Flu Season is here

- Stop in or make an appointment for this season's flu vaccine, preferably on Wednesday afternoons
- Flu mists are also available for ages 2-49
- Flu shots available for all ages 6 months and older
- CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. CDC continues to encourage people to get vaccinated throughout the flu season, which can begin as early as October and last as late as May. Over the course of the flu season, many different influenza viruses can circulate at different times and in different places. As long as flu viruses are still spreading in the community, vaccination can provide protective benefit.

PPPNet Award: Each August, the Practice Partners Research Network (PPRNet) award their clients who reach the benchmarks set by their program standards for quality healthcare. Since 2007, the Northeast Iowa Family Practice Center has been recognized for their “Best Practice” or “High Performances” during the awards reception in Charleston, South Carolina. This award recognizes the top 25% of the 224 PPRNet practices involving 1219 physicians with over 2 million patients. We congratulate Dr. John Sutherland, Dr. Adam Roise, Pam Rottinghaus, Jen Cindrich, Greg Nelson and the QI committee for helping achieve this milestone! It is an honor to continue winning this award which says a lot for the quality teamwork among our staff.

Northeast Iowa Family Practice Center

Megan Mormann, PharmD.

Dr. Mormann graduated with distinction from University of Iowa College of Pharmacy in May 2012. She is excited to be continuing her pharmacy residency at the Northeast Iowa Medical Education Foundation.

“Like” us on Facebook! Click on the like button on any of our websites: www.familypracticecenter.org, www.neimef-research.org; or www.familypracticeresidency.org. If you are our 500th “Like” person—you will win a gift certificate to a local business!
3. **Previous heart attack:** We are looking for participants who have had a heart attack at any previous time in their lives. This study will enroll over 7,300 patients from many clinics. It is evaluating a new medication which lowers the amount of inflammation in the blood vessels. All patients with a prior heart attack may come in and receive a free hsCRP blood test to see if they may qualify. This test is a $75 value. The hsCRP test tells your doctor how much inflammation there is within the blood vessels. Some experts think increased inflammation is as important of a cardiovascular risk factor as high cholesterol or elevated blood pressure.

4. **Cardiac stent placement or heart attack within the past 1 year, previous stroke, peripheral artery disease (PAD), OR diabetes with some prior heart disease:** This study will enroll over 11,000 patients across the country. It is investigating a new medication which increases HDL-cholesterol. HDL-cholesterol is the “good” cholesterol. It is hoped that this new medication will lower the risk of future heart attacks and stroke.

As you can see, we have a number of exciting opportunities for people to consider participating in. All of the above studies provide compensation for patient time. Please give us a call (319)-272-2536 or check out our website to learn more information: www.neimef-research.org

Jim Hoehns, Pharm.D, BCPS, FCCP
Research Director
Northeast Iowa Family Practice Center adopted the Patient Centered Medical Home model of care earlier this year and we are proud and excited to be able to provide this type of care to all of our patients. “Patient Centered Medical Home” is not a home, house, or place... it is simply a team-based approach to health care where patients are still seen for their urgent care needs, but the focus is more on helping patients manage their chronic conditions and overall well-being. Patients have better access, increased satisfaction, and their health improves. Communication between the patient’s care team, specialists, and hospitals is increased to better coordinate the patient’s care. The primary care team also addresses barriers that patients have in their ability to manage their health, and provides the support needed to overcome those barriers. Northeast Iowa Family Practice Center is committed to the best quality and service we can provide to our patients and we work on improvements to this model of care every day.

The Iowa Medicaid Enterprise has collaborated with us in our patient-centered model of care and is offering their members to become participants. Iowa Medicaid is calling their program “Iowa Medicaid Health Home” and it too, helps members with chronic conditions make sure they get the care they need, and addresses any barriers to this care.

Whatever name it is called, or whatever different programs try to adopt it, it seems the word “HOME” is always there, and it is the hope that patients will think of it much like home where they have everything they need, and are taken care of....

Patient Centered Medical Home Update

Medicaid

Recommended Adult Vaccinations 19 Years and Older

The Advisory Committee on Immunization Practices (ACIP) annually reviews the recommended Adult Immunization Schedule to ensure that the schedule reflects current recommendations for the licensed vaccines.

- Flu Vaccine: every year
- Tetanus, Diphtheria, pertussis (Td/Tdap): vaccine once, then a TD booster every 10 years
- Varicella (Chickenpox): 2 doses
- HPV Vaccine for Women: 3 doses between ages 19 to 26 years
- HPV Vaccine for Men: 3 doses between ages 19-21 years and 3 doses between 22-26 years
- Zoster (Shingles) 1 dose after age 60 years
- Measles, mumps, rubella (MMR): 1 or 2 doses* discuss with your physician as it is determined by your year of birth
- Pneumococcal (Pneumonia): 1 or 2 doses up to 65 years of age. 1 dose after 65 years of age
- Meningococcal: 1 or more doses
- Hepatitis A: 2 doses
- Hepatitis B: 3 doses

If you are traveling outside of the United States, you may need additional vaccines. Ask your physician or nurse which vaccines you may need.

Source: U.S. Department of Health and Human Services Centers for Disease Control and Prevention
Northeast Iowa Family Practice Center

Family Practice Center Hours:
8 AM to 5 PM  M-W-F
8 AM to 8 PM  T-Th
9 AM to 12 PM  Sat

LAB:  8:30 AM to 4:30 PM  M-F
9:00 AM to 11:00  Sat

*On the second Tuesday of each month, our clinic and lab open at 9:00 am.
Bill Pay available online!

www.familypracticecenter.org