



# STEADI FALL RISK SCREENING COURSE

Falls are the number one cause of unintentional injury deaths among older adults. This integrated, self guided online course was developed by a research team affiliated with Iowa State University (ISU) Translational Research Network (U-TuRN) through a Cooperative Agreement with the Centers for Disease Control and Prevention (CDC) focused on community-based fall prevention programming (1U01CE003490-01). The process, referred to as FRAIL (Fall Risk & Adult Intervention Linkages) provides a standardized method to conduct fall prevention screenings and to promote referrals to evidence-based interventions.

The FRAIL (Fall Risk & Adult Intervention Linkages) screening and referral process was conceptualized and evaluated through a Cooperative Agreement with the Centers for Disease Control and Prevention (CDC) focused on community-based fall prevention programming (1U01CE003490-01). The project was led by Iowa State University of Science and Technology and was carried out in collaboration with the Iowa Community Hub. The screening and referral process is based on the STEADI protocol developed by the CDC and was refined through a clinical trial (NCT05693025) conducted with oversight from CDC program officers from the National Center for Injury Prevention and Control. It has been endorsed for use by the Iowa Falls Prevention Coalition to facilitate coordinated fall risk screening across the state.

## BENEFITS

- Increase your falls risk screening skills.
- Gain knowledge in evidence-based community linkages.
- Earn completion certificate, optional continued medical education credit/s.

**For questions about FRAIL, contact our team at [uturn@iastate.edu](mailto:uturn@iastate.edu)**



## MODULES

1. Introduction to Falls and Fall Prevention
2. Overview of STEADI (screen-assess-intervene)
3. Clinic/Community Referral Pathway
4. Evidence-based Falls Prevention Program and Practices

## REGISTRATION

- Release Date: March 20, 2025
- Expiration Date: March 19, 2028
- Estimated Time to Complete: 2 hours
- Registration Fee: FREE \*
- Optional CME Fee: \$50
- The course is accredited by Des Moines University Medicine and Health Sciences and qualifies for up to 2 AMA PRA 1 Category Credits. If you have questions regarding continuing medical education credit(CME), please email [cme@dmu.edu](mailto:cme@dmu.edu)

\*Iowa Falls Prevention Coalition Support

