

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I gave birth to my child in mid 2020 at the _____ hospital under the care of private obstetrics. I believe I was the first physiological birth the OB had ever attended and was very much out of her depth.

I suffered post natal depression and anxiety due entirely to the care I received from both the attending OB and midwife.

I suffered obstetric violence in both my prenatal and delivery, sadly after I paid the sickening 'pregnancy' fee I felt trapped with this OB. I went to my GP for help and they were unsure how to help as I was so far along and had paid the huge amount of money.

The OB used scare tactics and bullying to get her own way, she completed a stretch and sweep after I had declined twice, specifically quoting the 2020 Cochrane review into the ineffective use of stretch and sweeps and why I did not consent.

During the birth she physically held me down and forced me into positions I could not tolerate, I was told to be quiet and shut up on multiple occasions during pushing phase. She had a loud verbal argument with my support person as he declined the use of instrumental delivery, he was told that she was the doctor and the decision had nothing to do with anyone else.

Due to the way I was physically and mentally treated during delivery it lead directly to physical birth trauma including a second degree perineal tear, full thickness vulva tearing and sutures being placed in both the urethra and cliterous. I also suffered a fractured tailbone and severe second degree anterior and posterior wall prolapse due to the antiquated way I was forced to push my child out and the position I was forced into.

The midwife in attendance was rude from receiving our phone call to physically pulling me into the delivery suit. My support person was told on the phone I wasn't dying and wasn't the first person to be in labour and what did he want from her. The second phone call went the same way, however this time we presented to hospital were I was 'involuntary pushing' and 10cm dilated and according to the midwives notes "uncooperative for history taking" my support person was never addressed once.

There is so much research available to prevent physical and mental birth trauma and it sickens me to my stomach that women are still treated this way everyday and I know I have a good birth story there are many worse off then I am and I hope that this enquiry can save the physical and emotional well being of women during their absolute most vulnerable moments in life.