

# Quarantine Curriculum - Week 1

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Need to self-isolate or stuck at home due to COVID-19? [onthewards](#) has you COVERed. Welcome to [Week 1 of your Quarantine Curriculum](#).

If you're feeling well enough to level up your medical skills, we've compiled a list of weekly podcasts to keep you on the ball and pass the time in quarantine. Our podcast topics are not only suggested by junior doctors but also based on the [Australian Curriculum Framework for Junior Doctors](#).

Keep your skills and knowledge up by listening to a podcast a day. Keep boredom away and feel even more confident when you return to work.

Don't forget to keep to your routine, stay active - [here's a list of YouTube exercise channel recommendations by CNET](#) - and take regular breaks from the constant stream of news and alerts. Get back to basics - make a phone call to a friend or relative, listen to music, read a book, or re-visit a hobby.

Most of all, stay safe.

## Quarantine Curriculum Week 1 Podcasts



[Chest pain with Rajesh Puranik](#)



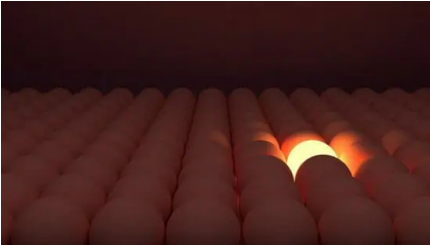
[Blood glucose monitoring with Glynis Ross](#)



[Blood gases with Josh Pillemer](#)



Hypertension with John Saunders



Identifying the sick patient with Oliver Flower



Abdominal pain with Sanjay Warriar



Delirium with Scott Murray

**Tags:** #abdominal pain,#Australian Curriculum Framework for Junior Doctors,#blood gases,#blood glucose monitoring,#chest pain,#CPMEC,#critical care,#delirium,#hypertension,#intensive care,#junior doctors,#medical students,#medicaleducation