

Submission
No 181

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I was overdue with my first birth. One of the signs of my labour approaching was a small amount of blood. I was asked to come into the hospital and reviewed. After a CTG review it was recommended that I was induced as they were worried it was a sign the placenta was detaching (there had been not further bleeding over approx 2 -3 hours. The way this was communicated was not informed and scary using words like: if you go back home you and your baby could die (we live 30 minutes from the hospital). No alternatives were provided including the option to just sit and wait /stay somewhere closer nor were statistics quoted with the likelihood of various outcomes. This information was also provided in a Very intimidating way with 2 obs and one midwife standing at the end of the bed over us. Being a first time parent we went along with the suggestions out of fear. I was given a stretch and sweep by a male ob first which I found uncomfortable and had feelings of being violated. During the pushing phase I was also encouraged to push harder to get my son out by the OB threatening the use of the suction. The rest of the experience was overall positive thanks to a few beautiful supportive midwife's who created a calm environment and amazing advocacy. I do believe but if I had been provided with better educated at the start that I would not have chosen to be induced.

During my third birth I had a home vbac through a private midwife. This experience was nothing short of amazing. Having the same midwife follow you through prenatal, birth and postal experience meant I felt supported, held, understood and overall reduced my fear around birth. I was I disturbed during the birth process, encouraged to trust my instincts and birth by myself whilst being overlooked by a trained medical professional who kept us safe. I would recommend a private midwife to any going through birth even if they are birthing at the hospital to have someone to advocate for you. All appointments were also at home which meant the midwife could get used to my spade and it was easy whilst looking after my other children.