

Dr. Megha Consul

MBBS, MD, DNB (Paediatrics) | Fellowship, Neonatal-Perinatal Medicine | Senior Consultant & Head of Department, Neonatology

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PROFILE

Senior neonatologist with 22 years in paediatrics and 14 years of post-fellowship practice in neonatal-perinatal medicine. Head of a neonatology department continuously since 2012, currently at Fortis Memorial Research Institute, Gurugram, following eleven years leading the unit at Max Hospital, Gurgaon. Fellowship-trained at the University of Western Ontario, Canada. Clinical practice centres on gentle, low-intervention newborn care — HHHFNC as a primary approach to RDS even in extremely preterm infants, with surfactant delivered by MIST — alongside a sustained record in NICU leadership, nursing and resident training, research and academic teaching.

CORE EXPERTISE

- NICU leadership and operations — department head since 2012
- Gentle, low-intervention newborn care — HHHFNC and MIST surfactant delivery in extremely preterm infants; developer of a novel MIST catheter, in progress toward publication
- High-risk neonatal and perinatal critical care; extreme preterm management
- Advanced neonatal resuscitation (NRP) training and simulation-based teaching — NRP Training-of-Trainers certified
- Non-invasive ventilation protocols; workshop faculty
- Clinical research, peer-reviewed publication and conference presentation
- Nursing staff and resident/fellow training, mentorship, and CME organisation

PROFESSIONAL EXPERIENCE

Senior Consultant & Head of Department, Neonatology

Apr 2023 – Present

Fortis Memorial Research Institute, Gurugram

Senior Consultant & Head, Neonatology

Dec 2012 – Mar 2023

Max Hospital, Gurgaon, Haryana

- Led the neonatology/NICU service for over a decade, overseeing clinical care, staffing and quality standards for high-acuity newborn cases.
- Organising Secretary, Paediatric CME, Max Super Speciality Hospital (Sep 2019).
- Organising Secretary and Lead Faculty, Non-Invasive Ventilation Workshop, NEOCON (Dec 2017).
- Advanced NRP training, Max Hospital Shalimar Bagh (Apr 2016).

Clinical Fellow, Neonatal-Perinatal Medicine

Jul 2010 – Jun 2012

Schulich School of Medicine & Dentistry, University of Western Ontario — London Health Sciences Centre, Canada

- Two-year clinical and research fellowship in neonatal-perinatal medicine.
- Member: NICU Product & Technology Committee; Residency/Fellowship Training Program Committee; NICU Research Committee.
- Simulation-based NRP training (Mar 2011); Access 2010 Level I peer-teaching workshop (Feb 2011).

Consultant, Paediatrics

Feb 2007 – May 2009

Max Super Speciality Hospital, Saket, New Delhi

Senior Resident / Registrar, Paediatrics

Nov 2004 – Feb 2007

Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi

EDUCATION & QUALIFICATIONS

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- **DNB, Paediatrics** — Diplomat of the National Board (Dec 2006)
 - **MD, Paediatrics** — Gandhi Medical College, Barkatullah University, Bhopal (2001–2004)
 - **MBBS** — Gandhi Medical College, Barkatullah University, Bhopal (1995–2001)

PEER-REVIEWED PUBLICATIONS

- Harpale P, **Consul M**, Kumar A, Sinha A. A rare case of an oropharyngeal mass causing respiratory distress. *NeoReviews*. 2025 Jan;26(1):e53–e56. PMID: 39740172.
- Arora R, **Consul M**. One year outcome of VLBW infants. *Indian Pediatr*. 2013 Dec;50(12):1159. PMID: 24413509.
- **Consul M**, Mishra S, Taneja A. Spectrum of Kawasaki disease. *Indian J Pediatr*. 2011 Apr;78(4):488–90. PMID: 21193970.
- **Consul M**, Seabrook J, Hill J, DaSilva O. Meconium stained amniotic fluid in the premature neonate as a marker of adverse outcomes: a population cohort study. *Paediatr Child Health*; Vol 17, Suppl SA, p.36.

SELECTED CONFERENCE PRESENTATIONS

- Oral presentation, ISPGHAN 2019 — Food protein induced enterocolitis syndrome: an atypical presentation. Rawal N, Consul M, Jain B.
- Research poster, Canadian Paediatric Society 89th Annual Conference, London, Ontario (Jun 2012).
- Research poster, Pediatric Academic Societies / AAP Annual Conference, Boston, USA (May 2012).
- Poster, PEDICON 2003, Mumbai — Knowledge, attitude and practices regarding newborn care.
- Further abstracts presented at PEDICON 2006 and NNFI NEOCON 2004.

PROFESSIONAL DEVELOPMENT & TEACHING

- NRP Training-of-Trainers (ToT) certification (Aug 2024)
- Guest lecture, Maulana Azad Medical College — HHHFNC in extremely preterm newborns (Sep 2024)
- Paediatric Advanced Life Support (PALS) provider certification (Jan 2006); Neonatal Resuscitation Workshop, NALS (Aug 2006)
- 1st Nestlé Nutrition Institute Workshop on Paediatric Nutrition, South Asia (Apr 2008)
- 13th Advanced Course in Paediatric Intensive Care, New Delhi (Sep 2007)
- Multiple CMEs in paediatric cardiology, neurology, endocrinology and imaging (2003–2011)

CLINICAL PHILOSOPHY

“Guided by primum non nocere — first, do no harm — I practise newborn care using gentle, low-intervention methods, favouring HHHFNC even in extremely preterm infants as a primary approach to RDS, paired with surfactant administration via MIST. My aim is to extend the reach of that care to underserved units through teaching, better protocols, and innovations that bring the cost of NICU care down rather than up. Nursing staff are core pillars of the NICU team, and I have invested consistently in their training and communication in every unit I have led.”

Medical council registrations, licensure details and references available on request.