

Submission
No 340

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I had a traumatic birth at _____ earlier this year.

They got my due date wrong. They wouldn't listen when I told them I knew the exact conception date. The nurses told me I needed to have an induction and when I said no they reported me to FACs because I was past my "due date". While I was trying to rest in the last days of my pregnancy I instead had to deal with a welfare check. I felt bullied and intimidated.

I kept saying no. I'm well informed. I know the risks.

Before my due date, my baby had turned and was breech and they sent me for scans. I was at the hospital for hours and hours. They told me "we have to do a caesarean." In the end I turned her using Spinning Babies. I didn't need a caesarean.

They wouldn't let me birth in the birthing centre because of my age, my mental health issues and my recent homelessness, so they labelled me as high-risk. I believe this was discrimination.

I have complex PTSD and I repeatedly explained to the maternity staff that I have triggers and how to communicate with me but each time I had contact I had to remind them of information I had shared.

My waters broke and they said I needed to immediately come for an induction. I called the hospital and asked them to make a note on my file saying they are coercing, bullying, and harassing me.

I got to the hospital and it was horrible, I just went backwards. When I walked in the nurses stopped and stared at me. A doctor said to the midwives in front of me, "oh make sure you update me on this one" which made me feel unsafe.

I was so cold and couldn't get warm. After 24 hours of active labour I was exhausted. They pushed me to have monitoring and I said later. I had a panic attack in the delivery room while I was in active labour, and nobody tried to help me.

A doctor came in, weeks before she and I had clashed about not having an induction and I did not feel she was listening to me or respecting my wishes.

A midwife did an exam and said I was 8 centimetres dilated. Then she left the room, talked to the doctor, then came back and said she had made a mistake and I was only 5 centimetres dilated and I needed an induction or a C section.

They said the baby was at risk if I didn't have the induction.

I felt like the caesarean was punishment for not putting the monitoring on.

I ended up caving. I said “you’re pressuring me and I feel so scared, I am terrified”

I went to the surgery room and they were all talking about me.

My whole body was exhausted and shaking. My baby is my whole world but the way she came into the world has left me with significant trauma. I am sad and angry about the way I was treated and I don’t think it was right or necessary.

The staff didn’t listen to me. I didn’t want or need a C section and the impact on my physical and mental health has been terrible, and I will be dealing with this for a long time to come.