

## INQUIRY INTO BIRTH TRAUMA

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**Date Received:** 5 July 2023

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Partially  
Confidential

I would like to take the opportunity to provide some feedback on my experience with care for my first pregnancy through the

Unfortunately, it was not a positive experience for me and negatively impacted my wellbeing and experience throughout first pregnancy.

I was diagnosed with gestational diabetes early on in my pregnancy.

From my second appointment with the clinic they had been suggesting an early induction. From the start I had been very open about my feelings around not wanting to be induced and wanting to have as a natural labour and birth as possible. Each appointment as my pregnancy went on the pressure seemingly increased, often with mixed messages, of why they want to induce and the potential risks such as still birth, shoulder dystocia, hyperglycaemia and complications with having a big baby. During one appointment a senior Obstetrician was called into my appointment as I was declining to book in my induction, she stated that in her opinion "someone in my position should be considering an elective c section" and advised that I would need to sign a waiver going against hospital advice.

I understood the risks, there are risks with every pregnancy/birth. I was making informed decisions based on information I had received from my calm birth class, reputable research/podcasts and guidance from the diabetes clinic and a private midwife.

They continually said it's my choice, however, in my experience, you absolutely don't feel like that when. They constantly made me question my decision making and use what I believe are fear tactics and say that I would need to sign a waiver to say I'm going against medical advice if I make those choices.

I felt like I was being punished for not agreeing to what the hospital felt was best for me and my baby.

I believe I did not once receive any encouragement or positive support around my pregnancy or my ability to birth my baby naturally.

I did not feel like they actually cared about the potential risks to me and my baby rather than trying to ensure that the Hospital would not be made liable for any choices or risks.

I would feel anxious leading up to each appointment feeling like I had to justify myself and my wants/needs for my baby. Often leaving the appointment feeling disempowered, deflated and in tears. I did not feel like they had any confidence in my ability to be able to birth my baby without medical intervention.

I really feel sad for the many other women who may not feel they are able to speak up for themselves or have access to information and resources.

In my opinion, it's not how the system should be.