

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 23 July 2023

Partially
Confidential

My name is _____, I live in _____, I'm 33 years old and I have a two year old.

After being unsuccessful at gaining a position in the MGP, I went through shared care with my GP and _____ Hospital. On the _____, I went into hospital a day off 34 weeks pregnant after passing a clot at home. The staff monitored me and baby overnight and decided it was crucial that I undergo an emergency caesarean. At 8.07 am on the _____, I had my little boy. As had been communicated to me, I was not able to do skin to skin or delayed cord clamping for my little one as he had urgent medical needs.

My little boy was taken to NICU for urgent medical care with my partner while I was wheeled off to recovery. After spending the required time in recovery, I was wheeled to the ward where I was placed in a room with no access to the nurse call button or any information on the progress of my baby.

I was left in a room, immobile and unchecked on, with no means to call for assistance for hours. It wasn't until the lady sharing my room returned that I was able to ask her to pass me the nurse call button. Upon being able to call for help, the staff member, who was extremely overworked, was quite short and showed minimal empathy to my situation.

Eventually, my partner was brought to me by a nurse from the NICU where he could check on me and tell me how our boy was going. It was hours after that, that I was taken in to see him for the first time and hold his tiny hand through the hole in the NICU crib.

When it came time for me to be discharged from the hospital, I faced the daunting reality that my baby would have to remain at hospital and I, unable to drive, would need to find a way to get in to see my baby every day. The nurse responsible for discharging me had no empathy at all and informed me that I had already received an extra night in the hospital compared to other patients. I was discharged with no prescriptions for pain management medication and told Panadol would suffice.

The debrief service provided by _____ was a positive step in dealing the trauma from this birth which will remain with me for as long as I live.