

Submission  
No 79

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I was due to give birth with my first child in 2016. I opted for a private OB so I could have continuity of care. I was encouraged to have a scheduled cesarean because I was quite 'nervous' about the birth. On the \_\_\_\_\_ at \_\_\_\_\_ Hospital, I was wheeled into theatre. I was feeling anxious about having major surgery to deliver my baby. I expressed this verbally to a number of staff and finally to my OB. They were basically ignoring me and going through the motions of prepping me for surgery. They made me lay down after administering the spinal block and I once again asked to 'just wait a minute so I can breathe'.

The team made the decision, without my consent, to administer propofol (a sedative drug). I was still conscious but unable to open my eyes. The team were saying 'don't worry, she won't remember'. My baby was delivered floppy due to the drug, my wishes of delayed cord clamping and skin to skin were ignored. I was then separated from my baby for approximately 2 hours because I had to be in recovery alone.

When I was wheeled up to my room, I was still feeling very 'out of it'. They brought my baby to me, opened my surgical gown and tried latching my baby to my breast. I was not fully 'with it' and I feel absolutely failed by the team. I missed out on being present for the first 24 hours while the propofol had a horrible effect on my body. I subsequently suffered severe post natal anxiety for over 2 years. It wasn't until the birth of my second child that I realised how severe my trauma had been with my first birth experience.

My second experience was still not a good one as I felt very rushed to get out of the hospital and physically rushed out of my room on the last day because someone else needed the room. This was despite me paying private care and the fact that my second baby was in the SCU. It was just as if I was a number and me and my baby did not matter despite the fact he was having random and significant breathing issues.

When I went to deliver my third child, I opted to have my baby in QLD where the care is much better. I went with a private OB with all of my pregnancies and the experience I had delivering my third baby in QLD was vastly different than with the two in NSW. I feel that I should have been encouraged and supported to try for a vaginal birth with my first child. I should not have been given a strong drug that effected me so significantly without my consent just to 'calm me down'.

I should have been encouraged to have a VBAC for the birth of my second baby but I was told it was not an option after having one cesarean over 3 years prior. The QLD health care system isn't great and needs a lot of improvement BUT the birth experience I had was significantly better and than the ones I had in NSW.