

Submission  
No 109

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

- My name is \_\_\_\_\_ ,
- My issue I have with my birthing trauma, is that I would like to see more \_\_\_\_\_
- I was 36 weeks pregnant with my first child at 45 in 2019. I had to have a caesarean section because I had developed **cholestasis** due to the onset of gestational diabetes and high blood pressure.
- The lead up to the birth was all ok, and the birth itself was ok. It was what happened after with the **care and knowledge of staff.**
- I had my caesarean section on a **Friday morning, \_\_\_\_\_ 2019, at \_\_\_\_\_ Hospital in regional NSW.** I had been under my obstetrician as I was a private patient.
- The next day he left to go on holidays for two weeks to New Zealand, and this is when the trouble began.
- It was July school holidays \_\_\_\_\_ and the hospital had **trouble finding staff** to work.
- I would ring the buzzer, as I **could not** get out of bed to help my baby, or go to the toilet, no-one would come. So I would have to try and do this myself.
- I had a lot of trouble trying to breastfeed. I had absolutely **no help** from the nursing staff. I later found out that I had retained placenta, (I will give details), in which I had no hope of being able to breast feed (if the nurses were trained, they would of realised there and then, that something was wrong.)
- My blood pressure had remained high, after the birth, and had not gone down at all during a 7-week period. No One picked up on this or said anything to raise an alarm. They just kept writing in the chart.
- After 4 days in hospital, I was able to go home.
- I waited all day and was able to leave hospital about 5pm. However, the nursing staff lost my Blue (baby book), book. No one could care less about trying to find it, they all 'passed the buck', when I rang the hospital, and blamed it on me that I took it home. Luckily, I had witnesses who said that the blue was not taken home. Once again incompetence from the nursing staff and a lot of inconvenience for me.
- On my way home from being discharged, (driving home for me was about 40 minutes, as I live in Evans Head), half way home, I get a phone call from the hospital, for me to come back and get 'needles' for blood thinning. This caused me much distress, as I had been waiting all day with **no communication** from nurses or doctors, to be finally let to go home, only to be told to turn around at about 6 pm to come back and get more needles.
- During the first few weeks of being at home, I had raised my concerns of not feeling very well, but everyone just dismissed me. **After week 7**, I had a mass haemorrhage at home – twice.
- **2019 (6 days after birth)**, My blood pressure was extremely high (due to the retained placenta unawares of me), and I rang the ambulance. I was sent to ER at \_\_\_\_\_ hospital,

and was in **ER for 2 days**, before going up to the wards, as they could not get my blood pressure down.

- I spent another 3 days in hospital, still unable to get my blood pressure to a reasonable level but sent me home with new blood pressure medication. If I had adequate care, they would of realised I had all the signs of retained placenta.
- For **7 weeks straight** I had been **bleeding quiet heavily**, and had been feeling unwell all this time too, but always dismissed, and brushed off. Then I was driving home and sneezed, with that a huge **gush of blood** came out all over the driver's seat. I got home, got out of the car and felt something coming out of my virgina. I got to the laundry in enough time for a **huge 50-centimetre clot** to come out. I was so scared, and alone, my baby still in the car, and I quickly rang 000 to get the ambulance.
- By this time my abstriction \_\_\_\_\_ had come back from his holiday in New Zealand.
- So the ambulance came and also \_\_\_\_\_ rung.
- Ambulance stayed with me, watched me for two hours, and made sure someone was with me through the night and said if I felt unwell again to go to the hospital. In hindsight, they should of just taken me to the hospital again, but didn't.
- The next day I **haemorrhaged again**, this time went to hospital and had a **curet** that afternoon to find that I had retained placenta (7 weeks after giving birth) my god, it could of turned **sepsis**.
- It was so bad that \_\_\_\_\_ could not see when he went in for the curet, because there was so much blood.
- I had to have **another curet** a week later. He did not get all the retained placenta the first time. It was still there.
- During this time, I also had such bad **haemorrhoids** that I also had to have an operation 4 months later to fix them
- When they were doing this, they found **two polyps**, one of which was **cancerous**.
- **During my first 12 months of being a mother, and straight after the birth, I felt disrespected at a very vulnerable and emotional time in my life.**

### Issues:

- Not enough adequate care after the birth.
- Not enough highly trained staff on the maternity ward.
- Staff 'passing the buck' and not following through with anything. This means a head of department in charge, taking the lead.

### Recommendations:

- Employing specialised maternity nurses that are on EVERY shift.
- Delivering and accessing maternity specialised care at regional and rural NSW to everyone
- Universities, giving scholarships to up and coming students who want to be trained in maternity wards.
- Just basically, a lot more staff on the hospital maternity wards.
- At the moment in the \_\_\_\_\_ there are only about 2 obstetricians working in the area.