

DR. NETHRA N

Associate Consultant - Internal Medicine

Qualification

MBBS | MD (Internal Medicine) | CCOPM | Certificate in Obesity Management PHFI

Overview

Dr. Nethra N is an accomplished physician and one of the best general physicians in Electronic City, with more than 9 years of clinical experience and focused expertise in adult medicine, diabetes, geriatric care, infectious diseases, and chronic disease management. She is currently practising as an Associate Consultant – Internal Medicine at Manipal Hospital Electronic City, Bengaluru, where she provides comprehensive medical care for adults and older patients. Her clinical approach integrates evidence-based management of acute and chronic illnesses with preventive care and attention to patients' individual needs across different stages of adulthood. To provide multidisciplinary care for adult and elderly patients, Dr. Nethra N has completed extensive post-doctoral certifications across multiple subspecialties. These include the Certificate Program in Clinical Diabetology Management (CPCDM) from RSSDI & DailyRounds, Diabetic Foot Management from IMMAST, Mumbai, Obesity Management and Prevention (CCOPM) from the Public Health Foundation of India (PHFI), Geriatric Medicine and Gerontology from the Geriatric Society of India (GSI), Trivandrum Institute of Palliative Sciences, and Antimicrobial

Stewardship & Infection Control from Amrita School of Medicine. She is also currently pursuing the prestigious EULAR Certification in Rheumatology and a Postgraduate Diploma in Geriatric Medicine (PGDGM) from IGNOU. At Manipal Hospital Electronic City, Dr. Nethra N manages a comprehensive spectrum of acute and chronic medical conditions in adults and geriatric patients. Her clinical practice focuses on glycaemic control and complication prevention in type 2 diabetes, diabetic foot care, hypertension, dyslipidaemia, metabolic syndrome, thyroid disorders, and complex multi-morbidities in elderly patients. She also manages acute adult infections, respiratory illnesses, and delivers palliative support for patients requiring chronic pain and symptom management. Dr. Nethra is an active academician and researcher who completed two research projects sponsored by the Indian Council of Medical Research (ICMR), New Delhi. Her academic work includes research on the utility of CBNAAT in the early detection of pulmonary tuberculosis among sputum-negative, retroviral-positive patients, and serum uric acid as an independent risk factor in acute ischaemic stroke. She was awarded the Best Paper Award at UG MEDICON (2014) and won Second Place in the State NTEP Quiz at Bangalore Medical College (2021). Fluent in English, Kannada, Telugu, and Hindi, Dr. Nethra provides empathetic, patient-centred care, making her one of the best general physicians in Electronic City.

Fellowship & Membership

- Certification in Geriatric Medicine by GSI India
- Certification in Palliative Care by Pallium India
- Certification in Basic and Advanced Infectious Diseases
- Certification in Advanced Diabetes Management (CPCDM)

Field of Expertise

- Internal Medicine
- Diabetes & Diabetology
- Geriatric Medicine
- Obesity Management
- Diabetic Foot Management
- Rheumatology
- Sleep Medicine
- Pain & Palliative Medicine
- Infectious Diseases

Languages Spoken

- English
- Kannada
- Telugu
- Hindi

Awards & Achievements

- Awarded Second Place in State NTEP Quiz Conducted at BMC, Bengaluru (2021)
- Completed Two ICMR Projects (Research), Sponsored by ICMR, New Delhi
- Best Paper Award in UG MEDICON Conference 2014, Vijayawada

Talks & Publications

- Paper Publication: International Journal of Community Medicine and Public Health (2018)
- Thesis: Utility of CBNAAT in Early Detection of PTB in Sputum-

Negative Retroviral-Positive Patients

- Study on Serum Uric Acid as an Independent Risk Factor in Acute Ischaemic Stroke