



CAITLYN KINAHAN, MD, CMD

Boise V.A. Medical center

Community Living Center (CLC), Medical Director

University of Washington

Internal Medicine Residence Program, Instructor

Dr. Kinahan graduated from the Royal College of Surgeons in Ireland School of Medicine in 2014. She undertook her residency at the University of Washington (UW) Boise campus and continued her relationship with UW at their Seattle campus as she finished her fellowship. Dr. Kinahan remained active with UW, even as she developed her practice in Idaho.

Dr. Kinahan has provided services in numerous clinics throughout the Treasure Valley. Many are part of the Saint Alphonsus Health System and include Saint Alphonsus Internal Medicine and Geriatrics, and the Fall Prevention Clinic, which she was integral in establishing. Others included Elm Geriatrics Clinic and their Regional Rehabilitation Hospital. She also provided care at Key Stone Health Care and the Boise VA Medical center.

In Sept 2021, Dr. Kinahan transitioned to the Boise VA Medical Center where she now works as the medical director of the Community Living Center. Additionally, she leads the Memory Disorders clinic and is involved with teaching Internal Medicine residents from the University of Washington.

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Dr. Kinahan strives to provide well-rounded comprehensive care to her patients. Her holistic approach includes family caregiver support, guidance on healthcare decisions, medication advice, pain and symptom relief, planning for future healthcare, spiritual counseling, treatment of anxiety, depression, insomnia, incontinence, and falling. She accomplishes this by aligning care with patient and family goals to promote independence and well-being with particular attention to falls prevention and medication safety.

Her goal is to approach every patient in a compassionate, holistic manner and provide high-quality evidence-based care. She prefers to work as part of a dynamic team that, together, can 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 that they feel she takes time to explain conditions and treatments and answer patient questions. They appreciate her follow-through to ensure their outcomes are as expected.

Contact Dr. Kinahan:

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