

Submission
No 375

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 14 August 2023

Partially
Confidential

I arrived at the birthing unit around 3:30am in spontaneous labour and went to a room straight away, i was 8-9cm dilated. I then had my baby at 5:08am. I had a PPH and lost 1.2 litres of blood with large blood clots. A team of midwives and doctors rushed into the room and worked on me, which prevented me from having to go to theatre. This took about one hour. I am so thankful for the care of the team.

My issue starts here; myself and my baby were covered in blood and meconium and I felt exhausted and unwell from losing so much blood. I asked the midwives if I would be able to have some time before having to go to the maternity ward. Numerous midwives assured me I would get to have a shower and have some breakfast before being moved over, they then left the room. Not even 5 minutes has passed and they were back saying one that one of the midwives had to go so my baby and I would be left with just one midwife and student to weigh baby, give immunisations, etc.

They then announced there were two inductions coming so I would no longer get to have a shower. They gave me a bed bath instead, which was really hard as i had so much blood and meconium on me to scrub off. I was also shaking because I was so cold.

They said they didn't give babies baths and asked if I had baby wipes and proceeded to clean my newborn baby with cold commercial baby wipes. This really upsets me as I'd much have preferred that they just used warm water to protect my baby's precious skin.

I barely had a bite of toast and they were getting ready to move me. My husband had gone to the bathroom so I asked that we wait for him to return so he knew where to find me. They agreed, but then a woman came to the door and told them to move me on (the midwife referred to the lady as the boss. So they started wheeling me out of the room without my husband. They were struggling to wheel my suit case as they were pushing me in the wheelchair and my baby in the bassinet already, when the boss lady stopped them and told them "look this is how it's done" and gave me my suitcase to wheel while I was sitting in the wheelchair. I tried to wheel it but as we went around the corner it toppled and knocked my catheter bag out of my lap and onto the floor, which felt physically uncomfortable, embarrassing and just plain unnecessary.

Basically, I felt extremely rushed at a time where I was at my most vulnerable, in shock and had just gone through the hardest task of my life. I feel I didn't receive the proper care that I was entitled to; I was denied the simple task of having breakfast in a warm room and a shower in peace after an unmedicated birth. My birth was very quick and I did not use the birthing suite for very long, so it hurts me to know I was rushed out so that people who were being induced and therefore not in urgent need were put in.