

Summer 2022 Virology Newsletter

Published July 28,
2022



LGBTQIA+ Pride In Iowa City

Iowa City held the 51st Pride Event to celebrate diverse sexual and gender identities on June 17th in downtown Iowa City and at the City Park Pool. The festivities included a Unity March, a picnic in City park (Pride at the Pool), and a drag show at Studio 13.

The Daily Iowan— Photos: Drag Show at Studio 13 celebrates pride weekend in IC—Grace Smith

The Daily Iowan— Photos: Iowa City Pride Picnic & Pride at the Pool—Grace Smith



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University of Iowa Hospital News



Adult Outpatients (arriving for clinic visit, then returning home) between the ages of 18 and 21 or patients 70 or older may have one visitor accompany them to appointments. All inpatient adults may have one visitor per day. For more information, please visit uihc.org and click on the yellow “Patients and Visitors” tab at the top of the page.



HIV Clinic Update

Goals Checklist

- ☒ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goals for our patients

We aim for all of our patients to

- be up to date on all vaccinations
- get regular dental and eye checkups
- be tested for STIs semiannually

These health maintenances are especially important for people living with HIV (PLWH) to prevent serious illness or complication. If you would like help with any of these actions, talk to your provider or case manager at your next appointment.

Other things you can do to protect your health include eating a well balanced diet, exercising, and limiting recreational drug use. Your provider can offer advice specific to your situation.

Numbers as of July 7, 2022.

64% of our patients have received a flu vaccine within the last year. Getting the flu vaccine allows your body to develop antibodies against it, reducing your likelihood of a life threatening illness.

18% of active patients have had a dental appointment within the last 6 months. PLWH are more likely to develop dental health issues, so getting regular checkups is important for preventing serious complications.

47% of sexually active patients have been tested for Gonorrhea and Chlamydia within the last 6 months. STI testing is important for both you and your partner's or partners' health. Identifying an infection early can prevent irreversible effects on the body.

We encourage PLWH to be tested for STIs, Hepatitis, and to be fully vaccinated to ensure that the body and its immune system are at optimal functionality.

Preventing HIV through medication

The Coalition for Applied Modeling for Prevention (CAMP) provides estimates for people with indications for PrEP and has indicated that 4,180 Iowans might benefit from PrEP. If you have partners or friends who are interested in learning more about PrEP or getting onto PrEP, please have them contact Dena Dillon, our clinic pharmacist, at 319-541-0335.

The Bureau of HIV, STD, and Hepatitis at IDPH began actively addressing PrEP support and awareness at the beginning of 2017. The initial goals included:

Increase awareness of PrEP as a proven HIV prevention tool among Iowans who may benefit from biomedical HIV prevention and among prescribing medical providers.

Assist Iowans interested in PrEP with benefits enrollment, insurance navigation, and identification of PrEP providers.

This article was adapted from a blog post at stophiviowaplan.org A DECADE OF PREP IN IOWA



Truvada® (emtricitabine/tenofovir disoproxil fumarate) was the first medication for HIV PrEP (pre-exposure prophylaxis) in the United States. It was approved in 2012.

PrEPiowa.org was launched in 2017 to increase utilization of PrEP in Iowa. Increases can be attributed to rapid HIV testing, navigation services to help educate and facilitate access to PrEP for Iowans, and the Iowa TelePrEP program which provides safety-net PrEP statewide directly to patients through a pharmacist collaborative practice agreement.

PrEP has been beneficial beyond just HIV prevention as it has decreased stigma to HIV.

Stop HIV Iowa is a strategy implemented by the Iowa Department of Public Health to reduce the number of new HIV diagnoses by 90% or to fewer than 10 per year by 2030. To reach this goal, Stop HIV Iowa offers a plethora of resources including:

- free HIV/STD testing
- HIV prevention such as condoms or PrEP
- HIV care
- housing assistance
- case management
- medical insurance

STOP HIV IOWA

Would you like to get involved?

Want more information?

Need resources?

Finding free condoms?

Visit the Stop HIV Iowa website at stophiviowa.org.



PITCH Positive Iowans Taking Charge

2022 VIRTUAL MEET & GREETINGS

MEET & GREETINGS HAPPEN THE FOURTH
THURSDAY OF EACH MONTH AT 6:30 P.M.

7/28/2022
8/25/2022
9/22/2022
10/27/2022
NOV. - TBD
DEC. - TBD

REGISTER AT PITCHIOWA.COM



Positive Iowans Taking Charge (PITCH) is an organization run by persons living with HIV (PLWH) designed to connect other PLWH to each other and to resources.

PITCH has monthly Meet & Greet on zoom every fourth Thursday of the month. This meeting is intended for PLWH and their support groups to connect with others who have similar experiences. PLWH who attend this meeting may be eligible to receive a \$10 card to cover the cost of data usage or the cost of gas (for in person meetings).

Each year, PITCH hosts a Wellness Summit for people affected by HIV. This year's theme was Living Out Loud and focused on encouraging PLWH to be their authentic selves. It took place April 29-May 1.

If you would like to participate in the next Wellness Summit, please check www.pitchiowa.com for updates.

PITCH IS PROUD TO PRESENT
ANNUAL WELLNESS SUMMIT
APRIL 29 - MAY 1, 2022

LIVING OUT LOUD!
SAFETY | ENCOURAGEMENT | CAMARADERIE



Please visit the PITCH website at www.pitchiowa.com to:

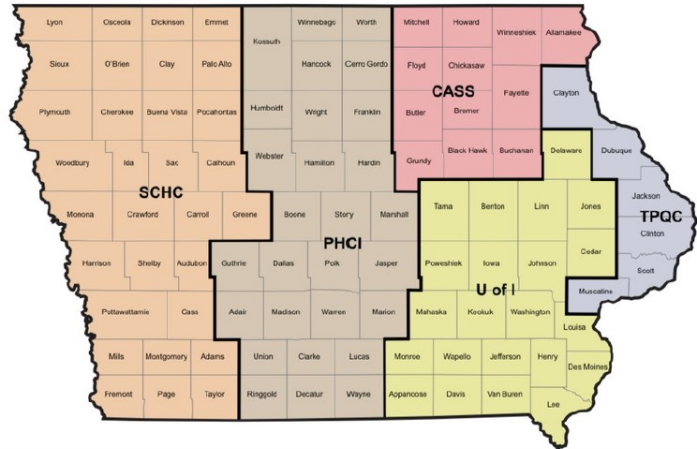
- register for a Meet & Greet
- apply for a \$10 data or gas card
- find resources and connections for PLWH
- get details for Annual Wellness Summits

If you have any questions, please email: pitchiowa@gmail.com.

Positive Iowans Taking Charge (PITCH)
PO Box 11094
Cedar Rapids, IA 52410

HOPWA—Housing Opportunities for Persons with HIV/AIDS

Having trouble maintaining your housing due to an emergent situation such as a 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. Income limits vary by county so please contact the HOPWA provider in your area for more information. UIHC offers Long-Term Rental Assistance (TBRA), Short-Term Rent, Mortgage, and Utility Assistance (STRMU), and Permanent Housing Placement Services (PHP). PHP services can provide your deposit and/or first month's rent.



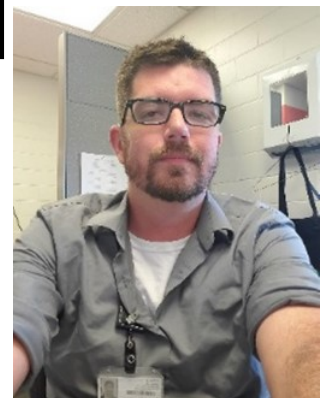
If you live in the U of I area and would like to apply for HOPWA contact Jennifer at (319) 467-5662 or jennifer-keeler@uiowa.edu.

If you receive case management services, you may also contact your case manager to discuss your situation.

PLWH Support Group with Daniel Czachura, LISW



If you are interested in participating or have questions, contact Daniel at (319) 383-3621 or daniel-czachura@uiowa.edu.



Support group is continuing to meet online. We meet the first Wednesday of the month at 4pm. We've discussed topics around relationships, disclosure, and changes in medication among many others and in general serve as a safe, friendly space for people to be open about themselves. We are always welcoming new members, as well as thoughts and ideas people have for discussion topics.

CLEAR: 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, practicing ways to effectively face challenges of daily living, increasing positive thoughts, feelings, and actions, as well as developing daily routines to stay healthy. Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor.

To learn more about the screening and enrollment process for CLEAR please call Daniel Czachura at (319) 383-3621 or Kari Vrbán at (319) 467-5655

CLEAR Topics

- medication adherence
- disclosure of HIV status
- self advocacy in health care
- managing sexual risk
- coping with stigma
- substance use management
- calming techniques



Nutritional supplements

Ensure Flavors

chocolate, vanilla, butter pecan, dark chocolate, strawberry



Premier Protein Flavors

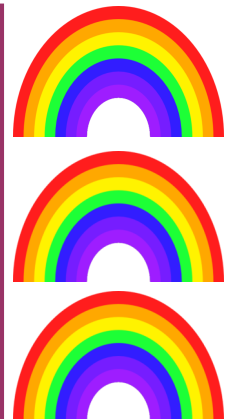
cinnamon roll, peaches and cream, maple with oats, winter mint chocolate, chocolate, pumpkin spice, cake batter, strawberries and cream, chocolate hazelnut with oats, chocolate peanut butter, apple cinnamon with oats, banana and cream, blueberries and cream with oats, caramel

BMI calculation

The square of body weight in kg divided by height in meters

Contact Amber Phelps each month to reorder your supply of Ensure or Premier Protein supplements or if you have any questions at amber-phelps@uiowa.edu or (319) 335-7218.

Ensure and Premier Protein are supplemental drinks that are designed to help people meet their nutritional goals and support the immune system. They can be used to help people gain/maintain weight. These drinks are often also recommended for people who have a hard time eating and drinking normally. These drinks are prescribed by a provider for our patients with a BMI of <19, and situational occurrences. If you believe you would benefit from nutritional supplements, talk to your provider at your next appointment to see if it is right for you.



Monkeypox Frequently Asked Questions

What is monkeypox?

Monkeypox is a rare disease that is caused by infection with the monkeypox virus. Monkeypox virus is related to variola virus (which causes smallpox), vaccinia virus (used in the smallpox vaccine), and cowpox virus. Monkeypox was first discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research, which give us the name 'monkeypox.'

How does monkeypox spread?

Monkeypox is spread when a person comes into contact with the virus from an animal, human, or materials contaminated with the virus. The virus enters the body through broken skin (even if not visible), respiratory tract, or eyes, nose, or mouth.

Human-to-human transmission does not occur readily but when it does, it is thought to occur primarily through large respiratory. Other human-to-human methods of transmission include direct contact with body fluids or lesion material, and indirect contact with lesion material, such as through contaminated clothing or linens.

What should you do if you think you may have monkeypox?

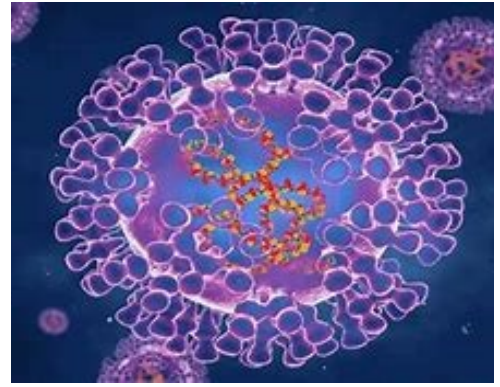
People who have flu-like symptoms followed by swollen lymph nodes and/or unusual skin lesions should contact their health care provider.

Is UI Health Care testing for monkeypox?

Yes, testing is available.

Is there a vaccine to prevent monkeypox?

Because monkeypox and smallpox viruses are genetically similar, vaccines developed to protect against smallpox viruses may be used to prevent monkeypox infections. Because supplies are limited in the United States, the vaccine has been used only for people with a known exposure to someone who has tested positive for monkeypox.



What are the symptoms of monkeypox?

Within 1-3 days:

- fever
- headache
- muscle aches
- exhaustion
- swollen lymph nodes (lymphadenopathy)
- Other flu-like symptoms

Within 1-3 to (or longer) after the appearance of fever, the patient develops a rash.

During this current outbreak, there may be a rash with or without flu-like illness. It may present as a genital or perianal skin eruption. The time from infection to symptoms for monkeypox is usually 7-14 days but can range from 5-21 days. The illness typically lasts for 2 –4 weeks.

Please also refer to these regularly updated resources

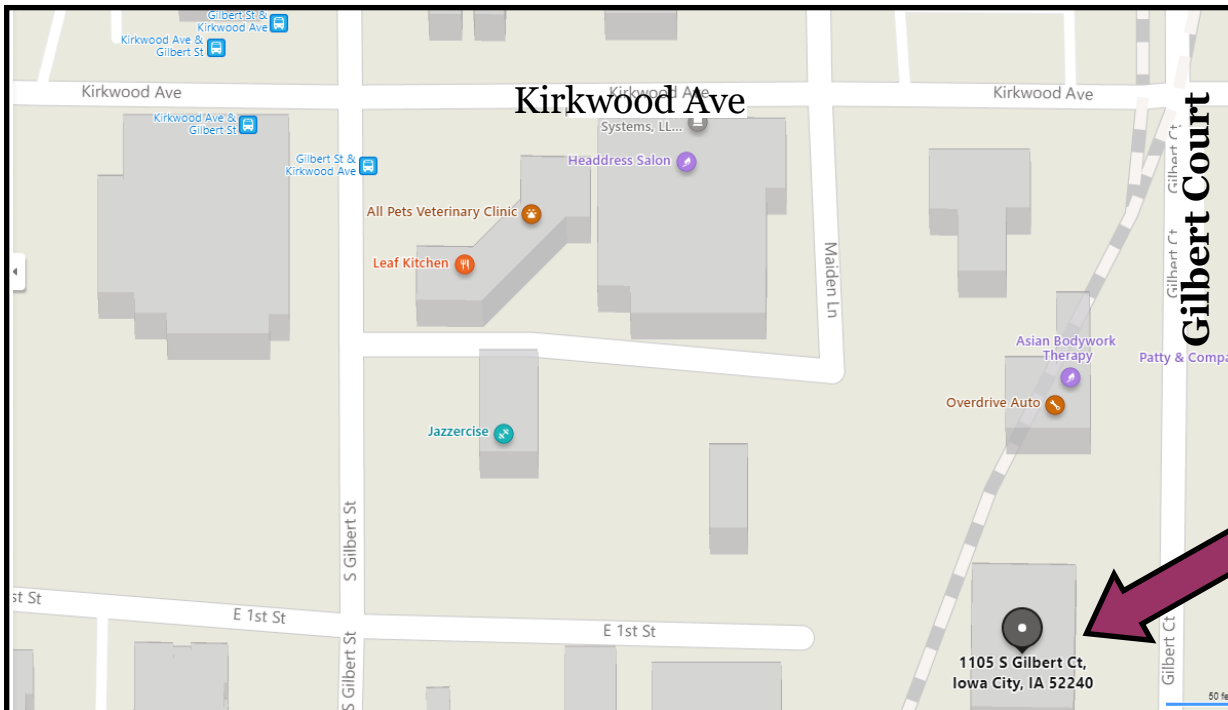
www.idph.iowa.gov/ehi/monkeypox

www.cdc.gov/poxvirus/monkeypox/index.html

Free Lunch Program of Iowa City



The Free Lunch Program of Iowa City serves meals from 12-1pm Monday through Saturday, all year long, to anyone who shows up at its location at 1105 S. Gilbert Court in Iowa City, IA. Because of COVID-19 and for the safety of our clients, volunteer, and staff, the program's lunch room is currently closed, and buffet-style service has been replaced with lunches to-go that may be picked up from a door on the north side of the building.



**Free
Lunch
Pickup**



CommUnity (formerly known as the Crisis Center) is a safe place for anyone who needs help coping with problems they may be facing in their life.

What services does CommUnity offer?

- Mobile Crisis Text/Call Line
- Food Bank
- Suicide Prevention Training
- Support Groups
- Financial Support Program
- Mobile Crisis Response

Contact CommUnity

Crisis Phone/Text:

1-855-325-4296

Mobile Crisis Outreach:

1-855-581-8111

Food Bank:

319-351-0128

Mailing Address:

1121 S. Gilbert Ct
Iowa City, IA 52240

Food Bank Address:

1045 Hwy 6 E
Iowa City, IA 52240

Visit builtbycommunity.org for more information.

Medicare Frequently Asked Questions



What is Medicare?

Medicare is the federal health insurance program available to most older Americans and to many younger people with disabilities. Medicare consists of two parts, Part A and Part B. Medicare Part A is hospital insurance and is free to most who are eligible for Medicare. Medicare Part B is medical insurance and those on Medicare Part B must pay a premium. The monthly premium for Medicare Part B is \$171.22 in 2022. If you are turning 65 in the next three months or have recently turned 65 please contact your case manager or field benefits specialist to discuss Medicare and your enrollment options.

What is Medicare Prescription Drug Coverage?

Medicare offers a prescription drug benefit, commonly referred to as Medicare Part D. Medicare Prescription Drug Coverage is insurance. You choose the drug plan and pay a monthly premium. Everyone on Medicare is eligible for this coverage BUT there are only certain times you can enroll. Medicare eligible people can enroll during their Initial Enrollment Period, during Medicare's Open Enrollment Period (October 15 to December 7 each year) or during a special enrollment period. Please contact your case manager or field benefits specialist to discuss.

What is Medicare Supplement Insurance?

Medicare supplement insurance is also called "Medigap" or "Medsup." It is designed to "fill in" the gaps of original Medicare. These plans are sold by insurance companies and not sold or serviced by the government. If you are 65 or older and enrolled in Medicare part B for the first OR if you have Medicare due to disability before age 65 and have newly turned 65, please contact your case manager or field benefits specialist to discuss Medicare Supplement Insurance.

What is a Medicare Advantage Plan?

Under Medicare Advantage, Medicare contracts with private organizations to handle your Medicare Part A and Part B benefits. Each year a Medicare Advantage contract may be renewed, changed or terminated. Typically, with a Medicare Advantage Plan you must obtain services through the plan's network or pay higher costs to see a provider outside of the network. Before you enroll in a Medicare Advantage Plan check with your case manager or field benefits specialist to see if your doctors, hospitals, and other providers accept the plan and if this is right option for you and your health needs.

Please contact your Case Manager, Field Benefits Specialist or the website shiip.iowa.gov with your Medicare questions.

New Fellows
starting on July 13

WELCOME



Nirmal Muthukumarasamy, MBBS he/him/his

Hello! I am Nirmal Muthukumarasamy and one of the new Infectious disease fellows. I completed my Internal Medicine residency at Western Michigan University. I grew up and completed my medical school/residency training in ENT in India. I worked as an ENT surgeon before moving to the US. Outside of work, I love spending time with my wife and son, watching mystery/thrillers and cooking. I am excited to be part of the virology team and look forward to taking care of the patients here!



Abhishek Pandya, MD

he/him/his

Hello my name is Abhishek (Abi) Pandya. I am a first year Infectious Disease fellow. I am originally from Toronto, Canada but have spent the past 6 years in Chicago. I am excited to work with this community. I recently moved to Iowa City with my significant other to seek out new opportunities. I would love to hear any recommendations! Outside of work I like playing video games, exploring new places, and outdoor activities such as biking and hiking.

Thomas Wright, MD

he/him/his

Hello! I'm Thomas Wright, one of the new ID fellows starting this year. I'm originally from Indiana and I completed medical school at the Indiana University, but recently completed my internal medicine residency training in Akron, OH. Now, I am excited to start my Infectious Disease training at the University of Iowa. My parents met while in college at the University of Iowa and my grandfather is from Newton, IA; I am honored to continue the legacy and to have the chance to provide high quality care for the diverse Iowa population. I look forward to working with all of you soon!



Virology Mental Health Care Provider Megan Davis-De Geus, NP

My name is Megan and I'm Psychiatric Mental Health Nurse Practitioner (NP). I have been working at UIHC since I first completed my nursing degree in 2004 mostly in a neuroscience unit. I completed my Family NP degree in 2009 and was a Family NP for 11 years before returning to school for more education in mental health. I currently provide services in the Women's Wellness Clinic, Adult Psychiatry Clinic, Telemedicine, and I am working with a STEPPS Group (Systems Training for Emotional Predictability and Problem Solving). I appreciate collaborative, team-based care, and understand the value whole person care this provides to our patients in the Virology Clinic. The staff, supports, and team atmosphere make each day enjoyable and rewarding. Outside of work, you'll probably find me outside running in the woods, cross country skiing or outside jumping on the trampoline with my kids; I love the outdoors! I look forward to continuing to work in the Virology Clinic and meeting and working with some of you.



Contact Our Team

Amber Phelps, MA

Contact Amber at (319) 335-7218 for health related questions, more information about the UIHC HIV program, and requests regarding nutritional supplements.

Insurance Questions

If you have questions about insurance, please contact Malory Dreasler at (319) 356-1545.

Pharmacy

Contact Dena Dillon, Pharm. D., AAHIVP at (319) 541-0335 for medication questions including PrEP.

For refill requests, have your pharmacy fax (319) 356-3004 or call the infectious disease refill line at (319) 356-8133.

Tracy Peters, LPN

Contact our program nurse, Tracy at (319) 335-7605 for lab results, medical questions or emergencies.

Non-emergent Medical Need

If you have an urgent medical concern between the hours of 8:00 am—5:00pm call Tracy, Amber, or your provider. If none are available, call the hospital operator at (319) 356-1616 and ask for the infectious disease doctor on call.

Contact a Social Worker



University of Iowa Hospitals and Clinics (UIHC)
200 Hawkins Drive
Iowa City, IA 52242



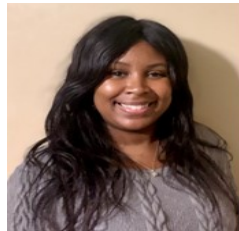
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malory-dreasler@uiowa.edu



Jennifer Keeler, BSW
phone: (319) 467-5662
jennifer-keeler@uiowa.edu

Need help with transportation to your medical appointments? Contact a case manager for assistance.

River Hills Community Health Center
Ottumwa Location
201 South Market Street
Ottumwa, IA 52501



Jayme Mueller
phone: (319) 800-5561
jmueller@riverhillshealth.org

River Hills Community Health Center
Oskaloosa Location
1417 A Ave E Suite 100
Oskaloosa, IA 52577

Jayme will work Monday, Wednesday and Friday in our Oskaloosa clinic and then he will plan to be in our Ottumwa clinic on Tuesday and Thursday. Of course, he will come to Ottumwa anytime he has an appt with a client.