

Submission
No 435

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I gave birth to my little boy, mid 2021. My pregnancy was pretty straight forward. I did have higher bloody pressure, which ended in medication. I went through shared care, as I was lucky enough to have a good relationship with my doctor.

At my last midwife check up, I was told I wouldn't be going home as my blood pressure was too high. This was late Monday afternoon. I was put into the birth suite (which still had dirty tissues, unchanged sheets and someone's half eaten lunch on the table. My anxiety when through the roof, as this was the 1st time I was seeing the birthsuit due to covid restrictions and this is what I was seeing. I was monitored for a bit and then told I was staying the night and going to be induced in the morning. I was then moved into the ward. Tuesday went on and it wasn't until late afternoon I was induced. I wasn't given an option or any information as to what way I was going to be induced, and was given the cervidil tape. I was then moved again out of the birthsuit, and to surgical ward because there wasn't any space in maternity. I was instantly in pain, having contractions that weren't giving me any reprieve. I had no idea what to expect, but didn't think it would progress so quickly. Over night I was moved to birth suite due to the pain (ended up being overactive.) Things calmed down by the morning. I was told my waters would be broken on Wednesday, but that didn't happen. I spent Wednesday in another room, and on Thursday I was taken to birth suite to have my waters broken. This happened, and immediately I was back to having massive contractions, all in my back. I explained that it was in my back, and I couldn't lay down as it hurt so much. I kept saying I need to use the toilet, as that's where all the pressure was. I was checked several times and nothing seemed to be wrong.

The say came and went. With the change of midwives, came a different check, where she then realised my baby was posteria. All of a sudden the room was full of specialists, because my babies heartbeat was dropping. A quick decision was made for me to have an emergency c-section. As things were going bad. My husband was left to make decisions around mine and my babies life, after days of labour and no sleep. The c-section part of my birth was beautiful. The sun was setting and I could see this from the surgical window. Unfortunately my son, was born not very responsive, however he came back and was lively soon after. He had not only been posteria, but his neck was hyperflexed and stuck on my pelvis, leaving a massive bruise on his check, resulting in jaundice and a longer hospital stay. He also had a low birth weight due to later finding out I had pre-eclampsia.

I feel like the hospital was understaffed and I was not properly looked after due to this. I wasn't given time to make a calming space, and my voice wasn't listened to due to midwife's not being able to be given the time to get to know me, and know that if I'm complaining of pain, I'm not just being hypersensitive, but to listen to my voice. I know my body best.

I have tried to get psychological support since, as I plan to have my second baby in January, and have a 5 month wait. Something needs to change. Women need to be cared for, listened to and have all options explained to them. I didn't know enough about my options and was definitely pushed into making decisions that impacted my care. If was given to option to be monitored daily (5 lived 2 blocks from the hospital), until there was time and space for me to have by baby calmly, things could have been a lot more different for me and my baby.