

DR. NAVIN KUMAR K

Specialist - Pain Management

Qualification

MBBS | MD | FIAPM

Overview

Dr. Navin Kumar K is a dedicated Specialist in Pain Management at Manipal Clinic, Indiranagar, with a strong focus on helping patients achieve long-lasting pain relief and an improved quality of life. He holds an MBBS, MD and FIAPM qualification and is committed to providing comprehensive, evidence-based care for patients experiencing both acute and chronic pain. With specialised training in advanced pain management, Dr. Navin Kumar K has expertise in the evaluation and management of a wide range of pain conditions. His clinical practice encompasses acute and chronic pain, neuropathic pain, cancer-related pain and musculoskeletal pain. He adopts a patient-centred approach to understand the underlying cause and nature of pain and develops individualised treatment plans based on each patient's condition, functional requirements and treatment goals. Dr. Navin Kumar K has particular expertise in interventional pain management and performs fluoroscopy-guided and ultrasound-guided procedures for the management of pain. These minimally invasive interventions can form an important part of a comprehensive pain management plan for appropriately selected patients. His approach

combines clinical assessment with evidence-based treatment strategies, with the aim of helping patients achieve better pain control, improve mobility and return to their routine activities with greater comfort and confidence. His areas of expertise include the management of various forms of neuropathic pain, cancer pain and musculoskeletal pain, as well as other acute and chronic pain conditions. He is committed to providing personalised care rather than relying on a one-size-fits-all approach, taking into consideration each patient's symptoms, diagnosis, functional goals and overall needs. Dr. Navin Kumar K is also actively engaged with the field of pain medicine through professional membership and academic work. He is a member of the Indian Society for Study of Pain (ISSP), Karnataka. His academic interests include interventional approaches to pain management, and he has contributed to research and publications in the field. His published work includes an article in the Indian Journal of Pain examining the effect of middle cervical ganglion block for atypical facial pain. He has also submitted research on the effectiveness of percutaneous balloon compression for trigeminal neuralgia, based on a retrospective analysis, to the Indian Journal of Pain. Another area of his academic work has examined the efficacy of intravenous ondansetron in reducing the incidence of hypotension following spinal anaesthesia in patients undergoing LSCS. Committed to keeping pace with advances in pain medicine, Dr. Navin Kumar K continues to update his knowledge and clinical skills in contemporary pain management. His practice is guided by the principles of safe, ethical and evidence-based care, with an emphasis on helping patients manage pain effectively and regain function. He is proficient in Kannada, English, Hindi, Telugu and Tamil, enabling him to communicate with patients from diverse linguistic backgrounds. Through a combination of specialised knowledge, interventional expertise and a compassionate approach, Dr. Navin Kumar K is committed to helping patients navigate their pain-management journey and achieve better comfort, function and quality of life.

Fellowship & Membership

- Member of ISSP karnataka (Indian society for study of pain)

Field of Expertise

- Expert in treating acute and chronic pain.
- Expertise in managing all types of neuropathic pain, cancer pain, and musculoskeletal pain.
- Expert in fluoroscopy- and USG-guided interventional pain procedures.

Languages Spoken

- English
- Hindi
- Kannada
- Telugu
- Tamil

Talks & Publications

- Published an article in the Indian Journal of Pain on the effect of middle cervical ganglion block for atypical facial pain.
- Effectiveness of Percutaneous Balloon Compression for Trigeminal Neuralgia: A retrospective analysis submitted to the Indian Journal of Pain.
- Efficacy of intravenous ondansetron in reducing the incidence of hypotension after spinal anaesthesia in patients undergoing LSCS.