

Submission
No 193

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

Hello, my name is . I was 27 years old years old and living in NSW when I gave birth to my first child in 2021.

I had a fantastic labour, labouring at home until I was 10cm dilated, and then had a short 3 minute drive to the hospital for a delivery. That was when my labour became stressful.

I was put on a "clock" and was being timed during the pushing stage, despite how incredible my body had already been and despite me being completely healthy with zero complications because of "hospital policy".

I was threatened that if I didn't get my baby out within a certain amount of pushes that I would be cut open. To emphasise the point the midwife started opening the bag with the scissors in it, in plain view of my face. Out of fear I pushed so hard and my daughter came out, as a result I ended up with a second degree tear and needed stitches.

When I had a shower an hour later the midwife told my husband they weren't going to cut me, they just did that to "encourage me to try harder".

I ended up tearing my body open for nothing, the baby was not in distress, I was not in distress. Absolutely zero medical reason for these disgusting threats. I received a lifelong injury, resulting in discomfort and sexual dysfunction. With no government support medical help or recovery available.

I was then told my husband had to leave and couldn't stay with me. I was told I would have help all night long and not to worry.

I had to wait 3 hours for a midwife to answer my call bell that night to get help to go to the toilet. What should have been a carefree first night with support was traumatic and should not happen to anyone. I was alone and scared.

Birth in Australia needs to change.

Thank you,