

Virology Newsletter

University of Iowa Hospitals and Clinics- Winter

New Team Members

Hello! My name is Amy Halvorson Bouffard and I am very excited to be joining the HIV program! I grew up in western Colorado, then attended the University of Wyoming where I received my BSW. I moved to Iowa to be close to my sister and have been here 18 years. I've spent the bulk of my career working in the substance abuse and reproductive health fields in the Cedar Rapids / Iowa City area. I was able to do HIV prevention and risk reduction work with substance abusers during my years at ASAC. As well as a lot of HIV education and testing during my years in education and clinic management at Planned Parenthood. I've been working in Women's Health at UIHC for the last year and a half. In my free time I enjoy live music, restaurants, travel and time with my step kids and nephew and nieces. I'm looking forward to meeting everyone and becoming a part of the HIV program.

Hello! My name is Madeline Moree and I am a new employee at the University of Iowa. Here is a little bit about myself...

I grew up outside of Iowa City in a small town called West Branch. I graduated from Iowa State University with my degree in Child, Adult and Family Services then went on to pursue a Master's degree in Social Work from the University of Kentucky in Lexington, Kentucky.

In my free time I love to read and watch movies. I enjoy traveling and spending time with my family which reside in both Iowa and Texas. I am an avid animal lover who has adopted 2 dogs, 1 cat and a horse. I love being on the go and staying busy. I am very excited to be a part of your team at the University of Iowa!

Enrollment Open for CLEAR

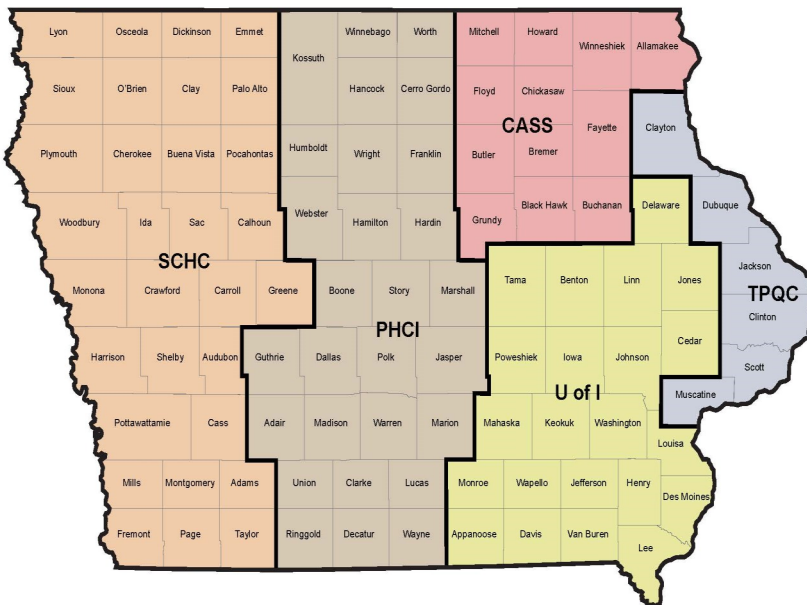
Enrollment is currently open for those interested in participating in the client-centered program called CLEAR. CLEAR stands for: choosing life, empowerment, action, and results! The CLEAR program is open to persons living with HIV or at high risk of acquiring HIV who are interested in increasing or 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."



HOPWA Reminder



Housing Opportunities for People with AIDS (HOPWA) 2013



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

Primary Health Care, Inc. (PHCI)
1200 University Avenue
Des Moines, IA 50314
Andraya Stender
(515) 248-1576

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

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

The Project of the Quad Cities (TPQC)
2316 5th Avenue
Moline, IL 61265
Levon Harris
(309) 762-5433

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 ser-



Randomized Trial to Prevent Vascular Events in HIV

Participant Summary Sheet for ACTG A5332

The University of Iowa Virology Clinic is participating in an international study to determine if taking a FDA-approved statin medication (pitavastatin) can help prevent heart disease and death in people taking HIV medications (REPRIEVE or Randomized trial to Prevent Vascular Events in HIV). People 40 to 75 years of age with HIV will be randomized to take pitavastatin or a placebo. The study lasts approximately 72 months and you will not know if you are taking pitavastatin or placebo. The REPRIEVE trial will enroll 6500 people.

The purpose of this investigational drug is to reduce inflammation that may contribute to heart disease. Pitavastatin is used to lower cholesterol and triglyceride levels (fat in the blood). Clinical trials have also shown that statins may have other benefits, for example, heart disease and the levels of inflammation can be lowered by statins. If you participate, you will sign a consent document, be seen in clinic for a screening visit, an entry visit, and visits one month later. After this, you will need to be seen every 4 months. For more information, contact the HIV Program Office at 319-335-7437, or Wendy Sauter, RN at 319-335-7605.

GIVEN THEIR INCREASED RISK

of cardiovascular disease, people living with HIV need to be proactive when it comes to heart health. It is important that they follow dietary and exercise guideline recommendations to keep their heart healthy. Among the recommendations:

- Eat a variety of fruits and vegetables
- Eat fats from plant-based foods instead of animals (i.e., eat nuts instead of cheese)
- Avoid excess sugar
- Do some sort of physical activity most days of the week
- Quit smoking

This information comes from the most recent edition of Positively Aware. These facts tie in nicely with our REPRIEVE study.



Coming Soon...

HIV pre-exposure prophylaxis (PrEP) is an effective method for preventing HIV infection in people at risk. PrEP using antiretroviral medications (i.e. tenofovir/emtricitabine, Truvada®) as part of a structured program of risk-reduction counseling and monitoring, can prevent HIV transmission by $\geq 90\%$ with adherence. In Iowa, HIV continues to disproportionately affect men who have sex with men (MSM) aged 25-44, and Latino MSM. Approximately 33% of new HIV cases occur in rural Iowa counties. Reaching these target populations outside of the larger Iowa cities is important in curbing the HIV epidemic within the state.

Iowa MSM who participated in the 2013-2014 American Men's Internet Study (AMIS) reported being aware of PrEP (43%) and willing to use it (38%), but only 5.6% reported having ever used PrEP. Privacy concerns and difficulty finding a local physician who would prescribe PrEP have been barriers to using Truvada® for prevention.

To address the gap in PrEP awareness and utilization in Iowa, an interdisciplinary team of pharmacists, physicians, and public health professionals are piloting TelePrEP – a collaborative virtual pharmacist service providing PrEP to Iowans, especially those living in rural areas. The TelePrEP team will work in collaboration with other PrEP providers and Public Health offices in the state to increase awareness and use of PrEP in Iowa.

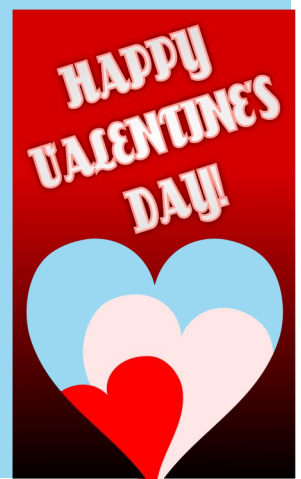
Features of the service include the following:

- In-home visits using a secure, HIPAA-compliant video system called Vidyo
- Visit with a clinical pharmacist working with a physician under a collaborative practice protocol
- Referral to a local PrEP provider OR providing PrEP and monitoring by telemedicine
- Medication sent by mail, when preferred
- Lab monitoring at a lab of the client's choice
- Use of self-swabs for sexually transmitted infection screening
- Collaboration with public health to obtain insurance, medication assistance, and adherence with follow-up monitoring

TelePrEP will begin pilot testing in January 2017, in Johnson and surrounding counties. We hope to start expanding the service to other areas of Iowa starting in April 2017. Please share information about PrEP with people you know who might be at risk for becoming infected with HIV.

For more information please contact:

angela-hoth@uiowa.edu or teleprep@healthcare.uiowa.edu
or call 319-467-8777.





Remembering the Past, Looking to the Future

2017 Wellness Summit

MAY 5—7, 2017

PITCH changed our policy for the Wellness Summit in 2015, to sustain our organization and continue to grow we want to be welcoming to our partners, family members and others who are directly impacted by HIV/AIDS. The Wellness Summit will always be open to people living with HIV 1st, but we also want to invite our support systems to join us at the retreat to revitalize and gain awareness about living with HIV and living with and loving someone living with HIV. We think this will provide a unique opportunity and a new element to the Wellness Summit.

PITCH still strives to make the Wellness Summit a SAFE place for everyone who attends the weekend. So mark you calendars and save the date. Stay tuned for more information for **"Remembering the Past, Looking to the Future."**

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.



***An Organization Run for and by PLHIV
and our support systems***

2017 Wellness Summit

PITCH
P.O. Box 518
Des Moines, IA
50302



www.pitchiowa.com
also find us on
facebook

Insurance Information

If you have new insurance starting January 1st, 2017 or a new Medicare Part D plan be sure to update your doctor's office and your pharmacy so that they are running your insurance through the correct channel. **In addition, please provide copies of your new card to your case manager.**

Iowa AIDS Drug Assistance Program (ADAP) has added a variety of medications to their formulary to include some cholesterol/anti-platelet, blood pressure, heart-burn, breathing, diabetes and some others. Check with your Pharmacist at NJL to check if your medication has been added to the formulary.

Summary of 2016

We are still finalizing our 2016 data to report to the Health Resources Services Administration (HRSA). However, we're excited that our preliminary numbers indicate that the University of Iowa served 663 patients living with HIV over the course of the year, providing approximately 1,850 total services. These services include clinic visits, case management, referrals, financial assistance, and more. An amazing 96.7 percent of the patients enrolled in the Ryan White Program are on ART, and 91.1 percent of the patients who had their viral loads taken were virally suppressed. We are exceptionally proud of this, and take it as an indication that, together, the University of Iowa Ryan White Program and our community of people living with HIV are all doing great work to improve the health of Iowa.



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 NP. If your doctor or NP 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 or Katie Vodraska (319) 353-7173

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 Nina Pliakos at 319-335-7218

WATERLOO OUTREACH CLINIC PHONE UPDATE;

Number for scheduling/cancelling: 319-356-1533

CHAIN

SAVE THE DATE



**Community
HIV/Hepatitis
Advocates of
Iowa
Network**

Day on the Hill
Tuesday, Feb. 21, 2017

Advocacy Training
Time and location TBD

Legislative Luncheon
11:00 am to 1:30 pm
Iowa State Capitol Building

For more info, contact Tami Haught at:
tami.haught2012@gmail.com

Stay tuned for more information regarding trainings, scholarship opportunities, etc.

Happy New Year!

It's not too late to resolve to quit smoking. Contact Wendy at 319-335-7605 for help in getting access to smoking cessation resources.