

THE IDAHO COMMISSION ON AGING  
**FALLS PREVENTION AWARENESS SEMINAR SERIES**  
**MATTER OF PRACTICE PANELISTS BIOS – 9/15/2021**

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**Dr, Rodney Bates, DO**

Idaho College of Osteopathic Medicine (ICOM)  
Chair of Primary Care

Dr. Bates has extensive clinical experience as an **Internal Medicine and Hospitalist** specialist for over 12 years. He is board certified in Internal Medicine and a fellow of the Osteopathic Association of Osteopathic Internists.

Dr. Bates was born and raised from the rural seeds of Idaho in the small town of Murtaugh near Twin Falls. He attended Brigham Young University in Provo, UT where he completed premedical studies and obtained an undergraduate degree in business management. He then attended Kirksville College of Osteopathic Medicine in Missouri, followed by an internship at Michigan State and completed a residency program at Botsford General Hospital in Farmington Hills, Michigan, a suburb of Detroit.

After completing residency training, he established a successful Internal Medicine and Hospitalist practice, serving the people of **Rexburg and Idaho Falls**, prior to relocating his family to Meridian. Dr. Bates has trained many medical students

and allied healthcare students since practicing in Idaho. He has had multiple associations with aspiring premedical students and hopes his teaching and counseling have somehow helped shape their desires for medical service in a caring and professional manner.

Dr. Bates has served in various capacities professionally. He was Chief of Staff at Madison Memorial Hospital in Rexburg 2007-2009, and Director of the Madison Hospitalist Program from 2014-2017. He and his wonderful wife MJ, and their 8 children, now live in Meridian.

Contact Dr. Bates

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**Dr. Caitlin Kinahan, MD**

Saint Alphonsus

Gerontologist, Internal medicine

Dr. Kinahan enjoys providing holistic care to her geriatric and internal medicine patients including family caregiver support, guidance on healthcare decisions, medication advice, and symptom relief, planning for future healthcare, spiritual counseling, treatment of anxiety, depression, insomnia, incontinence, and falling. Dr. Kinahan has extensive clinical experience. She is board certified in internal medicine and a certified geriatrician.

Dr. Kinahan graduated from the Royal College of Surgeons at the Ireland School of Medicine in 2014. She undertook her residency at the University of Washington Boise Campus and continued her relationship with the University of Washington at their Seattle campus as she completed her fellowship.

Dr. Kinahan approaches every patient in a compassionate, holistic manner while providing high quality evidence-based care. She prefers to work as part of a dynamic team to individualize care for each patient based on their unique needs and what matters most to them. Her philosophy of care shines through as her patients state they feel she takes time to explain conditions, treatments, and answer patient questions. They appreciate her follow-up to ensure their care meets their expectations. Dr. Kinahan works to align with patients and families to

promote independence and well-being with particular attention to fall prevention and medication safety. She was pivotal in establishing the Saint Alphonsus Fall Prevention clinic in Boise where she continues to provide assessment and intervention strategies for her patients.

Dr. Kinahan provides services in numerous clinics throughout the Treasure Valley. Most are part of the Saint Alphonsus Health System and include Saint Alphonsus Internal Medicine And Geriatrics, Fall Prevention Clinic, Elm Geriatrics Clinic, and their Regional Rehabilitation Hospital. She also provides care at the VA Medical Center and at Key Stone Health Care.



**Dr. Cindy Seiger, PT, PhD, GCS, CEEAA**

Idaho State University, Department of Physical & Occupational Therapy  
Associate Professor

Dr. Seiger earned her Bachelor of Science degree in Physical Therapy at the University of Ulster, Belfast Northern Ireland in 1999. Three years later, she continued her studies and earned her Master's degree in Physical Therapy from Rocky Mountain University of Health Professions in Provo, UT. She remained in Provo to complete her formal academic journey in 2009 by earning her PhD in Exercise Science at Brigham Young University. Dr. Seiger is also a Geriatric Certified Specialist (GCS) and Certified Exercise Experts for Aging Adults (CEEAA).

Dr. Seiger enjoys studying and working with electrotherapy - pulsed shortwave diathermy & ultrasound. She has focused on joint mobilization/manipulation - peripheral and vertebral joints. She believes resilience & resiliency for practitioners and patients is important. By utilizing behavior change theories in physical therapy, she promotes positive outcomes.

She works with the entire body, especially how orthopedics related to the spine, ankle, & shoulder interact to impact a person's gait, with a focus on older adults.

Dr. Seiger is currently teaching Neurological Systems Management & Geriatrics Management in the physical therapy program at Idaho State University. She teaches a twice weekly Fit & Fall Proof class at the Pocatello Senior Center.

Contact Dr. Seiger

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