

Submission
No 275

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I had a perfect pregnancy not a single complication, I was considered extremely low risk. However my birth experience was nothing short of horrendous at hospital .

- I was told i couldn't possibly be in labour when I arrived at hospital ... turns out I was 10cm dilated

- despite my birth plan saying no induction as I wanted to let my body do it's natural thing, I was forced into an induction, I was 40 weeks and 5 days

- my birth plan indicated that due to vaginal exams not being accurate or backed by research I didn't want any. I was subjected to 4 in the span of 30 minutes. This was because the first midwife thought I was 10cm but wanted a second opinion, a dr didn't believe the 2 midwives that I was 10cm dilated so she insisted on an internal, her boss then wanted to confirm. This act was Coercive as they said "oh let us do an internal and maybe you won't need an induction"

- my birth plan said I wanted to be moving around, upright or in the bath / shower for labour and pushing. I was forced to birth on my back (the worst possible position) I asked multiple times to get off the bed but was told no because it would be too hard to monitor the baby. I begged to get off the bed so many times and was told no

- I didn't feel ready to push yet was told I had to start pushing and that coached pushing would be occurring . Something I indicated in my birth plan I didn't want to do.

- being an indigenous Australian I said in my birth plan that if possible I'd like an indigenous midwife, they used this against me and only allowed me access to one if I did what they wanted e.g "she can do the internal because you wanted an indigenous midwife"

- I was told to stop making noises and to be quiet when pushing.

- I didn't understand where to aim to push I asked them to explain and was told no get ready to push again on the next contraction

- when In the toilet I asked for help, I was ignored by 2 midwives and the dr present instead they did paperwork and took a call to organise my transfer

- the whole experience was very rushed and it felt like because my body wasn't working as fast as they wanted they gave up on me

My experience ended In theatre with a forceps delivery which left me with a 3rd degree tear. I was a low risk pregnancy, I should have been left to let my body do its natural thi f, not forced into multiple interventions.

Midwives need to be trusted more, it shouldn't have taken 4 people to decide I was 10cm dilated. Patient's should Also be allowed to bring their private midwife with them to help birth. Birth plans need to be respected more and be a legal document that must be followed unless it is a life or death situation

I am truly traumatised by my experience, I only gave birth a month ago and most days I cry about what happened to me/ what I went through because I believe half of what happened to me should of never been allowed to be forced on me