and fingers is the cerebral cortex or our "rational brain." Sometimes the emotional brain (thumb) and the rational brain (fingers) don't work so well together when we experience stressful events or events that "trigger us" and remind us of previous trauma. When the emotional brain and the rational brain aren't working well together, it triggers our fight or flight reflex where we "flip our lids." When we flip our lids, the different parts of our brain have a bad connection and we may not be able to problem solve or adequately calm our anger and fear without building in new channels to help us learn new ways of dealing with our stressors. This is a tool to aid in the understanding of how our brain functions in emotionally charged situations.

https://www.youtube.com/watch?v=G0T_2NNOC68



If you are interested in more information or learning more about individual experiences and ways to best deal with stressors, please reach out to your Case Manager or our Behavioral Health Consultant, Maddie Moree at 319-335-7449 or 319-383-3621 to discuss.



Ryan White Support Group

What: A support group for adults living with HIV

When: Every 4th Thursday of the Month

Where: Coralville Public Library (subject to change based on availability, please RSVP to make sure you receive up to date information!)

R.S.V.P to Maddie Moree at 319-383-3621.

Pilot Project

Background

Trichomoniasis - the infection

- Sexually transmitted infection (STI) caused by the protozoan *Trichomonas vaginalis* (Trich)
- Estimated to be most common curable STI in the U.S. -- 3.7 million cases annually
- Commonly asymptomatic -- up to 70% have no noticeable signs or symptoms
- More common among women, and even more common among women living with HIV

Purpose and Goals of the Pilot

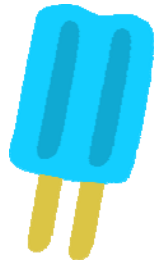
- Expand availability of Trich testing in the state
- Diagnose and treat people who test positive for Trich (including those who are asymptomatic) early
- Reduce the spread of Trich
- Gather data -- assess the rate of Trich in Iowa
- Be a leader among other states -- groundbreaking to do a pilot like this in Iowa

Populations to test for this pilot

Women living with HIV are prioritized for this pilot

- Offer testing regardless of the presence of symptoms
 - If a positive result is obtained, retest after 3 months
- Annual screening thereafter if sexually active

All female patients will be offered testing at upcoming appointments starting the end of July. We appreciate your participation in the study! Please contact Emily at 319-335-7605 with any questions.



WANTED: Male Donors for Lab Studies



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 319-335-7444

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please call 319-335-7444.

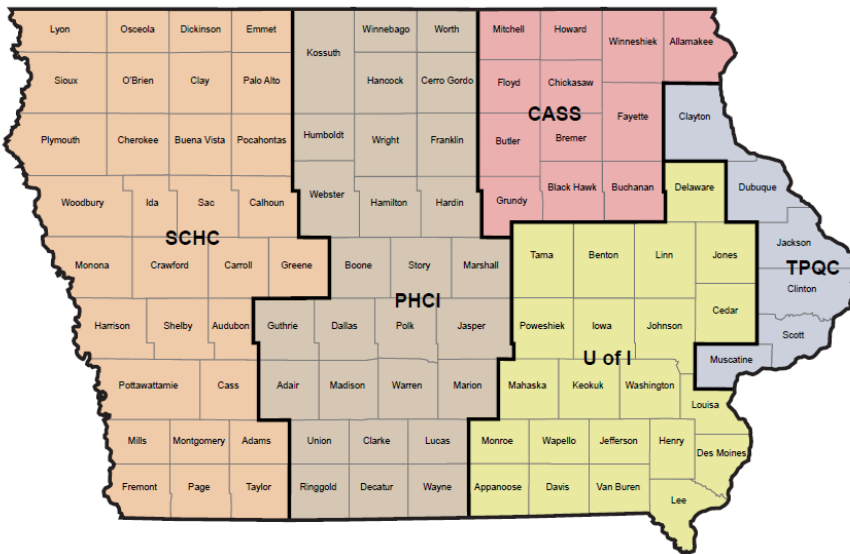
Data Bits!

The University of Iowa Ryan White program just finished its grant year, and the data is exciting (or at least as exciting as data gets). Between May 2017 and April 2018, 831 people received services from the Ryan White Program at UIHC. 758 people (119 of those were new to our program) had more than 1800 clinic visits with a provider during the past year. Thank you all for choosing to receive your care through the University of Iowa Virology Clinic, and for allowing us to work with you. Our excellent work together has resulted in 91.1% of patients becoming virally suppressed. This is a great reminder of how close we are to stopping the spread of HIV across Iowa.

U=U (undetectable = untransmittable).

We want our Data and Quality Corner to be responsive to your concerns as we move forward. If you have any information that you would like to see in a future newsletter, please contact our Data and Quality Manager, Mike Bates at michael-c-bates@uiowa.edu

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)
2316 5th Avenue
Moline, IL 61205
(309) 762-5433

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.

On June 8th, Dr. Poorani Sekar and some of our team presented on Caring for Patients Living with HIV and Barriers to Care at the Culturally Responsive Health Care in Iowa 2018 Conference.



CLEAR

Summer is here and in full swing!! 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.



Hello and Goodbyes

Hi everyone! My name is Emily Parsons, and I am the new Program Nurse! I am excited to join this amazing team, and provide excellent care. I grew up in western Iowa, and received my RN from Kirkwood Community College in Cedar Rapids, my BSN from Western Governors University, and will also complete my MSN in 2019. I've worked for University of Iowa Healthcare for the past 3 years; I was previously with the Outreach and UI Community Clinics as the Assistant Nurse Manager, and worked in home health in the Iowa City area prior to that. I am happy to be back working closely with patients again, and hope I can be of assistance for your medical needs! J In my free time, I enjoy visiting my family and friends, being active at the gym and walking my 3 large dogs, as well as enjoying restaurants, events, and other activities in the community. I'm looking forward to growing my knowledge and skills within this great department!

Emily's contact info: 319-335-7605 (office), 319-383-1503 (work cell)



Hello! My name is Sammantha Kouba and I'll be a first year Infectious Disease fellow starting this month. I am originally from Minnesota, but have spent the last 7 years in Oregon. I recently finished my Internal Medicine Residency at Legacy Health in Portland, Oregon. It was a quick turnaround, but I couldn't be more excited to continue my training at a fantastic program, such as this one. My outside of work interests include exploring new places on my bike, reading history of medicine or Sherlock Holmes novels, cooking new things, yoga, and spending time with my family.

Hello, my name is Takaaki Kobayashi. I started working here July 1st, 2018 as a new Infectious Disease fellow. I grew up in Japan and moved to the United States in 2014. I spent one year doing research on Lyme disease at Johns Hopkins Hospital and three years in New York for my residency training. I have interests in HIV care and clinical research. I am very excited to join this team and learn something new! During my free time, I enjoy watching and playing baseball.

Farewell from Dr. Gass

My time as an Infectious Disease Fellow at the University of Iowa is coming to a close. I will be moving to St. Louis where I have accepted a position at Mercy Hospital to practice general Infectious Diseases and HIV care. I will be sad to leave Iowa, but I'm happy to move on to the next phase of my career. I truly enjoyed my time at Iowa providing care to patients living with HIV, and I have them to thank for teaching me so much about this illness, and about life in general. I wish all of them the best of luck in the future!

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 and sign up for the e-newsletter.



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 Hambright 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 Amy Halvorson Bouffard at 319-335-7444.

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.