

Submission
No 487

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

My first birth was at [REDACTED] hospital in [REDACTED].

I had a uncomplicated pregnancy and I went into spontaneous labour at 41 weeks pregnant, my waters broke at 23.50 on the 2nd March, my contractions were instantly strong and close together, averaging over a minute long and 3 minutes apart from the start, I went into hospital in the early hours of the morning, my contractions continued to intensify, I had an epidural around midday, and went into second stage labour after 19.00.

The incident happened when it came to the second stage of my labour I had reached 10 cm and was actively pushing for one hour, the midwife then advised as I had been pushing for one hour and my baby had not been delivered she had to bring the Dr in, multiple people entered the room, they spoke amongst themselves not involving me in the conversation, they then advised they were worried about my babies health and heartbeat, stating she was at risk, they told me they were going to cut me and try to turn her, they gave me one episiotomy and attempted to turn her, this then turned into what felt like a emergency situation, they said I needed a forceps delivery making it out to be a urgent situation for which I had no say in, at no point was I told the risk of forceps delivery either in my pre natal visits or in the immediate situation, I was made to believe that my babies life was a risk and this was not an optional procedure, they then proceeded try and deliver my baby via forceps, the Dr using the forceps was using such considerable force that she had her foot on the end of the bed and was using the force of her body to try and pull my baby out, they then gave me another episiotomy's to the right side and continued to try and pull her out with force, when I called out in pain she looked at me and said 'are you going to be able to do this or not' with force and anger, at this point both myself and my husband genuinely thought our baby was dead, there was blood everywhere pools of it on the floor, it was like a horror scene. I was left traumatised and utterly confused about what had just happened.

My daughter was born with a AGAR score of 9.

I have had a birth de brief with a midwife and a Dr review my notes including the CTG reading, both have advised the intervention was not required, there is no evidence of my baby being at risk at any point, I should have been allowed and it is very normal to push for longer than an hour with your first baby, there is also evidence that the midwife knew before I started pushing that my baby was in the wrong position and did nothing to support me to turn and move her prior to stage 2 labour.

During my labour my rights and body were violated, I was lied to about the safety of my baby, I was not asked for, nor did I give informed consent for the procedure, I was not notified on the very serious long term risks on having a forceps delivery or of any other possible lower risk options I.e c section. I believe what happened to me is inline with grievous bodily harm.

I have experienced significant consequences from these actions both physically and emotionally, I have significant scarring on my vagina, I have a prolapse vagina with bladder/urine and bowel issues that I have to receive regular Physio treatment for and have effected my ability to work, I also experienced PTSD having flash back of the event, I struggled to bond with my baby and I think this in part was because of the trauma I experienced during birth, and the fact I believed she was going to die. I am deeply hurt by the treatment I experienced in the hands of people who I trusted to care for me and my baby.