

Submission
No 157

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

During my first pregnancy I simply wish I'd been offered more information upfront about inductions/interventions. I know NOW to ask for more information and the reasoning behind why something is being offered but after believing your whole life that medical professionals only do what's right for their patients it's really confronting to learn that the hospital comes first.

Whilst labouring at home during my first pregnancy we called the Maternity Dept. and spoke to a very rude and abrupt midwife. My husband explained to her that I was having trouble dealing with the pain and we'd like to come in. She was adamant she had to speak to me and I explained that my contractions slowed when I spoke to strangers (I knew from previous phone calls to the hospital), to which she responded I mustn't be in labour then and was clearly tracking my contractions incorrectly. No advice was given on how to correct whatever it was I was doing incorrectly however and I ended up hanging up in tears.

Unfortunately this same midwife also ended up visiting out home for a postnatal check-up as well. She told me that everything I was doing re. breastfeeding was incorrect (hold, posture, latch, duration, frequency), but again provided so advice or solutions to said issues. My son only lost 3% of his birth weight so clearly I wasn't doing too badly...

These interactions really impacted my overall view/memory of my birth experience, to the extent that I was really nervous to give birth to my second child at the same hospital. I felt on edge during every midwife appointment and especially arriving at the hospital for the actual birth (and our overnight stay).

Thank goodness for the continuity of care model! I was lucky enough to have this the second time around and it took some of the nerves away, knowing I would mostly interact with a familiar midwife and that I had someone I could voice concerns to if any arose with other staff.