

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 27 July 2023

Partially
Confidential

I am a mother of 3 (9, 5 and 1) who lives in _____, NSW. I had 3 planned induction births, all for "medical" reasons (over date, reduced movement).

My birth trauma happened at a rural hospital in NSW,

This was my first pregnancy and birth and I was only 25.

I received care in a public hospital through a private obstetrician due to fund-raising for a new hospital to be built in the area.

Apart from a small cyst, my pregnancy went quite smoothly.

I was inducted, by choice of the OBGYN at 40+1. I don't quite remember the reasoning but I feel the OBGYN had decided it was of better interest for myself to be inducted.

I presented at the maternity ward at 2.30pm and the induction by gel was commenced.

With minimal contractions by 8.30pm, I was given morphine for the pain and told to sleep, they would reapply the gel to further induce tomorrow as there was no OBGYN on call overnight.

The next morning the second dose of gel was applied, I was seen later in the day and a third dose was applied. With contractions far and few but still prevalent, I was told I would be discharged home if labour didn't commence.

As a new, young, first time mum, I was determined not to go home (at this stage I had already been in hospital and experiencing contractions for over 24 hours)

That night at approx 10.45pm, my contractions ramped up and I went into "labour"

Towards the end of a 12 hour labour, exhausted was an understatement. I had minimal instruction or encouragement from the midwives or the OBGYN. I felt hopeless, lying there and waiting. I was incredibly tired, that I was falling asleep between my 5min apart contractions.

The OBGYN decided to assist the baby down the canal. He applied a vacuum to the baby's head, put his good up on the edge of the bed and pulled. The vacuum popped straight off the baby's head and my poor mother who was by my side had thought the OBGYN had pulled the head straight off the baby.

His next choice was to perform an episiotomy, he asked for analgesia from the nurse. And with the needle in one hand and episiotomy scissors in the other, he cut and injected at the same time. The pain was indescribable.

After a failed vacuum and painful cut, he used forceps to finally remove my baby girl.

After birth, I was left dripping blood into a bucket where it was estimated that I lost 1.9litres of blood (1.9litre PPH).

I was finally sutured and sent back to the ward.

3 days after birth my episiotomy stitches fell out and I presented to ED. It was established I had to wait it out for a few weeks when I would undergo surgery to recut and reheel my episiotomy.

If I had known then what I do know about the birthing process and the options available, I feel my experience would have been very different. Although my other two births were also inductions, I felt more empowered to make my own decisions, more educated and most importantly more supported.

I would like further education supplied to new mums.

I would like to see more support from midwives for new mums

I would like further follow up post birth for new mums.

Help them to heal, not hurt.