

DR. POONAM SANTHOSH

Consultant - Psychiatry

Qualification

MBBS | MD (Psychiatry) | PG (Child and Adolescent Mental Health)

Overview

Dr. Poonam Santhosh is a dedicated Consultant Psychiatrist at KMC Hospital, Mangalore, bringing extensive expertise and a compassionate approach to mental health care. With a profound academic background and a wealth of professional experience, Dr Poonam M is committed to delivering comprehensive psychiatric care to her patients. She is the foremost Psychiatrist in Mangalore. Dr. Poonam Santhosh completed her MD in Psychiatry from St. John's Medical College, Bangalore, under RGUHS, following her MBBS from Kasturba Medical College, Mangalore, Manipal University. Her pursuit of excellence continued with a Post Graduate Certificate course in Child and Adolescent Mental Health in February 2022. Her professional journey commenced as a Senior Resident at KMC, Mangalore, where she honed her skills for over a year. Subsequently, she served as an Assistant Professor at KMC, Mangalore, before joining Vydehi Institute of Medical Sciences, Bengaluru. Her tenure continued at KVG Medical College, Sullia, where she transitioned from Assistant Professor to Associate Professor, a role she continues to hold for the past three years. Dr. Poonam Santhosh has been acknowledged as a PG Teacher, guiding dissertation work for PG medical students and serving as an ICMR guide for Undergraduate students. Her contribution extends to thesis guidance and co-guidance for PG students, showcasing her commitment to nurturing future talents in the field. She has made significant contributions through her publications in reputable medical journals, focusing on topics such as depression in chronic heart failure, coping strategies in chronic heart failure, screening of depression in early-onset type 2 diabetes mellitus, and quality of life among long-term psychiatric patients. Dr. Poonam Santhosh is actively involved in multiple research projects, including studies on students' attitudes and social distance toward mental illness, factors associated with Delirium Tremens, and the proportion of reattempts among patients with attempted suicide. She holds a Life Fellowship of the Indian Psychiatric Society, demonstrating her commitment to staying updated with the latest advancements in the field. Dr. Poonam Santhosh combines her academic prowess, extensive experience, and research contributions to provide holistic psychiatric care. Her empathetic approach and dedication make her a trusted name in mental health care at KMC Hospital, Mangalore, where she continues to positively impact the lives of her patients.

Fellowship & Membership

- Indian Psychiatric Society

Field of Expertise

- Treatment of Mood and emotional disorders
- Depression
- Anxiety, Phobia, OCD
- Stress Disorders
- Sleep problems

- Addictions
- Schizophrenia and Psychosis
- Child and adolescent behavioural issues
- Women's mental health
- Somatic symptoms disorders
- Individual counselling
- Family counselling

Languages Spoken

- English
- Hindi
- Kannada

Awards & Achievements

- Recognition as a PG Teacher for guiding the dissertation work of PG medical students.
- Guide for research projects supported by the Indian Council of Medical Research (ICMR).
- Supervision of multiple theses as a guide and co-guide for PG students.

Talks & Publications

- Depression in Chronic Heart Failure
- Coping strategies in Chronic Heart Failure
- Screening of Depression in early onset of type 2 diabetes mellitus
- Quality of life, loneliness and social contact among long term psychiatric patients