

Virology Newsletter

Summer
2019



We need you!



There's simply no better way to say it: At UIHC, we pride ourselves on providing quality services to ensure patients have positive health and quality of life outcomes. We know we can do more, but we also know that we don't have all the answers. So we want anyone who wants to get involved to help guide the decision making in our program to help us by joining our new Consumer Advisory Board (CAB).

The advisory board has met twice so far (once over dinner and once for coffee and donuts) where we've agreed to some simple ground rules, including confidentiality for members and the importance of being respectful of everyone's contributions to the group. Board members also helped to edit an iPad survey that will help our program gather data before appointments in a way that's convenient and secure for our patients, and that addresses patients with the respect they deserve. We have asked the board for their ideas on how we can serve our patients better. Between meetings, we can stay in contact with board members to keep them updated on the progress of the projects we discuss, and to get ideas for what to discuss at the next meeting.

The UIHC Virology Clinic has a large patient population and we are still looking for new CAB members who represent a diversity of perspectives and ideas. Food is provided for all meetings, and transportation assistance is available for those who attend. To get involved in helping to shape our program, and, ultimately, your care, please contact Program Administrator Tricia Kroll at 319-384-7307 or tricia-kroll@uiowa.edu.



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
- 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 .

Burlington Case Manager

My name is Pam Bloomer-Pinkston, LBSW; I began my Social Work/Case Management position with the Ryan White Program on June 3rd, 2019 at the Great River Medical Center (West Burlington, Iowa) located in Southeast Iowa. I grew up in this area and believe that I will be able to assist patients to remove barriers that may impede their ability to access services and improve their health through the identification of service resources within the community. I have worked for the State of Iowa for the past 21 years with the Department of Human Services and the Department of Corrections as a Social Worker in Child Welfare and assisting female offenders with Re-entry plans after their incarceration. I will be collaborating closely with Dr. Souha Haydoura in the Medicine Specialists Clinic. I am excited to be a part of the Ryan White Program Team and to use my skills to engage patients to be proactive in their healthcare needs in the Burlington/West Burlington area. My husband and I are HUGE Iowa Hawkeye Fans and attend all of the home Football games-On Iowa and Go Hawks! We were a part of the first wave to the children in the Stead Children's Hospital after the first quarter of play from Kinnick; there was not a dry eye in the stadium. Both of us are thrilled and honored to be a part of this tradition!



**If you would like to
contact Pam**

her number is 1-319-800-5430

Ottumwa Case Manager

Hello, my name is Jayme Mueller, I'm originally from the Chicago area. I obtained my Bachelor's degrees in sociology, criminology and human services from William Penn University in 2014 and have resided in Iowa ever since. I went on to work for Crisis Intervention Services for 5 years and case managed survivors of sexual assault and violent crimes. I currently work at River Hills Community Health Center in Ottumwa as a Ryan White Case Manager sub contracted by UIHC.



**If you would like
to contact
Jayme**

**his number is
1-319-800-5561**



CLEAR Corner

Did you know that our body regularly sends us messages about how we are feeling in any given situation?

In every situation we encounter, we have a feeling about it (discomfort and a body reaction), we have a thought about it (what we say to ourselves) and we do something about it (the actions we take as a result of our feelings and thoughts). These three things- feelings, thoughts and actions- are all connected and influence each other. The way feelings, thoughts and actions influence each other is a situation usually occurs automatically and we don't pay attention to it. The process happens so quickly that we don't always see how they are connected.

In CLEAR sessions, we learn how to slow down that process so we can become aware of these connections and learn to gain control of our feelings, thoughts and actions to shape the outcome and make positive changes in various aspects of daily life

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.

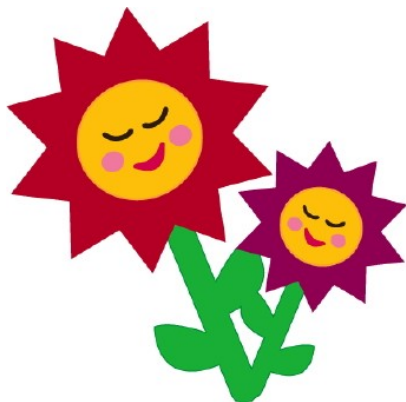
Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor. Participants will be offered assistance to attending weekly appointments. To learn more about screening and the enrollment process please call Katie Vodraska at 319-353-7173, email Katie at katie-vodraska@uiowa.edu,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



MyChart Info.

At the University of Iowa Hospitals and Clinics, we think a powerful tool in helping patients participate in their care and stay informed is MyChart, the electronic health management system that allows you to directly communicate directly with a nurse or your doctor, request prescription refills, schedule appointments, and receive lab results and reminders far quicker than over the phone. At present, 51% of virology clinic patients have signed up for MyChart, and are using it to advocate for themselves and help coordinate their care. If this interests you but you haven't signed up yet, please speak to a receptionist after your appointment to receive an activation code.

Lab results may be released in Mychart before your provider has even seen them, and definitely before they contact you. This may include labs whose results are marked as "abnormal". Statistically, any individual who does multiple lab tests (> 20) will likely have at least 1 result that is outside the "normal" range- and thus will be marked as "abnormal". These results frequently do not mean that there is anything wrong. Please know that for any result that requires your action or attention, your provider will contact you to discuss next steps. Providers schedules and availability vary, but they will contact you as soon as they are able. If you have any questions about your lab results you see in MyChart before your provider contacts you to discuss them, please feel free to reach out via MyChart message or phone 319-335-7605 or Med Specialty at 319-356-8133, option #2 to discuss your concerns with your healthcare team.



TelePreEP



One pill, once a day.

PrEP stands for Pre-Exposure Prophylaxis. The word prophylaxis means to prevent or control the spread of an infection or disease. The goal of PrEP is to prevent HIV infection from taking hold if someone is exposed to the virus. This is done by taking one pill every day. Currently, Truvada is the only medication approved by the FDA for PrEP. When taken every day, PrEP has been found to reduce the likelihood of HIV infection by up to 92%.

TelePreEP is a telemedical delivery model for PrEP started by Dr. Michael Ohl here at University of Iowa Healthcare in partnership with the Iowa Department of Public Health. TelePreEP is a Centers for Disease Control (CDC) demonstration project. UIHC Specialty Pharmacy is now also partnering with the TelePreEP program to help expand our services.

The power of HIV prevention in the palm of your hand.

TelePreEP users have visits on their smartphone, laptop or tablet using a secure, HIPAA compliant app. This allows people to access PrEP from home, or wherever they feel most comfortable. The telehealth visits are done with a pharmacist every three months. Our TelePreEP pharmacists are Dena Dillon, Angie Hoth and Kim Spading. We work with each person's schedule, even offering evening or weekend appointments.

TelePreEP is HIV prevention on your schedule, on your terms.

Many people worry about the cost of PrEP. TelePreEP's Navigator, Seth Owens, assists people with insurance, copay cards, and med assistance programs from the pharmaceutical company. We can help nearly everyone get low or no cost PrEP.

Contact Us:

Call or text 319-930-9093

Visit our website at prepiowa.org/teleprep for more information or to request an appointment

Mike Ohl – Director

Dena Dillon – Pharmacist

Angie Hoth – Pharmacist

Kim Spading – Pharmacist

Seth Owens – Navigator & Case Manager

Amy Halvorson Bouffard – Grant & Business Manager

Emily Chasco – Evaluation Coordinator

Ahmed Sidahmed – Student Research Assistant

Cody Shafer – Iowa Department of Public Health PrEP Coordinator

Welcome to our new fellows!

Hello, my name is Fernando Casado. I grew up in Dominican Republic, where I also completed medical school. I moved to the United States back in 2016 and did my residency training at Icahn School of Medicine/BronxCare Hospital in New York City, NY. I am very happy about joining the University of Iowa ID team as a fellow. My hobbies include exploring new places, photography, being active at the gym, spending time with my family and my dog. I also enjoy learning new things (working on learning another language at this time!) I am looking forward to meeting you all!

Hi! I am Edin Pujagic and I am happy to be joining the HIV program as an ID fellow. I went to medical school at Des Moines University. I did my Internal Medicine Residency at the University of Nebraska. I look forward to providing quality care to our patients living with HIV.



Save The Date!!



PITCH Wellness Summit

May 15-17, 2020

The Wellness Summit is 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.



Changes for Medicare coming in 2020

A change in Medicare will take place in 2020 impacting Medicare Supplement plans C, F and high deductible F. Medicare Supplement plans help pay for things like coinsurance, copayments or deductibles on Medicare-covered services. The new law prohibits the sale of these Medicare Supplement policies to “newly eligible” Medicare beneficiaries on or after 1/1/2020. If you are currently enrolled in a Medicare supplement Plan C, F or high deductible F, you can keep it as these plans are not going away. If you have questions or concerns please call a SHIIP Counselor or SHIIP Counselor Angela Speers at UIHC at 319-335-7309.

Medicaid Changes

Starting July 1, 2019 there were 2 changes made to Iowa Medicaid. The first is UnitedHealthcare Plan of the River Valley, Inc. left as a managed care organization. The second is that Iowa Total Care started as a managed care organization making it the second MCO along with Amerigroup Iowa, Inc.. Members should have received a letter stating which MCO they would now be with. If you have not received information or need help changing the MCO you were assigned please contact Angela Speers at 319-335-7309. You can also change your MCO as stated below directly from Medicaid.

Members can change their MCO by:

- **Email:** Email Iowa Medicaid Member Services at IMEMemberServices@dhs.state.ia.us
- **Mail:** Return a [MCO Enrollment Form](#) to: Member Services, PO Box 36510, Des Moines, IA 50315
- **Phone:** Call Iowa Medicaid Member Services at 1-800-338-8366 or locally in the Des Moines area at 515-256-4606. (Automated phone service is available 24 hours a day.)

Due to the Member Open Choice Period, members may experience longer wait times when calling Iowa Medicaid Member Services. Members are encouraged to mail or email their MCO choice.

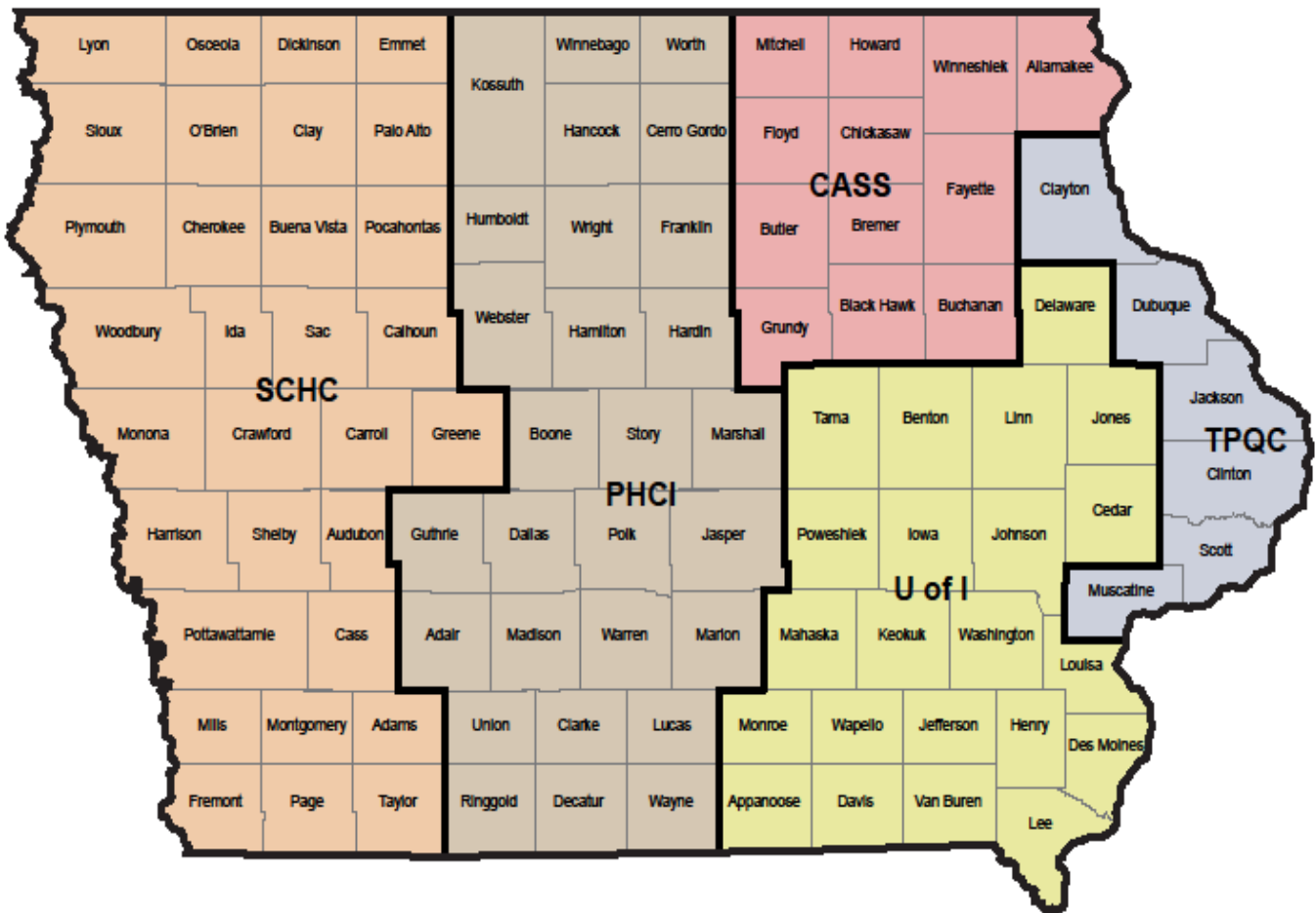
Following July 1, 2019, members may change their MCO for any reason until September 30, 2019. After that, members may change their MCO for reasons of good cause or during their annual choice period.



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
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