

# Spring Virology Newsletter

## Adherence Information

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This is the fourth installment of a series in our patient newsletter regarding HIV treatment adherence. In the last issue we discussed what to do before beginning treatment. In this issue we'll discuss what to do after treatment has been started.

### How can I maintain adherence after I start treatment?

- Take your medication at the same time each day.
- Put a week's worth of medication in a pill box at the beginning of each week. Dena Dillon, the clinic pharmacist, has extra pill boxes that you may use. You can meet with her during your clinic appointment or you can phone her at 319-356-4208 after 2:00 on Wednesdays.
- Use timers, alarm clocks, or pagers to remind you when to take your medication. Some of our patients find this especially helpful in case they unintentionally fall asleep in the evening before taking bedtime

doses.

- Keep your medication in the place where you will take it. You may want to keep backup supplies of your medication at your workplace or in your briefcase or purse.
- Keep a medication diary. Write the names of your drugs in your daily planner, then check off each dose as you take it. Dena also has magnets that may be placed on the refrigerator and turned over when each dose is taken.
- Plan ahead for weekends, holidays, and changes in routine.
- Develop a support network of family members, friends, or coworkers who can remind you to take your medication. Some people also find it helpful to join a support group for people living with HIV infection.

Monitor your medication supply. Contact your prescriber, clinic, or pharmacy if your supply will not last until your next



visit.

### What should I do if I have problems adhering to my treatment regimen?

It is important that you tell your healthcare provider and clinic pharmacist right away about any problems you are having with your treatment plan. If you are experiencing unpleasant side effects, your dose may need to be adjusted or you may need a change in your regimen. Missed doses may be a sign that your treatment plan is too complicated or unrealistic for you to follow. Talk with your healthcare provider about other treatment options. He or she needs to stay informed to help you get the most out of your treatment regimen and to provide workable treatment options.

Adapted from [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)

Dr. Jeff Meier and Cheryl Carter will be doing a health promotion study in the clinic. The purpose of this research study is to see what happens when the medical providers take additional time with their patients to help them avoid unsafe sex and substance abuse. This type of assessment and counseling is called the OPTIONS Intervention. You can learn more about this study during your clinic visit.

## Please Welcome.....

**Paula Forest**, nurse practitioner, who joined our team in September 2005. Paula has been a nurse for 32 years and completed the Geriatric Nurse Practitioner program in August 1997. She has been at UIHC since 1990 and worked with the geriatric oncology population and the hospice and palliative care population.



Paula decided to make a career change and knew she liked working with patients with

chronic illness. “I like developing long-term relationships with patients and their families”, said Forest.

Paula has a daughter who will soon graduate from the University of Iowa and 2 cats. For enjoyment, she likes to walk for exercise and read.

**Kathy Flanders**, nurse practitioner, who joined our team in September, 2005 .

Kathy graduated from the University of Iowa, College of Nursing in 1975 and worked as a nurse in many small communities across Southern Iowa including Mt. Pleasant, Bloomfield,

Knoxville as well as Des Moines and Ames. She has also practiced in many differing areas of nursing including pediatrics, labor and delivery, mental health, chemical dependency, and has taught in nursing education programs. In 1999, Kathy became a nurse practitioner with a specialty in women's health.

Kathy has three grown sons, a cat with nine lives, and a dog. She enjoys reading, gardening, cooking, and outdoor activities.

## Medicare Drug Benefits

### Medicare Drug Benefit: Don't Wait Until the Last Minute to Enroll

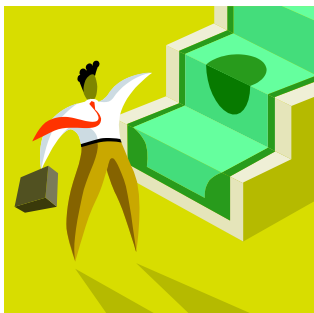
May 15 is the last date Iowans currently on Medicare can enroll without penalty in the new drug benefit for 2006. Everyone who doesn't have drug coverage as good as Medicare's through an employer or other health plans will pay a penalty if they wait to enroll past May

15. The two weeks prior to May 15 will be very busy for the plans, Senior Health Insurance Information Program (SHIIP) counselors and 1-800-MEDICARE. It may be difficult to get through to enroll. You do have the option of enrolling yourself, or getting a family member to help you enroll online at [www.medicare.gov](http://www.medicare.gov).

The next enrollment opportunity will be November 15 through December 31, 2006, with plans effective January 1, 2007. Remember, individuals new to Medicare in 2006 will get an opportunity to enroll in Medicare drug coverage when they go on Medicare.

**“May 15 is the last date Iowans currently on Medicare can enroll without penalty .”**

## Ryan White Information



### Ryan White Title III Financial Assistance...

is an Early Intervention Services (EIS) grant that strives to help provide medical care to all persons living with HIV/AIDS regardless of citizenship or ability to pay. The program has a sliding fee scale based on one's reported income. Ryan

White III at UIHC does not assist with Medicare/Medicaid/IowaCare co-pays.

If you are currently enrolled in Ryan White III, **your renewal application is due by the end of April 2006.** Our fiscal year begins July 1, 2006 and ends June 30, 2007.

If you are not currently enrolled or you are uncertain, please contact Tricia Kroll at 319-384-7307 or Carol Paper at 319-353-7917.

## RX Outreach Information

Rx Outreach is a mail-order prescription assistance program working with more than 26 patient assistance programs.

Through this program, people who qualify financially can receive medications which treat a wide range of conditions including diabetes, asthma,

heart disease, and depression.

People may take advantage of the program even if they receive medication through another discount program.

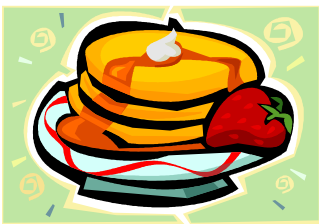
As of March 1, 2006, Rx Outreach will offer 107 medica-

A 30-day supply will be \$20 for tier 1 medications and \$30 for tier 2. A complete list of available medications and tier classifications can be found at

[www.rxoutreach.com](http://www.rxoutreach.com).

**"People who qualify financially can receive medications which treat a wide range of conditions."**

## ICARE's 19<sup>th</sup> Annual Pancake Breakfast



On Sunday, June 4, ICARE is hosting its 19<sup>th</sup> Annual Pancake Breakfast from 8:00 until 1:00 on the Ped Mall in Iowa City. It is the weekend of the Iowa Arts Festival. Listen to live entertainment while you enjoy a delicious pancake breakfast with fresh fruit, gourmet coffee and whipped cream. Come join us for

some great food, good company, and a great cause. Tickets are

\$10.00 before the event and \$12.50 the day of the event.

Children 7 years of age and younger are free. All proceeds go to ICARE whose mission is to enrich the quality of life for persons living with and affected by HIV/AIDS. For further information or if you would like to volunteer, please call Joe Kane at 338-2135.

Rain location: Chauncey Swan Ramp.

## Support Group Information

**Cedar Rapids:** For more information, please contact Rapid AIDS project, (319) 393-9579

**Central Iowa (Franklin, Greene, Story, Marshall, Boone, Hardin & Hamilton Counties)** Mid-Iowa Community Action's *Living with HIV* support group meets the first Tuesday of each month at First United Methodist Church, 1036 7<sup>th</sup> St, Nevada from 5:30-7:30 p.m. Contact Janelle Durlin at 1-800-890-8230 ext. 106 for more information.

**Council Bluffs:** Meets Thursdays at Nebraska AIDS Project (NAP) from 7-8:30 p.m. Contact Lucie Long at (402) 552-9260 for more information.

**Davenport:** *HIV+ and Affected Persons Group* meets on Mondays from 6:00-8:00pm located at 1705 2<sup>nd</sup> Ave, Rock Island, IL. Contact John Crownover,

AIDS Project Quad Cities, (563) 421-4241 for more information.

Also available, a *Gay Community Support Group* covering a variety of topics related to sexual and/or gender orientation, including HIV. Contact QCAD, (309) 786-2580 for more information.

**Des Moines:** An *HIV+ Gay Men's Group* meets Tuesdays from 7:00-9:00 p.m. Contact Kevin Cameron (515) 314-3400 for more information.

**Dubuque:** *HIV/AIDS Group* meets the second Tuesday of each month from 6:30-8:00 p.m. at Finley Hospital. Contact Charlene Schrodt at 1-800 862-6133 for more information.

**Fort Dodge:** *HIV and Significant Others Group* will meet April 19<sup>th</sup>, May 24<sup>th</sup>, June 14<sup>th</sup>, and July 19<sup>th</sup> at 7:00 p.m. through Lutheran Family Services. Please contact Kitty Webster at (515) 573-4107 or email

[kwebster@webstercoia.org](mailto:kwebster@webstercoia.org) to confirm dates and for more information.

**Iowa City:** *HIV+ Telephone Support Group* and *A Coming Attraction Group* For more information, contact Andy Weigel at Johnson County Public Health, (319) 356-6038 ext. 2 or email [aweigel@co.johnson.ia.us](mailto:aweigel@co.johnson.ia.us)

**ICARE:** *HIV/AIDS Support Group* meets every Wednesday from 5:30-6:30 p.m. Contact Mike Niece (319) 338-2135 for more information.

**Sioux City:** A support group meets on Thursdays from 3:00-5:00 p.m. at the Siouxland Community Health Center. Contact Darla Peterson at (712) 202-1027 for more information

**Waterloo:** For support group information, contact Karla or Elizabeth at Cedar AIDS Support System (319) 272-2437