

Welcome

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Welcome to this website. Throughout my 34 year medical career, and as a patient myself from time to time, I have come to realise that receiving the appropriate information is the main way of understanding the implications of symptoms, conditions and investigations. This helps to reduce the resulting anxiety and worry about seeking a medical opinion.

It is the unknown that leads to stress and worry.

COVID and our Practice

It is no secret that we are Living in Trying times with the present Pandemic. In particular Health Systems around the world are being stretched often behind their capacity. We here in Australia are fortunate to have the best health care system in the world and although it too will be

stretched, it has been well prepared thus far and I remain confident it will stand up to the task. However, there are some issues that demand mention, in particular what I am calling the "COVID Blinkers" and "Collateral Damage" We are very focused on COVID and the expected demand, and such have altered a lot of our practices both within and outside the hospital system. This does concern me that we are losing sight of non-COVID patients and therefore compromise patients and their requirements, and as such may start to see "Collateral" damage. It is therefore very important to continue to care for, and for you to continue to focus on your Cardiac Health.

How we are dealing with COVID at our Practice:

1. The is well set up as it is a solo practice in a house with no lifts or communal areas, so social isolation is easy to achieve.
2. All patients will be called before their appointment to ensure you are in good health with no symptoms to suggest a Virus. Similarly, we ask you to inform us if you have any symptoms.
3. Whilst we will do some Telephone Consultations, these will be very select as there is a great potential for missing things, so caution is required.
4. We will be reducing patients through the practice so that we will not have any other people in the waiting room.
5. All surfaces and equipment will be thoroughly cleaned between patients.
6. We aim to be available as much as we can to trouble shoot any issues early, so please don't hesitate to contact us. Our aim is to triage patients to protect Emergency Departments and our Hospitals.

Whilst it is imperative to avoid contact with COVID, I also believe it is very important to remain active and get daily exercise. Apart from the usual benefit, this keeps your lungs efficient and expanded and reduces the risk of infection. Stay Safe!

Dr. Christopher Quirk

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This site is designed to provide some general information about Cardiac conditions, diagnostic tests and resulting procedures you may be having. It is designed to be read by people without medical background and therefore hopefully easier to understand. It is important to note that it is in no way a substitute for consulting your own medical practitioner if you have any concerns about any aspect of your health. It is a general information site and should not be deemed as a medical opinion.

I have also realised after many years as a Clinical Cardiologist that the main way I can help

people is not necessarily with drugs, stents, or operations. My main interest is in prevention of heart disease, primarily with exercise. I have always been involved with exercise and have knowledge in exercise physiology and feel that this is understated as a means of improving peoples cardiac health, general wellbeing and mental happiness. However, despite this well-known fact, I still find it frustratingly difficult to persuade my patients to change their lifestyle with regards to getting more exercise. I am hopeful that with guidance I can improve compliance with exercise prescriptions, and am planning on expanding this aspect of my medical work. I think we not only need to teach people how to exercise but also how to enjoy exercise, so it is not a chore, and to find a form of exercise that suits their likes, age and lifestyle.