



## **DR. NIDHI PRABHU**

Consultant - Rheumatology

### **Qualification**

MBBS | MD General Medicine | DM Clinical

### **Overview**

Dr Nidhi Prabhu is a dedicated specialist in Clinical Immunology and Rheumatology, currently working at Manipal Hospital, Goa. She possesses strong clinical expertise in the comprehensive diagnosis and management of connective tissue disorders, complex arthropathies, and intricate vasculitis syndromes, ensuring grounded and evidence-based care for her patients. She completed her MBBS at Goa Medical College, where she also went on to pursue her MD in Internal Medicine. Furthering her specialisation, she earned her DM in Clinical Immunology and Rheumatology from Sri Ramachandra Medical College (SRMC), Tamil Nadu, where she graduated as a Gold Medalist with distinction. Dr. Prabhu is proficient in the diagnosis and management of complex rheumatologic diseases, specialising in the treatment of inflammatory arthropathies such as Rheumatoid Arthritis, Ankylosing Spondylitis, and Gout. Her extensive clinical training enables her to precisely evaluate and treat complex connective tissue diseases—including SLE, Sjögren's Syndrome, Scleroderma, Myositis, and MCTD—as well as highly intricate vasculitis syndromes such as Takayasu Arteritis, GCA, PAN, ANCA-associated vasculitis, IgA

Vasculitis, and Behçet's Disease. She is also well-versed in advanced joint examinations and comprehensive musculoskeletal assessments, performing precise intra-articular injections to optimise patient comfort and outcomes. Furthermore, she is highly adept at navigating advanced therapeutic interventions, skilfully tailoring immunosuppressive and biologic therapy regimens to meet the unique needs of patients with severe autoimmune and inflammatory disorders. She remains deeply invested in academic advancement, regularly contributing research to noted international and national journals on rare clinical presentations, overlap syndromes, and systemic autoimmune traits.

### **Field of Expertise**

- Clinical diagnosis of rheumatologic diseases
- Immunosuppressive & biologic therapy management
- Joint examination & musculoskeletal assessment
- Intra-articular injections
- Connective tissue diseases (SLE, Sjögren's Syndrome, Scleroderma, Myositis, MCTD)
- Vasculitides (Takayasu Arteritis, GCA, PAN, ANCA-associated vasculitis, IgA Vasculitis, Behçet's Disease)
- Inflammatory arthropathies (Rheumatoid Arthritis, Ankylosing Spondylitis, Gout)

### **Languages Spoken**

- English
- Hindi
- Konkani
- Marathi
- Tamil

## Awards & Achievements

- Gold Medalist with distinction in DM Clinical Immunology and Rheumatology, Sri Ramachandra Medical College.
- Won 2nd Prize at the National IRACON 2025 Quiz.
- Won 3rd Prize for Poster Presentation at the Rajasthan Conference, 2023 (The dilemma of vasculitis: a rare overlap of ANCA-associated vasculitis, IgA nephropathy, and Behçet-like features).
- Won 1st Prize at the Immunocon Quiz (2023 and 2024).
- Won 2nd Prize at the Rheumacon Quiz (2024).
- Won 3rd Prize at the Osteocon Quiz (2023).

## Talks & Publications

- The Dilemma of Vasculitis: A Rare Overlap of ANCA-Associated Vasculitis and Behçet-like Features with IgA Nephropathy. Vascular and Endovascular Review, 2025.
- MPO-ANCA-Associated Vasculitis Presenting with Pituitary Mass. J Rare Cardiovasc Dis. 2025.
- Clinical and Serological Profile of Renal Tubular Dysfunction in Autoimmune Disorders – A Tertiary Care Study from South India. Journal of Contemporary Clinical Practice. 2025.
- Unmasking Kikuchi-Fujimoto Disease in South India: A Case Series Highlighting Clinical Features and Differentiation from Common Mimics. Int J Med Public Health. 2025.
- Clinical Spectrum and Outcome in Primary Antiphospholipid Antibody Syndrome: A Retrospective Observational Study from a South Indian Tertiary Care Centre. European Journal of Cardiovascular Medicine.
- IgA vasculitis in adults & outcome – A retrospective observational study from a tertiary care centre in South India.

International Journal of Science and Research.

- Selected among the top 4 cases in India (Myositis section) for a presentation on classical Mi2-alpha Myositis at the KIMS Hyderabad Clinical Rheumatology Conference (CRC), 2023.
- Presented on the clinical, serological profiles and outcome of autoimmune-associated renal tubular acidosis at the ART Tamil Nadu Conference.
- Presented on the protean manifestations of Dermatomyositis at IRACON 2024.
- Presented on distinguishing Kikuchi-Fujimoto disease from common mimics at SZIRACON 2024.