

Submission
No 222

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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3 August 2023

Committee Secretariat

Select Committee on Birth Trauma

NSW Parliament

Macquarie Street

Sydney NSW 2000

birthtrauma@parliament.nsw.gov.au

Re: Inquiry on Birth Trauma

Dear Chair,

I am a NSW resident and birthing person/patient. And I would like to make a submission to your inquiry on birth trauma.

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Re: Inquiry on Birth Trauma

Dear Chair,

I am a NSW resident and birthing person/patient. And I would like to make a submission to your inquiry on birth trauma.

I'm writing to you to complain about the treatment I sustained at .
My initial Midwife appointment left me terrorised with anxiety as I was told I was going to obtain a perineal tear, Due to being a horse rider my muscles would be too tight. At this appointment I requested a caesarean. I also expressed my concerns as my mother had to have a Epiesodemy and haemorrhaged.

The lack of concern show gave me the feeling I was an experiment.

At my last midwife visit I again expressed my ongoing concerns about a vaginal delivery and how I wanted a caesarean, but yet again falling on deaf ears. I was then sent upstairs for a ultrasound and ccg. Two hours later I was told I would be induced the following Wednesday 28 March 2017, but with no explanation as to why?

At 5am on the 27 March 2018 (EDD) my waters broke. At 7am I called the hospital and shortly afterwards we left home and headed into Birth Suit.

On arrival I was offered to shower (the warm water might relieve the pain)

However the pain continued and I vomited.

Since the shower wasn't reliving any pain I hopped out.

My dilation was checked and only 1.5cm

I wasn't informed but a Sweep was Preformed.

My pain became increasingly worse and the gas offered did absolutely nothing. I asked for morphine and was told they would get some but it never came.

They then became concerned about baby's heart rate so decided to Insert a EFM which cause the most HORRIBLE HERENDOUS PAIN.

It felt like she had her hand inside of me I was in so much pain I almost passed out, I wish my body would of let me pass out.

Why did they do this was useless procedure I hadn't consented to?

I was told that I'd be able to walk around after this but was still strapped to the bed with external monitors. It didn't do its job properly and it fell out. They did it again against my will. Stabbing my poor boy in the head again! Which has left a scar. I suspect the obstetrician could feel my baby's hand coming out first and was trying to shove it back in. This pain and lack of management led to me requesting an epidural as staff wouldn't give me anything else.

After getting the epidural I finally had some relief from the pain. But they began pumping me full of Syntocin without my knowledge.

The epidural failed they left me in pain for a good hour before they bothered to ring the anaesthetist to try fix it. Mean while still pumping Syntocin into me.

Another anaesthetist was called in after the initial one failed to relocate my epidural.

At this stage I was ready to push. Why were they trying to stab me in my spine when the baby was ready to come out.

They began making me push on my back. For hours I pushed on my back.

Do you know how hard it is to push a baby out up hill with someone holding you down to the bed with useless external monitors?

Eventually they turned me over and I tried so hard to push him out.

I was getting exhausted I could feel his head but couldn't get him out.

I was asked to stand and go to the toilet.

I didn't need to pee.

I was then asked to stand up so they could place a bluey over the toilet bowl I couldn't lift myself up eventually I was assisted.

Later a mat was prepared on the floor next to the bed. My initial midwifes shift was over and she was made to leave.

I stood leaning against the bed and followed the nurses instructions to push. I knew child birth would hurt but it was later I would discover the horrid feeling I was having was my insides ripping apart.

Why did I have to push for hours?

Why wasn't a Cs ordered when his heart rate dropped or after he'd spent two hours crowing?

Finally he was out I was in shock from the pain. I got up on the bed. I did not spend golden hour connecting and excited to have my new bundle I layed in pain waiting for the end.

came to examine me. Although he used local it either didn't work or he didn't give it time to as again my body tried to pass out from the pain but couldn't. FINALLY he announced I would have to go to theatre for it to be repaired.

I waited another two hours for them to take me to surgery. I wouldn't let them transfer me to the other bed, I lifted myself up over to the new bed. I was in so much pain I did not want anyone else to touch me and cause more pain.

Once downstairs they finally anesthetised me and put me out of my pain.

Not once was I given pain relief or even offered Panadol.

Extended pushing has ruined my pelvic floor, created haemorrhoids.
After all this hype he was healthy so why the unnecessary constant EFM and Syntocin.

Other issues that occurred were I wasn't told about my low haemoglobin until week before delivery.

I'd specifically expressed colostrum into syringes encase I were to have emergency surgery or haemorrhage and die. But conveniently these could not be found thus my baby did not get a drink for 5 hours. Even when requested for on day two they still couldn't be found they were clearly labelled with my name sticker. So did they feed my colostrum to someone else's child?

The next day the resident essentially said sorry we didn't give you a CS we can offer it to you next time. Apparently they would get physio to see me but never did.

Mostly the nurses on the ward were ok. However some were conveniently very unhelpful and I didn't bother to call them again. This lead to me wanting to get out ASAP as they were no longer medicating my pain or helping me just keeping me awake.

Things such as signing I was wearing compression stockings that I hadn't worn after the second day. There was also multiple times when I asked for aftercare medications they forget or didn't give them to me.

At time of discharged I was told a nurse would check on me at 2weeks but they never turned up so I called and they finally sent someone at 3 weeks and she inspected my wound and insisted I go see the GP immediately.

At 3weeks pp I attended the GP.

I had an infection. She sent me too the hospital. A resident saw me and sent me home with some antibiotics. On review they didn't reattach the torn skin. 13weeks pp still having severe pain constantly.

used Nitrogen to burn scar tissue inside my vagina. No numbing cream first just burnt away.

After that I was the prescribed numbing cream and told to resume intercourse.

When trying that the scar tissue split so I booked another follow up only to be told I was a liar.

How much more pain physically and emotionally do you want to put a young women (21) thru? How many women have been or will be treated this way?

Birth trauma has had a product impact on my life including an extremely strained relationship. A huge disconnection from the baby. Painful intercourse (it's been over 5years and scar tissue still tears). A paranoia of Medical staff. PTSD, anxiety, depression (at times I've thought I would be better off dead). difficultly returning to riding and sports, when I'm finished I have to immediately change myself or wrap a towel around me to hide my soaked pants. No longer able to enjoy small things such a jumping on the trampoline or dancing with friends in fear someone will see me piss myself. Unable to enjoy or understand friends and family's excitement around pregnancy and babies. Extra time off work to recover. Extra financial costs, wasted time on medical appointments.

And no end in site. With suggestions such as another surgery may be required or try Thermavia. Because I really have the \$3000 for treatment or \$10000 for a reconstruction.

I've been left with a wonky scarred vagina that causes continual pain and there is nothing that can be done about it, and some debilitating incontinence.

If I ever become pregnant again I will likely opt for an abortion as I don't ever want to feel my insides ripping again and I don't particularly fancy having a scarred vagina AND scarred stomach!

Lastly out of everyone me and my baby saw no one pick up that my child had a tongue and lip tie luckily I sort alternative help and finally at 3 months I was able to breastfeed properly but by this time it was too late and with all the stress my body did not produce enough milk to enable my child to thrive, the nurses made it out to be my fault as if I wasn't doing everything I could.

Thank you for holding this inquiry. I look forward to seeing the outcome and hopefully a substantial improvement in reducing birth trauma in NSW and beyond.

Sincerely,