

Submission
No 211

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I am a 34 F and gave birth 3 years ago.

My pregnancy was naturally conceived with no issues. I was labelled as a "Low Risk" pregnancy.

My pregnancy had no issues and was smooth sailing. I had a OBYGN throughout the pregnancy and at birth.

While pregnant I received no information about different birth plans but rather asked if I had a birth plan and then told to make one, no further information given about my options.

After research from what I thought was trusted sources (government sites, NSW health sites) I decided on a free reign plan. I was not against any plan but natural was the method I wanted to start with, and with no interventions.

I started contracting at 40w 4d at 11pm 4th October 2020

By 5am on the 5th my contractions were 5 mins apart and my partner and I drove to Hospital. We were admitted and given a room. The nurse informed as that because I was only 1cm dilated they will monitor me. After a few hours a nurse came in and said she will be performing a membrane sweep. At the time I had no idea what that is and it wasn't properly explained. Once the procedure happened I informed them it was too painful and I will not be doing it again.

By the afternoon around 12-2pm my OBYGN visited me and asked how I was doing. By this time my contractions are 2 mins apart. He explained to me the I was not opening enough and intervention might be needed. I informed him I wanted to wait a little longer and he agreed.

By 6pm my doctor came by to speak to me and informed me of my only 2 options.

1. Getting induced
2. C-section

I asked for his opinion and he informed me that it was my decision. I decided that an induction was a better option as my recovery will be less. My only request if i was induced was to have the epidural inserted prior to being induced. I was informed that the hospital only does inducing in the morning and that I will have to wait, unless it comes naturally.

At 9am on the 6th I was finally ready to be induced. I asked the nurses when my epidural will be inserted and told that the anaesthesiologist will be herel later. I reiterated that I want the epidural first. My options were to wait for the anaesthesiologist and get induced the next day

or get induced now and wait for the anaesthesiologist. I got induced straight and my water broken by a nurse. The nurse informed me that there was meconium in my water. I asked if this is a problem and I was told it was nothing to worry about. Another nurse (student) came in and inserted my catheter.

The anaesthesiologist came and inserted the epidural and left. After an hour I was still in immense pain and informed the nurses that I was still feeling pain but only 1 side. They got the anaesthesiologist to return and reposition the needle. It worked.

By 6pm I was only 3cm dilated and my doctor informed me that if I don't open up by tonight I will have to have emergency c section. By 8:30pm I had opened up to 9cm and I was moved to the birthing suite. My doctor arrived and by 9:15pm I was ready to push. At around 9:40pm the babies heart rate had increased and my doctor informed me that he will need to be vacuumed out.

I delivered my baby at 9:54pm. He came out and gave a big cry and he was placed on my chest. I got to hold my baby for less then a minute till he was torn from my chest and the nurses hovered around him.

He was not breathing.

Thank God that the nurse from the nursery (nurse at the NICU at Hospital) noticed the commotion, she came in and quickly picked up my baby and ran through the hospital to the nursery so she can attach the cpap to him. I believe without her my baby wouldn't be here. But the other nurses did not know what do.

With the commotion around the baby I was left alone in the delivery suite. I called nurses, I called anyone but no one came. I was traumatised, no baby, no husband, no doctor, no nurse, no one.

My doctor came back with a nurse and I delivered the placenta alone and then I was stitched for my 2nd degree tear. Once the doctor completed the stitches, I was again alone. I still have not received any updates on my son.

Finally my husband came in a told me that they have stabilised my baby but NETS have been called because he has to incubated and sent to NICU. The closest NICU is at Hospital and they have 1 availability. Once he gave me an update he left.

Two nurses came in to complete checks, this is when they noticed that my catheter bag was empty and not inflated. This is because the student nurse did not inflate the bag and I gave

birth with a full bladder. I still have inconsistency issues that are constantly ignored by all medical practitioners.

My baby spent 13 days in NICU from meconium aspiration syndrome. Thank God he has no complications from this. This should not have happened!

I am traumatised from my whole birthing experience and beyond. I suffered from postpartum depression on and off for 2 years. There is limited information for mothers to make informed decisions. There is a lack of support for mothers after they give birth, they are forgotten.

This needs to change!