



DR. SHRUTHI P DESAI

Consultant - Rheumatology

Qualification

MBBS | MRCP (Internal Medicine) | MRCP (Rheumatology) | Fellowship in Rheumatology and Immunology

Overview

Dr. Shruthi P Desai has extensive work experience in internal medicine over the years both in India and the United Kingdom. After completing my under graduation, she moved to the UK to pursue further training. She joined as a Foundation trainee and then pursued complete core medical training where she had extensive training in Internal Medicine and various sub-specialities. She obtained my MRCP in Internal Medicine from KSS Deanery and later joined as a cardiology trainee and worked in the cardiology department for 2 years. She is a foremost rheumatologist in Yeshwanthpur Bangalore. In 2018, Dr. Shruthi P Desai moved back to India. She worked as a medical registrar at Manipal Hospital, Yeshwanthpur (then Columbia Asia Hospital), and worked during the COVID-19 pandemic. It was during this time that she developed a special interest in Rheumatology and Inflammatory conditions, which led her to undertake a training program in Rheumatology. She worked with renowned Rheumatologist Dr Chandrashekar, at Chan Re Institute of Rheumatology and Immunology, Bangalore, and completed a 2-year post-MD fellowship course. The fellowship program included the management of a wide array of autoimmune inflammatory diseases and entailed both inpatient and outpatient management. The course provided a huge learning platform with exposure to a wide spectrum of disease presentations and complications. She had dedicated teaching hours with various discussions on cases, latest journals and research papers. As part of the training, she had the opportunity to work with a dedicated Research team in autoimmune diseases in collaboration with the Indian Institute of Research.

Field of Expertise

- Management of autoimmune inflammatory rheumatological disease and Musculoskeletal disorders
- US-guided intraarticular injections
- Musculoskeletal Ultrasound of joints
- Administration of biological medicines
- Skin biopsy, muscle biopsy
- Teaching and training

Languages Spoken

- English

Awards & Achievements

- Use of Artificial Intelligence in the Prediction of Remission in Rheumatoid Arthritis – presentation at Rheumatology Conference at Indore, 2022
- Use of Novel anticoagulants in AF and their associated bleeding risks – Regional Cardiology Meet, 2017
- COPD discharge guidelines – at BSR conference, London, 2013
- Various Case Presentations and discussions at regional and hospital meets.