



Swatches

Connecting Rural Iowa

February 2013

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by Fred Eastman, IRHA President

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IRHA Membership Renewal

Have you renewed your IRHA Membership for 2013? Don't miss out on any of the member benefits or information shared with members only. Renew today!

If you have not renewed,

Recently I had the opportunity to lead my first board meeting as IRHA President. As we discussed the many topics that impact health and health care in rural Iowa, it struck me as to the breadth and level of knowledge in the room. Around the table, we talked about changes that are happening now and changes that will come in the future. Just a few of the broad ranging subjects included: prescription medication support for those recently released from incarceration, Medicaid, ACO's, dental health, medical home, telehealth policy and reimbursement, safety net providers, health coaches, provider recruitment and health benefits exchange. Everyone contributed to the conversation. And, there were many questions. Can we impact these issues and changes? How will Iowa adapt to them? Who is working on them now? Who, in Iowa, has found solutions that work? Which changes and issues are of most interest and most importance to our members and how do we reach them with the information: webinars, our newsletter, or during our annual meeting?

IRHA is a membership organization that strives to benefit its members through education, communication and networking. I know personally I have learned so much and met great, sharing people through IRHA. Our mission is to strengthen health systems for rural residents and communities through leadership, education, advocacy, public awareness and networking. We want you as a member and to join in the conversations that will improve the health of rural Iowans. If you have an idea for a webinar or a presentation for the annual meeting, please contact Gloria Vermie, Education Committee Chair, at Gloria.Vermie@idph.iowa.gov. Our quarterly newsletter is another opportunity to cover topics of interest. Barb Blough is the

you should have recently received a renewal notice via email. Simply print and return that form with payment to the IRHA Office.

Also, is there a colleague that would benefit from membership in IRHA? Please invite them to join. Additional information about IRHA is available on the website at www.iaruralhealth.org or contact the IRHA Office at mprimus@iaruralhealth.org or 515-282-8192.

opportunity to cover topics of interest. Barb Blough is the Communications Committee Chair. Contact Barb at Barb.Blough@lowadental.org. She would welcome your article ideas or submissions.

Please keep the conversations moving by renewing your membership in IRHA. If you are not a member, we would encourage you to join. You can download a membership form by going to www.iaruralhealth.org - under the main menu click "Join Now". Follow the instructions on the form to complete your application. If you have membership questions, please contact Melissa Primus at mprimus@iaruralhealth.org or at 515-282-8192.

Many changes are in the future for rural health. The other IRHA board members and I look forward to you joining in on the conversation about these changes. You may contact me or any of the other IRHA board members to start the discussion on how we can improve rural health in Iowa.

Iowa A National Leader in Drug Recycling

Submitted by Jon Rosmann



Thank you for your IRHA Membership!

Benefits of being an IRHA member:

1. Health advocacy with a rural perspective
2. Access to resources through the IRHA and NRHA websites and email distribution lists
3. Networking opportunities with professionals from diverse disciplines

Iowa's Drug Donation Repository Program has emerged as a national model for prescription drug recycling. Through this program, Iowans in need of assistance can receive medications and medical supplies for little or no cost. Donations are received from long-term care dispensing pharmacies, medical facilities, and individuals. The medications and supplies are inspected by a pharmacist, distributed to medical facilities, and dispensed to Iowans in need. At the end of fiscal year 2012, over \$5.8M in donated medication and supplies have been provided to over 26,000 Iowans since the program was launched in 2007.

"This is a practical solution that provides critical medications and supplies to Iowans needing assistance and, at the same time, provides a valuable service to pharmacies and other dispensing medical facilities. Other states continually point to our program as evidence that prescription drug recycling can work," says Jon Rosmann, Executive Director of the Iowa Prescription Drug Corporation.

The Iowa Prescription Drug Corporation serves as the statewide repository for donated medications and supplies. The majority of medications entering the program are received from long-term care dispensing pharmacies, however donations are also received from retail pharmacies, physicians' clinics, home health care organizations and individuals from across the country. The Drug Donation Repository Program can accept previously dispensed but unused medications and supplies that have not expired. The drugs must be in their original sealed, tamper-evident packaging, such as single-unit

4. Input opportunities for State and Federal Policy issues

5. Discounted rates for Annual Conference

6. Opportunities for leadership development

New IRHA Member Benefit!

IRHA is excited to announce a new benefit for our members - an Online Career Center.

IRHA members looking to fill open positions are now able to post employment opportunities to the IRHA website at no cost. Also, IRHA members looking for positions are able to post their qualifications and type of employment they are seeking at no cost.

This service is also available to non-IRHA members for a nominal fee.

To take advantage of this new member benefit, visit www.iaruralhealth.org and click the "Career Center" link on the main menu.

their original, sealed, tamper-evident packaging, such as single-unit doses, blister packs, or bottles with a manufacturer's seal still intact. Controlled substances or drugs that require refrigeration cannot be accepted into the program.

Once the donated medications and medical supplies are received, all of the items are inspected by a licensed pharmacist. Medications and supplies suitable for the program are de-identified (all HIPAA information is removed) and entered into an online inventory where participating medical clinics and pharmacies can place orders for patients in need of assistance. The orders are filled and shipped to the facility free of charge. The Iowa Prescription Drug Corporation is currently filling approximately 230 orders per month.

Enrolling your medical facility is an easy process. If you would like to make a donation or dispense donated medications and supplies to your patients, please contact the Iowa Prescription Drug Corporation at 1-866-282-5817 or email jon.rosmann@iowapdc.org. The Administrative Rules and other program information are available online at www.iowapdc.org.

Legislative Session Update

Submitted by Eric Tempelis

Governor Terry Branstad and the Legislature face many decisions in 2013 that will impact rural health.

Iowa will be adopting a state-federal partnership insurance exchange which should be operational by year's end and provide individual and small business purchasers a website to shop for health insurance.

Meanwhile, IowaCare which offers coverage for limited healthcare services to citizens lacking insurance coverage expires by year's end. In late January, Democrats unveiled Senate File 71 to adopt Medicaid expansion up to 133% of the federal poverty rate that would transition these patients onto Medicaid and those above that level onto the private insurance exchange. Governor Branstad and Republicans are exploring a range of options aimed at ensuring insurance coverage for the IowaCare population, but have not endorsed one approach yet.

The Governor and Legislature are also reviewing progress toward mental health delivery system reform. Counties are currently joining into regions that will eventually help to manage funding, coordination, and delivery of mental healthcare in the years ahead. Other issues that will receive renewed attention this session include medical malpractice reform, funding to grow the healthcare workforce, and promoting the healthiest state initiative.

American Parkinson Disease Association - Iowa Chapter

Submitted by Crissanka Christadoss, Coordinator of the Iowa
Parkinson Disease Information and Referral Center
(ChristCS2@ihs.org)

The Iowa Chapter of the American Parkinson Disease Association is the only patient-centered Parkinson's organization in the state of Iowa. Our mission is to ease the burden and find a cure for those impacted by Parkinson's in communities across Iowa. We are a local chapter of the American Parkinson Disease Association located in Staten Island, New York.

Parkinson's is a progressive neurological disease that is caused by a lack of the chemical dopamine in the brain. This manifests itself in the body through movement symptoms such as tremors in the hands and feet, muscle rigidity, a stooped posture, shuffling steps, decreased arm swing and balance issues. There are also a host of symptoms not related to movement that a person with Parkinson's might get including drooling, constipation, incontinence, depression, sleep disturbance, foot cramps and many more. As the disease is progressive, it impacts one's quality of life greatly. There are over 1.5 million people in the United States that have Parkinson's disease; over 60,000 people this year will be diagnosed with Parkinson's.

As our mission states, we want to ease the burden of the disease for the estimated 20,000 individuals who have the disease in the state of Iowa. The Iowa Chapter of the American Parkinson Disease Association is run by volunteer board members. Each chapter also supports an Information and Referral Center run by a Coordinator and serves as the main point of contact in the community. It is open during normal business hours and serves the entire state through a helpline. Through the helpline, people can ask questions, request information and resources, and seek referrals to health specialists and Parkinson's support groups in the state. Currently, there are over 30 support groups in the state of Iowa.

One of the Chapter's main focuses is to increase the number of exercise and movement classes in Iowa to benefit people with Parkinson's through supporting training for exercise instructors and assist in establishing exercise classes. Exercise is touted as the main course of action to help delay the progression of the disease and improve quality of life. To see a list of classes and support groups in Iowa and to learn more about the organization, visit www.apdaiowa.org or call 877-872-6386.



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