

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 29 July 2023

Partially
Confidential

My name is . I gave birth in January 2022.

I was induced at 41 and 2 days as recommended by the hospital which I now know isn't medically supported - it's protocol.

My baby was high and not engaged, my pregnancy was low risk and baby showing no issues.

I was induced with cervidil strip followed by pitocin drip.

I was part of the Midwifery group practice program so knew my midwives.

My birth trauma lies in the lack of empowerment and support from my midwifery team throughout my labour.

I never heard words of encouragement, support, suggestions of movement, positions, walking when my baby turned posterior and my dilation stalled.

I was denied access to the bath for pain relief as I wasn't 4cm dilated despite already being stalled in labour.

I ended up asking for an epidural and then wasn't allowed to turn on my side for fear of baby heart rate dropping - he hadn't shown any signs of this before. After 30 hours I failed to progress past 5cm and so labelled as 'failure to progress' and had a C section.

I had 8 separate medical professionals perform 13 cervical checks during my induction and labour many of which were very painful and still has negative effects for my sexual health both physically and mentally.

At my 6 week physio check post partum I was told I had vaginal grazing which could only be due to cervical exams given I had a C section.

I spent the first 3 months of motherhood questioning everything in my labour and having flashbacks. I do believe if I had a midwife who was supportive, kind, encouraging and helped me through my labour more than my feelings of control and empowerment wouldn't have been taken from me.

I am pregnant with my second now and have hired a doula to provide that support I lacked with my first in the hope of a healing experience where I am in control, supported and empowered.

I have also engaged with a psychologist to work through my birth trauma.