

Submission  
No 138

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

**Date Received:** 1 August 2023

---

Partially  
Confidential

I gave birth at a regional hospital in 2022. During both my pregnancy and birth I was pressured multiple times into having an induction as it would be more

convenient for the doctors/hospital. During an antenatal appointment when I was 30 weeks a doctor tried to book me in for an induction when I hit 40 weeks. I told him I didn't want to book in for one as I'd had a healthy pregnancy and didn't see why I needed to. The doctor told me if I didn't book in for an induction now and I needed an emergency induction or a Caesarian later it would mean I would "take other women's places who had already booked in and make them wait longer" explaining that would be inconvenient for those women and the hospital.

During my birth the obstetrician was trying to pressure me into having the oxytocin infusion to "speed up my labour". When I asked why this was indicated the obstetrician told me it was better to have the infusion now (at 9am) because the doctors were "on call" overnight and if I needed an emergency Caesarian they would have to be "called in" later which would be inconvenient and potentially endanger my baby.

During all these discussions with the doctors the risks of induction were never explained to me nor was the procedure. I myself am a nurse and a paramedic who works on call so understand the system well. As a paramedic we would never tell someone not to have a heart attack or a car accident at 2am as we are on call, we just respond and help. It disgusts me that doctors prioritise convenience and scheduling over letting women birth without intervention. I am grateful that the medical interventions available during birth exist and understand they save many lives. What I find worrying is to see how routinely they are used when not indicated for clinical reasons but for convenience of the doctor/hospital. I was lucky to have a background in healthcare and be able to advocate for myself but it shouldn't be about luck.