

## BASIC FUNDAMENTALS OF MEDICAL CARE

This book delves into the science and practice of both active and passive immunization, providing insights into the types of vaccines, their administration. The book also includes practical skills such as checking body temperature, measuring blood pressure, and monitoring pulse rate. These are essential for anyone involved in health care or simply interested in monitoring their health. Additionally, the book provides step-by-step instructions for performing CPR, a life-saving skill that everyone should know.

Understanding the causes, symptoms, and treatments for animal bites and stings from creatures such as bees, scorpions, and snakes is another key focus. Patient hygiene is another cornerstone of this book. Recognizing and managing minor ailments, along with understanding conditions affecting various body systems.

**Ms. SABA BASHIR** is an accomplished Assistant Professor of Medical Laboratory and Molecular Diagnostic Technology at Islamic University of Science & Technology (IUST), Awantipora, Jammu & Kashmir. With a diverse teaching portfolio, she expertly covers a range of subjects within the medical laboratory technology (MLT) curriculum, including Endocrinology, Anatomy & Physiology, Clinical Pharmacology, Diet & Nutrition, Virology & Mycology, and Bioinstrumentation.

Ms. Saba holds a postgraduate degree in MLT with a specialization in Cl. Pharmacology from the prestigious post graduate institute for training, research and patient care, Sher-e-Kashmir Institute of Medical Sciences (SKIMS), Soura Srinagar. Her professional journey is marked by her contribution as a trainer for the Skill India program under the Seekho aur Kamao Scheme in Srinagar, where she provided skill-oriented education to empower school and college dropouts, enabling them to become employable.

She has also served as a Microbiologist with the Public Health Engineering Department of the Government of Jammu & Kashmir, further showcasing her commitment to public health and community welfare.

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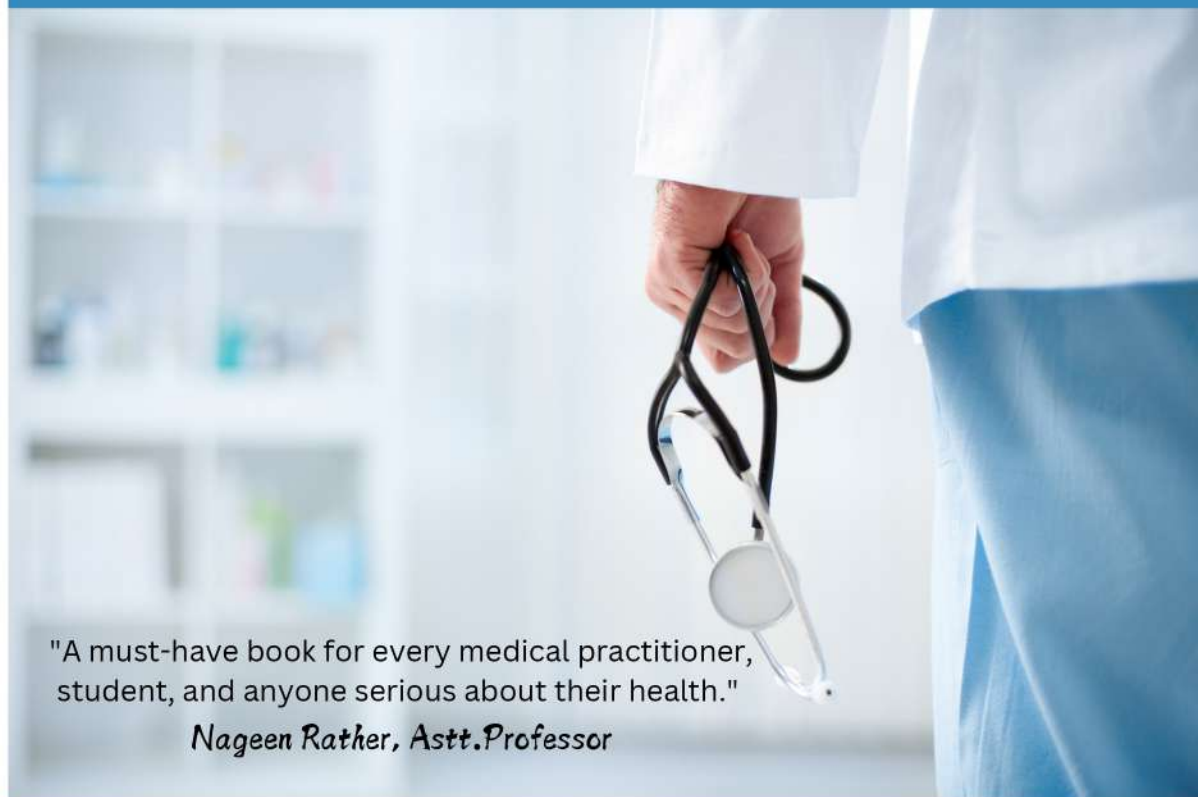
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"A must-have book for every medical practitioner, student, and anyone serious about their health."

*Nageen Rather, Asstt. Professor*

By

SABA BASHIR

