



## **DR. SPURTHI K**

Associate Consultant - Pulmonology

### **Qualification**

MBBS | MD (Respiratory Medicine)

### **Overview**

Dr. Spurthi K is a clinically adept pulmonologist in Mysuru with advanced expertise in both respiratory care and interventional pulmonology procedures. She is currently practising as an Associate Consultant – Pulmonology at Manipal Hospital Mysore, bringing over 5 years of clinical experience in managing a wide spectrum of respiratory conditions through a combination of detailed consultations and procedure-based care. Dr. Spurthi completed her MBBS and MD in Respiratory Medicine from Jagadguru Jayadeva Murugarajendra Medical College, Davanagere, followed by a fellowship in Interventional Pulmonology, where she received focused training in advanced airway and pleural procedures. This structured academic foundation supports her methodical and evidence-based clinical approach. Her clinical approach begins with a comprehensive respiratory evaluation, where she assesses patients presenting with symptoms such as persistent cough, breathlessness, wheezing, chest discomfort, and recurrent lung infections. With a strong foundation in respiratory medicine, she integrates clinical findings with imaging, pulmonary function tests, and laboratory data to establish precise diagnoses. Her ability to connect

clinical presentation with procedural planning contributes to her recognition as one of the best pulmonologists in Mysuru for structured and advanced respiratory care. A key strength of Dr. Spurthi's practice lies in her expertise in interventional pulmonology procedures. She is trained in both diagnostic and therapeutic bronchoscopy, allowing direct visualisation and management of airway pathologies. Her proficiency extends to endobronchial ultrasound (EBUS) guided biopsies, both radial and linear, which play a crucial role in diagnosing lung cancers, lymph node diseases, and complex infections. She is also experienced in medical thoracoscopy for pleural diseases, enabling accurate diagnosis and management of pleural effusions and related conditions. In addition, Dr. Spurthi performs advanced procedures such as CBCT-guided biopsies for peripheral lung nodules, cryobiopsies, tumour debulking in cases of airway obstruction, and intercostal pleural catheter (IPC) placement for recurrent pleural effusions. Her training also includes management of central airway obstruction and foreign body removal, reflecting her capability in handling both elective and emergency pulmonary interventions within a hospital setting. These procedural skills are seamlessly integrated into her clinical decision-making, ensuring that patients receive timely and appropriate interventions when indicated. Beyond procedural expertise, she has significant experience in managing chronic respiratory diseases such as COPD, asthma, interstitial lung diseases, and sleep-related breathing disorders. She incorporates pulmonary rehabilitation strategies, non-invasive ventilation (NIV) management, and long-term disease monitoring into her care plans. Her consultations also address infectious diseases like tuberculosis, where she guides patients through diagnostic evaluation and evidence-based treatment pathways. Dr. Spurthi's academic contributions include multiple publications in peer-reviewed journals on COPD, pulmonary rehabilitation, tuberculosis diagnostics, and sleep apnea. She has presented her work at national platforms and contributed as faculty in specialised workshops, reflecting her continued engagement with

advancements in pulmonology. Fluent in Kannada, English, Telugu, and Hindi, she ensures clear and accessible communication with patients from diverse backgrounds. At Manipal Hospital Mysuru, Dr. Spurthi K delivers comprehensive pulmonology care that combines detailed clinical evaluation with advanced procedural expertise, making her a dependable choice for both routine and complex respiratory conditions.

### **Fellowship & Membership**

- Fellowship - Interventional Pulmonology

### **Field of Expertise**

- Interventional Pulmonology
- Bronchoscopy
- Thoracoscopy
- EBUS
- CBCT guided biopsies
- Airway obstruction management
- Tumor debulking
- IPC placement

### **Languages Spoken**

- English
- Hindi
- Kannada
- Telugu

### **Talks & Publications**

- Predictors of success and outcome of NIV in acute exacerbation of COPD
- International Journal of Life Sciences Biotechnology and Pharma Research (April 2023)
- Pulmonary Rehabilitation in COPD: Assessment of breathlessness/dyspnea
- Journal of Cardiovascular Disease Research (June 2023)
- Exercise capacity by six-minute walk test among COPD patients under pulmonary rehabilitation
- Journal of Cardiovascular Disease Research (June 2023)
- A study on the Clinical Profile of patients suspected to have pulmonary tuberculosis at a tertiary care center
- European Journal of Molecular and Clinical Medicine (August 2022)
- Study of Diagnostic accuracy of CBNAAT in bronchial washings of sputum smear-negative and sputum-scarce patients with presumptive tuberculosis
- European Journal of Molecular and Clinical Medicine (August 2022)
- Prevalence of obstructive sleep apnea in cases of metabolic syndrome: A cross-sectional study
- Asian Journal of Pharmaceutical and Clinical Research (2024)
- Paper presentation at Bronchocon 2025, New Delhi (Topic: Characterizing central airway obstruction - “the typical tuberculous triad”)
- Faculty at IAB Workshop on EBUS (Yashoda Hospital, Hitech City, Hyderabad (March 2025))