

DR. ANOOP AMARNATH

Chairman and HOD of Geriatric Medicine

Qualification

MRCP (UK) | DGM (UK), Residency in Nephrology (UK)

Overview

Dr. Anoop Amarnath, MRCP (UK), DGM (UK) is the Chairman and HOD of Geriatric Medicine at Manipal Hospitals, Bangalore. He is a gold medallist with more than 15 years of experience in Geriatric Medicine across India, UK and USA. He majored in Geriatrics at the prestigious Royal College of Physicians in London. His work experience spans across England, including Sunderland Royal Infirmary, St James' Hospital, Leeds, Hull Royal Infirmary, Leeds General Infirmary and York University Hospital in North Yorkshire. The American Society of Nephrology recognised his contribution by awarding him a certificate at their annual meeting in San Diego, California, in 2009. As a rare geriatric nephrologist, he brings his unique perspective and skills to his field. Dr. Amarnath is considered as one of the top geriatricians in India today. He has been a pioneer in establishing Geriatric Medicine as a speciality in India. He has extensive expertise in longevity and ageing. The Royal College of Physicians chose him to organise the prestigious MRCP exam at York Hospital as an organising registrar. He is also an examiner for the MRCP exams in India. Dr Amarnath has published various scientific research papers in national and international

journals. His recent scientific paper detailing the guidelines for managing diabetes in elderly Indians has set new standards in diabetes care. At the British Renal Society Annual Conference 2012, Dr. Amarnath presented a study on the best test that would accurately predict kidney function in elderly Indians. His other study on inappropriate medicine prescription in the elderly population brought out the challenges in prescribing medicines for elderly people. Dr. Amarnath played a key role in setting up the covid critical care support group by the government of Karnataka . This was vital in supporting critically ill patients during the pandemic. The model was thereafter replicated at a national level. He has also been on the Vision Group for Health and Task Force for Elder Health, Government of Karnataka. He has given several newspaper and television interviews and is a sought-after expert. His interviews and thoughts have been featured in various publications like Deccan Herald, Times of India, Indian Express, India Today, Economic Times, Mint, BBC Hindi and Business Standard. He has treated several distinguished people across India and has often been invited to provide his expert opinion on cases throughout the country. Dr. Anoop Amarnath assists his patients patiently and colleagues whenever they are in a medical emergency. He is more than willing to help with getting the correct treatment or taking the proper medication for the problem. He ensures patients are assessed, questions answered and discharged with a successful plan. Communication with patients is more than just friendship, and this skill is also important for doctors because it allows them to see the patient's concerns and explain the diagnosis. He collaborates with patients to share information in healthcare and helps them maintain a healthy lifestyle. Dr. Anoop Amanath embraces the power of knowledge, communication, and advanced technologies to make the best treatment available. With new challenges in this profession every day, he still flawlessly manages every case and devotes himself entirely to it.

Field of Expertise

- Geriatric Medicine

Languages Spoken

- English
- Kannada
- Hindi

Awards & Achievements

- Dr. Amarnath is a gold medalist, trained extensively in the United Kingdom and one of the only few Geriatricians in the country.
- He has specialized in Geriatric Medicine from the Royal College of Physicians, London.
- He has worked in various hospitals across UK, including St. James Hospital, Leeds; York Hospitals, North Yorkshire; Hull Royal Infirmary, Hull and Sunderland Royal Hospital.
- During his stint at these hospitals, most notably at the Sunderland Royal Hospital, Dr. Amarnath has had the opportunity to work extensively in the various sub specialties of Geriatric Medicine.
- He has, in fact, been one of the very few to sub specialize in Geriatric Nephrology- the American Society of Nephrology awarded him a certificate during their annual conference in 2009, in San Diego
- He was chosen to be the organizing registrar for the prestigious MRCP exams conducted by the Royal College of Physicians at York Hospitals.
- Dr. Amarnath has his specialty interest in Geriatric Nephrology

(Kidney disease in the elderly).

- Prevalence of Potential Inappropriate Medication Prescribing in Elderly patients with Chronic Kidney Disease
- American Society of Nephrology Annual Conference, San Diego California 2009. This paper looked into how frequently drugs were inappropriately prescribed and also the problem of over medication in the elderly. It found that 65% of elderly patients had one or more inappropriate drug prescribed to them.
- Natural History of Chronic Kidney Disease Progression in an elderly Indian Cohort.
- British Renal Society, Annual Conference, Birmingham 2011. This paper looked into how fast kidney diseases progress among Indians. It revealed, for the first time, that kidney disease among Indian elderly population progresses 2.5 times faster than their western counterparts.
- Validity of the 4 point MDRD formula in assessing CKD in an elderly Indian Cohort.
- British Renal Society, Annual Conference, 2012. This paper tried to identify the best test that would accurately predict kidney function in elderly Indians
- Resuscitation Status in the Elderly an audit carried out in the department of Geriatrics at York Hospital. The audit involved 145 patients and assessed various parameters in deciding upon resuscitation status in the elderly.

Talks & Publications

- Dr. Anoop Amarnath, Consultant – Geriatric Medicine said Increase in cases in districts, taluks and villages was expected. From April, we have been training medical staff including nurses on identifying, testing, oxygen supply handling and other issues. We spend 2 hours every day assisting district

hospitals through video consultation Click Here

- Some Covid-19 fatalities had infection for weeks- Dr Anoop Amarnath, Consultant Geriatric Medicine, Manipal Hospitals Old Airport Road Click Here
- Woes mount for those struggling with Alzheimer's- Dr. Anoop Amarnath, Consultant Geriatrician Medicine, Manipal Hospitals Old Airport Road Click Here
- Lack of immunity helping elders recover from Covid? Docs divided- Dr. Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals Old Airport Road Click Here
- Doctors update families on patients health via videos- Dr. Anoop Amarnath, Consultant - Geriatric Medicine Internal Medicine, Manipal Hospital Old Airport Road Click Here
- RT-PCR test errors stump state- Dr. Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals Old Airport Road Click Here
- Covid 'Stroke' Deals a Cognitive Blow - Dr. Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals Old Airport Road Click Here
- Bengaluru: Hospital treats Covid with HIV drug, says results promising- Dr Anoop Amarnath, an expert in geriatric care and a member of the state’s Critical Care Support Unit (CCSU), Manipal Hospitals Old Airport Road Click Here
- Over 71% of those who succumbed to COVID-19 in State are men- Dr Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals Old Airport Road Click Here
- 25 in Karnataka lived through two pandemics- Dr Anoop Amarnath, a member of the state’s Critical Care Support Unit (CCSU), Manipal Hospitals Old Airport Road. Click Here
- Covid to cancer: How Al Is being used to beat deadly diseases- Dr. Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals Old Airport Road. Click Here
- Karnataka Covid-19 cases in ICU fell 78% to 208 in two months

- Dr. Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals Old Airport Road. Click Here
- Health Department launches confidence-building measures to encourage staff to get the jab - Dr. Anoop Amarnath, Member of Critical Care Support Group, Manipal Hospitals Old Airport Road.Click Here
- It's online all the way: The rise and rise of telemedicine amid Covid-19 -Dr.Anoop Amarnath, Consultant - Geriatric Medicine, Manipal Hospitals, Old Airport Road. Click Here
- Dr. Anoop Amarnath on Over 88% of COVID fatalities in August from outside Bengaluru | The Hindu.Click Here
- Dr. Anoop Amarnath and Dr. Shivraj A L on Mild Cases, Swift healing | Bangalore Mirror. Click Here