

DR. SAPNA JAIN

Consultant - Critical Care Medicine

Qualification

EDIC | IDCCM | DNB (Anaesthesiology) | MBBS

Overview

Dr. Sapna Jain is an experienced critical care specialist in Varthur Road, Bengaluru, with extensive expertise in managing critically ill patients in intensive care settings. She is currently practising as a Consultant - Critical Care Medicine at Manipal Hospital Varthur Road, where she provides advanced critical care management for patients requiring intensive monitoring, life-support therapies, and complex multidisciplinary care. Her clinical focus includes advanced mechanical ventilation, shock management, neurocritical care, transplant critical care, and complex trauma management, ensuring comprehensive treatment for critically ill patients. Dr. Sapna Jain completed her MBBS from JSS Medical College, Mysore, under Rajiv Gandhi University of Health Sciences, followed by a DNB in Anaesthesiology from Bangalore Baptist Hospital. She further specialised in critical care by completing the Indian Diploma in Critical Care Medicine (IDCCM) and has also cleared the European Diploma in Intensive Care (EDIC) Part 1, reflecting her advanced training in intensive care medicine. Additionally, she holds a Diploma in Transplant Procurement Management, strengthening her expertise in transplant-related critical

care and organ donation processes. With several years of experience in leading hospitals, Dr. Sapna has worked across multiple intensive care units, managing complex and life-threatening conditions, actively participating in ICU management, emergency response teams, and critical care procedures where she gained extensive experience in managing critically ill patients requiring advanced life support and multidisciplinary care. Earlier in her career, she also worked as a Registrar in Critical Care Medicine at Narayana Multi-Speciality Hospital and Columbia Asia Hospital. Dr. Sapna’s clinical expertise includes difficult airway management, advanced mechanical ventilation, haemodynamic monitoring, and management of complex shock states. She is also highly skilled in continuous renal replacement therapy (CRRT), management of coagulation disorders, transplant critical care, and neurocritical care for patients with severe brain injuries. She routinely uses point-of-care ultrasonography (POCUS) for bedside diagnosis and procedures and is actively involved in infection control practices and antimicrobial stewardship, which are crucial in intensive care environments. With her strong clinical expertise and extensive ICU experience, Dr. Sapna Jain is regarded as one of the best critical care specialists in Varthur Road for managing complex and high-risk medical conditions. In addition to her clinical responsibilities, Dr. Sapna contributes to academic training as an Associate Teacher for the Indian Diploma in Critical Care Medicine (IDCCM), mentoring doctors undergoing critical care training. She is an active member of professional organisations, including the Indian Society of Critical Care Medicine (ISCCM) and the Indian Medical Association (IMA), reflecting her commitment to continuous professional development and medical collaboration. Dr. Sapna Jain has also contributed to clinical research and academic publications. She co-authored the research paper titled “Impact of Intraoperative Low Dose Dexmedetomidine Infusion on Perioperative Haemodynamics and Analgesia in Laparoscopic Surgeries Under General Anaesthesia: A Randomised Control Trial", published in EC Pharmacology and Toxicology (2021). Her academic interests

include haemodynamic monitoring, perioperative critical care, and improving outcomes in critically ill patients through evidence-based practice. Fluent in English, Hindi, and Kannada, Dr. Sapna is known for her calm, methodical, and patient-focused approach in high-pressure critical care environments. With her combination of advanced training, extensive ICU experience, and commitment to evidence-based critical care, she continues to play an important role in delivering high-quality intensive care treatment to patients requiring specialised medical support.

Fellowship & Membership

- Member of the Indian Society of Critical Care Medicine
- Member of the Indian Medical Association

Field of Expertise

- Skilled In Difficult Airway And Advanced Mechanical Ventilation
- Expertise In Advanced Hemodynamic Monitoring And Shock Management
- Specialised In Complex Trauma Care, Neurocritical Care And Brain Injury Management
- Proficient in CRRT, Transplant Critical Care And Coagulation Disorders
- Point-of-care Ultrasonography (POCUS) For Diagnosis And Procedures
- Antimicrobial Stewardship And Infection Control Practices

Languages Spoken

- English
- Hindi

- Kannada

Talks & Publications

- Sapna Jain, Smriti Sinha, Reena Kadni, and R. Shekhar. “Impact of Intraoperative Low-Dose Dexmedetomidine Infusion on Perioperative Hemodynamics And Analgesia in Laparoscopic Surgeries Under General Anaesthesia: A Randomised Controlled Trial”. Ec Pharmacology And Toxicology. 2021 May 28;09:621.