

## **DR. SHLOK SAXENA**

Associate Consultant - Anaesthesiology

### **Qualification**

MBBS | MD Anaesthesiology

### **Overview**

Dr. Shlok Saxena is an experienced anesthesiologist in Bangalore, practising as a Consultant - Anesthesiology at Manipal Hospital Kanakapura Road, Bangalore. Dr. Shlok is known for his proficiency in evidence-based anaesthesia and enhanced recovery pathways. He provides comprehensive perioperative care to surgical and orthopaedic patients, focusing on safety, pain control, and faster recovery. His patient-centred approach combines clinical expertise with compassionate communication, ensuring you feel informed and comfortable throughout the surgical journey of patients. After completing his MBBS, Dr. Shlok earned his MD in Anesthesiology and pursued an advanced Fellowship in Regional Anesthesia. He has also undergone a Certificate Course in Essentials of Palliative Care (CCEPC Part-1) by Indian Association of Palliative Care. He holds additional certifications in critical resuscitation skills, including Basic Cardiopulmonary Life Support (BCLS), Advanced Cardiac Life Support (ACLS), and Advanced Ultrasound in Trauma and Life Support (AUTLS), highlighting his preparedness for handling emergencies. Dr. Shlok has also been an Instructor for the training of Compression Only Life Support (COLS) and Basic Cardiopulmonary Life Support (BCLS). At Manipal Hospitals, Dr. Shlok manages anaesthesia for various surgeries with special expertise in procedure-specific regional anaesthesia. This

technique targets nerves supplying the surgical area, providing effective pain relief while minimising the use of general anaesthesia. It also facilitates quicker postoperative recovery and reduces side effects like nausea and sedation. You benefit from his detailed preoperative assessment, precise anaesthetic planning, and close monitoring during surgery, which collectively ensure safety and comfort. Dr. Shlok has a keen interest in chronic pain and has been observing pain procedures. He actively uses multimodal pain management strategies, combining nerve blocks, medications, and supportive therapies to control acute pain after surgery. His hands-on experience includes administering complex nerve blocks such as femoral triangle, adductor canal, and oblique intercostal blocks. These methods effectively reduce opioid use and accelerate your return to normal activities. Beyond anesthesia, Dr. Shlok is keenly interested in chronic pain management and palliative care. He applies evidence-based approaches to ease persistent pain, improving the quality of life for patients with long-term conditions. His training in palliative care underscores his holistic view of pain relief, addressing both physical symptoms and emotional well-being. Dr. Saxena's professional practice also involves research and academics. He has presented award-winning original research and case studies at national conferences, contributing to advancements in regional anaesthesia and pain control techniques. As an anesthesiologist, Dr. Shlok Saxena prioritises clear communication and patient education. He answers your questions, explains procedures, and prepares you for surgery. His approachable nature helps build trust and reduces anxiety around anaesthesia and pain management. Dr. Shlok speaks multiple languages, which enables him to effectively connect with patients from diverse backgrounds and provide personalised care.

### **Fellowship & Membership**

- Karnataka Medical Council Registration Number: KMC/120076.
- Indian Society of Anesthesiology Number: S6145/A.

- Academy of Regional Anaesthesia Registration Number: LM 1767.

### Languages Spoken

- English
- Hindi

### Awards & Achievements

- Paper Presentation (Non-Karnataka Category) at ISA Karnataka VIRTUOCON 2020 â Awarded First Prize.
- Prize-winning poster in AOSRA-AORA 2022, Mumbai â External Oblique Intercostal Block â A Case Series.
- First Prize Original Research Paper Presentation at AOSRA-AORA 2022, Mumbai â FAD21 (Femoral Triangle, Adductor Canal Block, Dual Subartorial Block â The Best motor sparring block of 2021).
- AOSRA- AORA 2022, Mumbai - Image Competition â First Prize.
- AOSRA- AORA 2022, Mumbai â Quiz Competition â Third Prize.