

Submission
No 504

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I had a planned home birth for my daughter and did all I could to avoid the hospital system to avoid any kind of birth trauma. I didn't receive much support from the hospital when I called to let them know. I loved all of my appointments with my incredible home birthing midwife. Unfortunately I ended up in hospital and birthing in the hospital, it was during this time the midwife on duty was trying to coerce me into having a pitocin drip for no reason as my labour was moving at a great speed. My waters had broken and they did all they could to rush me and move my body at a pace it wasn't ready for so I constantly declined. The same midwives also tried to force me into ctg monitoring so they could simply "have a break". I wasn't willing to wear a ctg monitor as studies show it isn't necessary and the same outcome can be reached with a Doppler. I did not want to feel constrained. The obstetrician then came in and told me how important it was and I still declined. Pushy pushy pushy. They waited until I was vulnerable in the bathroom on my own and told me my babies heart rate had dropped and I needed to wear the monitor. Again I declined. They then made me sign a form to cover themselves as I constantly refused. They told me I had limited time to push my baby out and rushed me. I was so lucky that I had an incredible team and private midwife there with me that pushed and advocated for me to be in my power. After my daughter was born beautifully I was rushed to push out my placenta when it wasn't ready to be birthed. I was given a needle to help the placenta dislodge as it didn't all come out properly due to being rushed. I wasn't asked about the needle I was just given it when again I was in a vulnerable state. I reacted to the needle and passed out. Again lucky for my private midwife and partner that I was able to keep my daughter with me. I suffered on going trauma after as the obstetrician on duty shoved his whole hand in me without warning and then put a whole hand towel in me without warning or consent to "dry up some blood" I reacted uncomfortably and my private midwife who I paid with my own money yelled at him to take it out. After my birth and issues with the placenta I wasn't even given any food or tea or anything for over 8 hours after going through a 24 hour birth. My body was weak and I wasn't able to be nourished. Ridiculous. After this I thought I was fine but due to the events I didn't prepare for it lead me to rock in and out of some post natal depression, followed by ptsd when I started to become intimate with my partner once again. Every time we would become intimate I would go back to that hospital floor with hand towels and big hands being shoved in me without warning. It's taken so much time to work through but even still it still triggers me. The hospital system flr birthing women and for dads of birth is broken. My story is just one and it's one of the better more positive ones. It could've been worse if I wasn't as educated as I am or have the support that I did.