

Submission
No 450

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 11 August 2023

Partially
Confidential

I birthed my baby at ██████████ Hospital through their Midwifery Group Practice in 2021 with a wonderful midwife.

- On arrival to birth suite whilst I waited for my midwife I was TOLD I needed a CTG which is not evidenced based yet a form of monitoring advised to be used for most women. This immediately made my heart race and I can see right now as I write this exactly where I was and the position I was in. I declined as I knew it wasn't necessary, I can only imagine how many women would've said yes not knowing it wasn't necessary, commencing the cascade of intervention.

- I was told that a pathology test I had completed that morning had come back positive and I required antibiotics, this was false. The result had not been reported and was not reported until 2 days later after I had birthed my baby and was in fact negative.

- My midwife later arrived and commenced a syntocinon infusion to move my labour along. After a few hours it was discovered it hadn't been infusing, however I was in established labour. The doctors forced my midwife to discuss with me commencing the infusion as it hadn't been infusing even though I was in established labour, I declined.

- They then wanted me to keep monitoring my baby with the CTG which had been on due to the infusion, I again declined as this wasn't necessary. I am lucky I was strong and had my MGP midwife with me, without her I feel I would've been forced into having interventions earlier that weren't necessary.

- After pushing for 2 hours it was advised that I needed some help, why? My baby wasn't in distress, I was also okay. Why is there this blanket time limit for women when we're all individuals. They didn't offer me other options, again because I'm aware of the options I asked for time and a vacuum birth instead

- Ultimately I received a Caesarean section that I believe was unnecessary. I feel that they didn't offer all options to me, possibly because the obstetrician on was unfortunately "known for doing caesareans"

- Throughout my birth I felt that because I am a midwife and the staff knew that, I should accept interventions that I knew were unnecessary so that it didn't look badly upon my professional nature

- Although I was in a continuity of care model with a midwife I still feel the hospital system doesn't allow those highly trained and experienced midwives to provide individualised women centred care

- Everyday I still look at my scar with frustration and anger, I feel my care could've been better and what makes me angrier is how this will affect my next birth. I know from my work that the discussions doctors have with women planning their next birth after caesarean sound scary but the statistical risks are actually so small for a vaginal birth!

- I would like all women to have access to midwifery continuity of care, all clinicians to be trained to provide trauma informed care, ratios of 1:1 care in birthing suites so midwives can provide care women deserve, a statewide target for reducing caesarean sections and inductions because the rates are far too high and putting mothers and babies at risk and finally funding for all women to routinely see a women's health physiotherapist at 6 weeks of postpartum. We're recommended to see a doctor at 6 weeks which is funded so why isn't physiotherapy for our pelvic floor which has just supported our pregnancy!