

Submission
No 1

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

Hi,

I was 23 and due to have my baby via MGP at a teaching hospital in Sydney. I was set on a natural birth. It was during the height of COVID. Within 40 minutes of being in the hospital, I was placed in the normal L&D wing. No support person, of course. Hubby got there 10 minutes later 23 and alone, I was strapped to a heartrate monitor and was contracting alone in a bright room. Some gas was handed to me, no idea where any midwives were. That is, until the room got very busy. I didn't understand why, something to do with "babys heartrate". Of course, what better to help that heartrate than to scream at me and get me to do coached pushing on my back for a 4.2 kg baby. Further depriving him of oxygen and messing with the heartrate

. I got bullied into a forceps delivery without consent. More like rushed into it. I didn't even know what forceps were. I would never have let the word yes escape my lips if they bothered to explain themselves. As of me saying no over and over, and my hubby standing up and saying "can't you hear she isn't saying no", wasn't enough. I don't know how the 7 or so doctors and midwives in the room let it slide. They heard my agonised screams from two forceps pulls with no working anaesthetic. The icing on the cake wasn't the undiagnosed and unrepaired 3rd degree tear. It wasn't the registrar who did the delivery intern who did the stitching. It was probably my ongoing nerve damage, physical pain, and numbness in the vagina and perineum. Or maybe the icing on the cake has been the daily flashbacks for two years. The 15K a year medical and psychiatric costs.