



DR. PRAGNA B E

Consultant - Pain & Palliative Care

Qualification

MBBS | MD | FIAPM | FCPM

Overview

Dr. Pragna B E is a dedicated pain and palliative care specialist in Yelahanka. She is currently practising as a Consultant – Pain & Palliative Care at Manipal Hospital, Yelahanka, bringing strong expertise in interventional pain procedures, comprehensive cancer pain management, and multidisciplinary palliative care. With a foundational background in anaesthesiology and advanced training in interventional pain and palliative medicine, Dr. Pragna has developed focused clinical expertise in managing complex cancer-related pain and chronic pain syndromes. Her practice integrates procedural precision with holistic symptom control, ensuring that patients experiencing advanced illness receive structured, evidence-based, and compassionate care. Her interventional pain practice includes ultrasound-guided musculoskeletal (MSK) interventions and fluoroscopy-guided spine procedures for chronic pain syndromes. These image-guided techniques allow accurate diagnosis and targeted therapy, particularly in patients with spine-related pain, neuropathic pain, and musculoskeletal disorders. She is experienced in performing minimally invasive procedures aimed at reducing pain burden while

improving functional status and quality of life. A significant area of her work involves complex cancer pain relief. She provides structured opioid stewardship, ensuring rational prescribing, careful titration, and monitoring to optimise analgesia while minimising adverse effects. Her expertise extends to managing pain related to advanced malignancy, treatment-induced neuropathies, bone metastases, and mixed nociceptive-neuropathic pain states. This depth of focused oncologic pain care places her among the best pain and palliative care specialists in Yelahanka for advanced cancer pain management. In addition to procedural pain relief, Dr. Pragna plays a vital role in inpatient and outpatient palliative care services. She manages symptom clusters commonly seen in oncology, including dyspnoea, nausea, fatigue, anxiety, and terminal restlessness. Her approach to end-of-life care emphasises dignity, comfort, and family-centred communication. She provides structured counselling to families, supporting informed decision-making and aligning care goals with patient values. Her multidisciplinary engagement includes close coordination with oncology, surgical teams, intensive care units, and paediatric services, ensuring continuity of care across different stages of illness. Early diagnostic insight allows her to identify evolving pain patterns and intervene proactively, preventing escalation and unnecessary hospitalisation whenever possible. Dr. Pragna is a Life Member of the Indian Society for Study of Pain (ISSP), the Indian Society of Anaesthesiologists (ISA), and the Indian Association of Palliative Care (IAPC). She has presented papers at national conferences and has multiple publications in the field of interventional pain. She has also been part of the organising team of the International AIMP Pain Conference, reflecting her active involvement in academic and professional forums. Her clinical depth, procedural expertise, and structured palliative approach establish her among the best pain and palliative care specialists in Yelahanka for cancer and chronic pain management.

Fellowship & Membership

- Indian Society of Study of Pain (ISSP) – Lifetime Member
- Indian Society of Anaesthesiologists (ISA)
- Indian Association of Palliative Care (IAPC)

Field of Expertise

- Complex Cancer Pain Management
- Interventional Pain Procedures
- Fluoroscopy-Guided Spine Interventions
- Chronic Pain Syndromes
- Palliative Oncology & End-of-Life Care

Languages Spoken

- Kannada
- English
- Hindi