

Endless Journey: A Head-trauma Victim's Remarkable Rehabilitation

Janet A. Stumbo

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Janet A. Stumbo : Endless Journey: A Head-trauma Victim's Remarkable Rehabilitation before purchasing it in order to gage whether or not it would be worth my time, and all praised Endless Journey: A Head-trauma Victim's Remarkable Rehabilitation:

2 of 2 people found the following review helpful. Editor, Optometry Vision DevelopmentBy Dominick M. MainoEndless Journey:A Head-trauma Victim's Remarkable Rehabilitation 2nd editionDr. Janet A. StumboCopyright 1998 OEP Foundation, Inc. ISBN 0-943299-26-1 196 pagesReviewed by Janice M. McMahon, ODIllinois College of OptometryDr. Janet Stumbo was a veterinarian in Australia when she was involved in a car accident that resulted in traumatic brain injury. This book is her account of life after a catastrophic event.Beginning with the preface in this second edition, the reader is able to gain a sense of how long, grueling, and ultimately rewarding her recovery process has been. Dr. Stumbo speaks of the anger inherent in the first edition and how, in the eight years since that time, she has learned to better accept her life and has discovered new possibilities and hope in her future. Turn one page and immediately encounter excerpts from the police accident report and the neurosurgeon's report, a technique that is used throughout the book as a means of detailing the objective and clinical findings that correspond to the author's memory and journey. Initially these various reports paint a bleak and formidable picture, but as the years (and story) progress, we gain a sense of how far the author has come in her recovery when contrasted with the content of these medical

reports. Dr. Stumbo's severe head injuries resulted in immediate brain damage, amnesia of the traumatic event, permanent short term memory impairment, debilitating headaches, and loss of vision and visual field, among many other diagnoses. Her struggles with memory loss and the frustration of dealing with not remembering people, places, and events are written with striking forcefulness and leave a particularly strong impression on the reader. Perhaps because of this memory loss, some portions of the book do read somewhat disjointedly. I did also find the end of chapter notes distracting. Too smooth a writing style, however, would actually belie the difficulties and struggles which have been numerous in her recovery, and the written cadence is an ongoing reminder of the reality of her situation. Many medical specialties play roles in addressing the needs of patients with traumatic brain injury. Dr. Stumbo includes notes from neurosurgeons, ophthalmologists, radiologists, dental surgeons, chiropractors, speech pathologists, psychiatrists, and other physicians who treated or assessed her condition. She also details how optometry, in particular behavioral optometry and optometric vision therapy, allowed her to regain not only better vision, but an increased ability to track the written word and regain binocularity. These visual skills formed a foundation upon which she was better able to learn and master new information. She also notes how decisively vital a role optometric vision therapy played in her overall recovery. *Endless Journey* is a raw, emotional foray into the recovery process of a patient with traumatic brain injury. It brings to the forefront the innate struggles with everyday tasks and the depression and grief faced by people whose lives have instantly and involuntarily been thrown into upheaval. Dr. Stumbo has gradually rebuilt a life after her accident; hopefully her journey will educate and aid those who read it.

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7 of 7 people found the following review helpful.

The Personal Side of Brain Injury
By A Customer

Dr. Janet A. Stumbo's fascinating book is about one woman's search for treatment. Dr. Stumbo—a veterinarian practicing in Australia—was in a car crash that left her partially blind, in great pain and with short-term memory problems. Soon after the crash, her husband divorces her and she must use all her strength and determination to procure the rehabilitation she needs. She is determined there must be some help for her vision (one of her greatest joys was veterinary surgery). Her search leads her to behavioral optometry and she does, in fact, regain much of her sight. The book is extraordinary in detailing her therapies and recovery. Anyone who wants to begin to understand the rehabilitation for someone with a brain injury should read this book.

After a serious car accident in which she suffered severe head trauma and was partially blinded, Dr. Stumbo was diagnosed with traumatic brain injury and given the devastating verdict, no hope for improvement. This is a fascinating first-hand account of this TBI survivor. The author shares how behavioral vision care led to recovery by providing skills to function and prosper after medical doctors gave her little hope for a normal life. A message to survivors, families and health care practitioners who work with TBI patients.