

11th Annual Iowa Falls Prevention Coalition Symposium • 2025

PREVENTION WEEK: AWARENESS TO ACTION

SEPTEMBER 26, 2025 • 9 a.m. – 4 p.m.



Health and
Human Services



IOWA
HEALTH CARE

Purpose

To enhance the fall prevention knowledge of professionals caring for older adults in a variety of care settings.

Who Should Attend?

Health care practitioners interested in falls prevention.

Registration

All attendees must register for the symposium online. There is no registration fee. Please use Google Chrome to open the link. Registration link:

<https://www.eventbrite.com/e/1373286850939?aff=oddtcreator>

Cancellation

To cancel your registration, please contact Bailey Rickels, bailey-rickels@uiowa.edu.



Agenda & Presenters

Each session is worth 1 CME credit.

9 - 10 a.m.

Dr. Julia Chevan, PT, DPT, PhD, MPH

jchevan@springfieldcollege.edu

Senior Program Manager, Center for Advancing Healthy Communities, National Association of Chronic Disease Directors, Decatur, GA

and Adjunct Professor of Physical Therapy, Springfield College, Department of Physical Therapy, Springfield, MA

Addressing Arthritis and Preventing Falls: An Integrated Framework for Well-Being

Objectives:

1. Identify the bidirectional relationship between arthritis and fall risk and how that relationship impacts comprehensive assessment and treatment strategies.
2. Apply evidence-based intervention approaches that integrate arthritis management and fall prevention strategies to optimize function and quality of life.
3. Adapt the arthritis care model to local settings to simultaneously address both arthritis management and fall prevention while linking patients to appropriate community-based programming and resources.

10 - 11 a.m.

Maggie Ferguson, MS, CRC, CBIST

maggie.ferguson@hhs.iowa.gov

Disability and Injury Prevention Programs Project Director, Iowa Health and Human Services (HHS) Public Health Division, Des Moines, IA

Clint Grant, MSPH, CNU-A

Director, Healthy Community Design Association of State and Territorial Health Officials, Arlington, VA

Turning Evidence into Impact: Iowa's Falls Prevention Strategy

Objectives:

1. Identify key evidence-based strategies for reducing falls among older adults.
2. Identify actionable steps to expand and strengthen community-clinical linkages.
3. Apply practical tools to initiate or expand falls prevention in your community or clinical setting.

11a.m. - 12 p.m.

Dr. Nicolas Foss, EdD, MS

nicolas.foss@hhs.iowa.gov

Epidemiologist, Iowa Health and Human Services (HHS), Des Moines, IA

On Not Falling Short: Injury Epidemiology of Falls in Iowa

Objectives

1. Demonstrate the incidence rate of falls statewide over the last 5 years
2. Illustrate the distribution of the severity of falls risk across the state of Iowa
3. Highlight falls trends by different population groups that are at different levels of risk

12 - 1 p.m. — LUNCH

1 - 2 p.m.

Christopher Butters, MS, RN

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Senior Director, Population Health Strategy, Iowa Total Care, Des Moines, IA

Justin Schieffer

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Senior Director, Long Term Care (LTSS), Iowa Total Care, Waukee, IA – Remote

Iowa Fall Risk Screener Process

Objectives:

1. Review process for administering the fall risk screener
2. Discuss collaboration with Iowa Community HUB
3. Review expected outcomes of collaboration with Iowa Community HUB

Agenda & Presenters

2 - 3 p.m.

Dr. Colette Galet, PhD, ELS

colette-galet@uiowa.edu

Research Scientist, Department of Surgery, Acute Care Division,
UI Health Care Level 1 Trauma Center, Iowa City, IA

Older Adults, Frailty, and Falls: From Research to Implementation of Evidence-Based Fall Prevention Programs

Objectives:

1. Provide the audience with current research in the field of trauma, falls, frailty and outcomes
2. Provide the audience with information on evidence-based fall prevention programs and their impact on participants
3. Share our experience on applying for funding to implement fall prevention program in a rural state

3 - 4 p.m.

Sydney Marshman, OTD, OTR/L, BCG

sydney@happyathomeconsulting.com

Chief Executive Officer, Happy at Home Consulting
Des Moines, IA

Sonita Oldfield-Carlson, CHW

socarlson@milestonesaaa.org

Health Promotion and Home Safety Director,
Milestones Area Agency on Aging, Davenport, IA

HARP in Action Across Iowa

Objectives:

1. Describe the structure and purpose of the Home Hazard Removal Program (HARP) and its implementation across Iowa.
2. Identify key strategies for reducing fall risks through occupational therapy-led home safety assessments and modifications.
3. Discuss lessons learned and community partnerships that enhance the reach and sustainability of fall prevention initiatives statewide.

Continuing Education



Commission on Dietetic Registration

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eat right. Academy of Nutrition and Dietetics

In support of improving patient care, this activity has been planned and implemented by the University of Iowa Roy J. and Lucille A. Carver College of Medicine, Iowa Department of Health and Human Services, and Iowa Falls Prevention Coalition. The University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Dietitian: Completion of RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).

If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU).

RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

Pharmacist: The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this knowledge-based activity for a maximum of 6.0 ACPE contact hours. Credit will be uploaded to the NABP CPE Monitor within 60 days after the activity completion. Pharmacists must provide their NABP ID and DOB (MMDD) to receive credit. Pharmacist UAN: JA0000310-9999-25-082-L05-P

Physician: The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Health Care Providers: A certificate of participation will be available after successful completion of the course. (It is the responsibility of licensees to determine if this continuing education activity meets the requirements of their professional licensure board.)

