

Review of Dr. Shawn Jennings Book: Locked In; Locked Out

Paul TE Cusack

BScE, DULE, 23 Park Ave. Saint John, NB E2J 1R2, Canada

***Corresponding author:** Paul TE Cusack, BScE, DULE, 23 Park Ave. Saint John, NB E2J 1R2, Canada.

Introduction

Former Dr. Shawn Jennings was a GP in Saint John for 20 years when a car accident caused him to have a Brain Stem stroke. This type of stroke is, of course, rarer than the cerebral stroke. It leaves the patient a quadriplegic.

Thankfully, Dr Jennings's wrote a 206 page book about his experience as a patient in the New Brunswick Medical system. He writes about his daily struggle in Locked In; Locked Out. It is a book not only about the condition, but also about the love for his wife and kids, a book about his embarrassments, and a spiritual book. It's a book about what a doctor goes through while practicing medicine.

I think the book should be a must read for nursing students and medical students. It is one of the most profitable books I've read in years. I give it an A. You might think so too. We all die of something. Dr Jennings gives us courage to deal with setbacks by his example. He lived it. And he tells a good story about it.

I myself had schizophrenia when I turned 30. It ruined my life plans. Well, I never really planned because you never know what life is going to bring, but I tried to progress at each stage. After Sz, everything changed. No more work; no more marriage; no more house; no more car. I wish I had bought professional insurance, but unemployment would have terminated my payment ability anyway.

Dr Jennings's book is a story of hope. He relied on his wife, yes, but God as

well. The human spirit has tremendous strength. As I've said when I'm asked, when life gives you lemons, make lemonade. Its too bad it ends in death. But death doesn't have the final say. God does.

I learned a lot from my illness. I learned a lot from Dr. Jennings's book. I suppose I've written my own Locked In; Locked Out in all my papers. Writing is not only cathartic, but enjoyable to learn more about what matters most: family; God; Hope. Dr Jennings often repeats Don't give up. There are a lot of people who could learn a great deal from simply reading a 206-page book. I wish I had read it earlier when I saw it available.

My mother is suffering Alzheimer's Disease presently. She is in the nursing home. I visit her everyday because I know when you are in the hospital, you look forward to a visit all day. To wait three days is too long. I bring her a Tim Horton's Hot Chocolate. She loves it. I asked her why they put Harold Cusack's initials on every Hot Chocolate they sell in Canada! She likes to laugh as did Dr Jennings. My mother is 89. She won't last too much longer likely. I try to make her stay in the nursing home as pleasant as I can by bringing her used magazines or a new sweater. She can't think me enough. I told her, that I love her, and that she and dad (may he rest in peace) were good parents. I never lacked for anything. I was proud of my parents; they were proud of me. That's the way its supposed to be in families; which has been largely lost today with the demise of the nuclear family. Its called progress or

Review of Dr. Shawn Jennings Book: Locked In; Locked Out

freedom. Freedom from what? We have lost the sensitivity of the preciousness of life viz Abortion; fornication; homosexuality. How about greed that stifles life for everyone.

I recommend you read Dr. Jennings book. I'll bet you learn something valuable. I did.

References

- [1] Jennings's, Shawn., *Locked In; Locked Out*. Saint John, NB Caanda. Dreamcatcher Publishing 2002.

Citation: Paul TE Cusack, (2023), "Review of Dr. Shawn Jennings Book: Locked In; Locked Out", Arch Health Sci; 7(1): 1-2.

DOI: 10.31829/2641-7456/ahs2023-7(1)-013

Copyright: © 2023 Paul TE Cusack, This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.