



## **DR. RESHMA ARAMANADKA**

Consultant - Paediatric Intensive Care (PICU)

### **Qualification**

MBBS (Bangalore Medical College and Research Institute) | MD (Paediatrics) PGIMER, Chandigarh, | DM (pediatric critical care, PGIMER, Chandigarh)

### **Overview**

Dr. Reshma Aramanadka is an experienced paediatric Intensivist in Bangalore, currently practising as a Consultant - PICU at Manipal Hospital Old Airport Road. Dr. Reshma holds extensive expertise in paediatric critical care, focusing on managing critically ill children. With over 10+ years of experience in this field, she has developed significant proficiency in handling complex paediatric conditions, including sepsis, respiratory failure, acute kidney injury, and multi-organ dysfunction syndrome. Her expertise extends to advanced critical care procedures such as Continuous Renal Replacement Therapy (CRRT), mechanical ventilation, and bedside ultrasound for children. She is the Best ICU Pediatrician in Old Airport Road. On the academic front, Dr. Reshma Aramanadka earned her MBBS from Bangalore Medical College and Research Institute in 2011. Following this, she pursued further specialization with an MD in Pediatrics and subsequently a DM in Pediatric Critical Care, both from the prestigious PGIMER, Chandigarh. Dr. Reshma is strongly committed to improving paediatric healthcare by actively contributing to quality improvement

initiatives. She has led various unit audits on infection prevention measures, including CAUTI (Catheter-Associated Urinary Tract Infections) prevention bundles, and has introduced updated practices to enhance patient safety in the PICU. Additionally, she has facilitated monthly simulation sessions for nurses, residents, and fellows to ensure continuous education and skill enhancement. Dr. Reshma Aramanadka is a recognized academician and has delivered invited talks at numerous national-level conferences and workshops. In 2023 and 2024, she participated in forums such as the Paediatric CKRT Workshop, PACNEPHROCON, and the National Conference on Paediatric Emergency Medicine (NAPEM). Her lectures have covered critical topics, including “Typhoid Fever in PICU”, “Role of Personalized Therapy in Paediatric Septic Shock” and “Disturbed Gut Physiology in Critical Illness.” Her dedication to paediatric health extends to organizing specialized workshops to train nursing professionals. In February 2024, Dr. Reshma led a paediatric critical care nursing workshop attended by over 120 nurses from hospitals and medical colleges across Bangalore. Her ability to bridge the gap between clinical practice and training ensures that her team delivers optimal care to critically ill children. Dr. Reshma Aramanadka is deeply involved in academics, guiding paediatric intensive care fellows (IAP and DrNB fellows) and nursing trainees. She emphasizes a patient-centric approach, ensuring every critically ill child receives comprehensive, evidence-based care. Dr. Reshma is fluent in English, Kannada, Hindi, Malayalam, and Tamil, enabling her to connect effectively with patients and their families. Her multilingual proficiency ensures clear communication, vital for providing personalized and compassionate care.

### **Fellowship & Membership**

- Post-Doctoral Fellowship in Pediatric ICU
- Membership Life member of IAP, Pediatric intensive care

chapter of IAP

- Member of ECMO Society of India
- Member of Pediatric simulation training and research society, India

### **Field of Expertise**

- Mechanical ventilation
- Neurointensive care
- Pediatric infectious diseases requiring intensive care, family-centered care
- Pediatric emergency and pediatric intensive care

### **Languages Spoken**

- English
- Kannada
- Hindi
- Malayalam
- Tamil

### **Awards & Achievements**

- Gold medallist in General Surgery in MBBS (BMCRI, RGUHS 2009).
- Indian Journal of Pediatrics senior resident grand rounds- 2017- 1st runner up for presentation-“Time is Brain”.
- Conferred level 3 certification simulation faculty development program, at AIIMS, New Delhi, at SIMULCON 2018.

### **Talks & Publications**

- Epilepsy and Neurodevelopmental Outcomes in a Cohort of West Syndrome Beyond Two Years of Age. Aramanadka, R, Sahu, J.K., Madaan, P. et al. Indian J Pediatr 89, 765–770 (2022)
- Allergies. Urgent care symposium. Aramanadka R, Baranwal A K. Indian J Pediatr. 2018 Jan;85(1):60-65.
- Member of team of authors in publishing the Indian Academy of Pediatrics- Advanced Life support manual, published in 2018.
- Acute encephalopathy with biphasic seizures and late diffusion restriction in scrub typhus encephalitis. Banerjee A, Aramanadka R, Saini AG, Vyas S. Eur J Pediatr. 2018 Oct;177(10):1581-1583
- Frontal pyomucocoele as forehead swelling in a five-year-old girl. Williams V, Iyer R, Reshma A, Jayashree M, Mohindra S, Verma S. Trop Doct. 2019 Oct;49(4):316-318.