

Submission
No 522

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 9 August 2023

Partially
Confidential

I was a first time mum, they pushed for me to be induced early even though I didn't feel ready nor my body. Once they put the cervical cream on I had a bad reaction and started non active labour, one intense contraction after another no break in between which they ignored and said, "no you aren't you're just scared, you need to calm down it's scary being a first time mum we know" to which then my waters broke half an hour later, I was in excruciating pain, that they also didn't believe. Said it was "impossible" for my waters to break yet, until I showed them the bedsheets. They then put the monitor around my belly and as soon as they seen what was happening finally rushed me to the birthing unit.. while they were taking me there I was begging for a vomit bag because I was going to be sick from the pain but she told me "you'll be fine once you're in there." To which I then vomited all over my partner, floor and wheelchair. (they got angry at me) I then proceeded to be in excruciating pain for hours, epidural finally came and I told them after a while I could still feel everything.. they told me I couldn't, again telling me I was just scared.. 15.5 hours later they pushed me for a c section, doctor came up and said he needs to check epidural before going to surgery, told me to close my eyes and tell me when I felt ice.. shock horror, I felt everything. To which he then said, the epidural wasn't in right spot, it hasn't worked. They then had to take that out, to give me a spinal block in the surgery room. I was scared, so confused and felt so rushed and like I meant nothing nor the birth experience I was having to anyone (mind you I was very care free no birth plan just wanted it to be safe and happy) The nurse then said to me, don't feel like your a failure because you can't give birth like a normal woman should... as you could imagine my partner blew up at this point. She didn't care. The whole time during the c section I cried because that's all I heard over and over in my head, I felt like a failure. It actually was a big part of my PND - I felt like a worthless mother, woman, I didn't deserve to have my daughter.

In the maternity ward I had a nurse come over and ask me if I was breast feeding or bottle , I said I would like to try breast, she dumped her on me and left. I was so exhausted and had no idea what I was doing I actually fell asleep and woke up to my partner tapping me shortly after because she wasn't on my breast and was fussing.

During the night I was in so much pain, the doctor actually prescribed me endone due to how deep he had to cut he said, but the nurses refused to give it to me and said no you'll be fine with Panadol and nuerophen.. when I asked. That night my daughter was lying on her back started choking, I rang the nurse buzzer multiple times, no one came. So I had to jump up and grab her and I opened my wound. I begged for the nurses help that night I couldn't keep my eyes open but I was so scared for her I couldn't sleep, she told me "we don't take babies here sorry" the morning nurse was much kinder. Many times I called for the nurse feeling unwell, no one came. I then said to my partner it's okay just help me get in the shower. As soon as I stood up and got into bathroom I fainted. He tried buzzing the nurses and no one came again so he pressed the emergency button in the bathroom where everyone came rushing in.

I voiced opinions of my daughter looking very yellow to which again they told me was normal and I was over thinking it. I actually ended up leaving the hospital early because of how nasty and degrading they all were except for 2 out of all I seen. Turns out a week later she had to start light therapy treatment for severe jaundice. Again. Not listened to because I was a first time mum, over thinking everything or apparently delusional they thought the way they were acting towards me.

When I was back in hospital with my daughter for her jaundice a week later I could barely walk I was in so much pain, they didn't discharge me with any pain relief medication and a lovely nurse finally looked at me and said, where is your stomach compression band? What

medication do you have for the pain you poor thing? I was never given one and again no pain meds.. - she gave me a compression belly band for c section area and wow what a difference that made.. a doctor came and gave me scripts for endone and he was sincerly apologetic and unsure why I was sent home without any pain medication when he had a look at my file. (my guess is because I decided to check out early from the neglect)

I had the most horrific, horrible, traumatising experience at [REDACTED] hospital. And I will never go back. Something NEEDS to be done. I am still suffering with PND and I blame [REDACTED] hospital. Specifically that nurse whose voice I hear over and over again in my head when I look at my daughter.

Thank you for your time. I pray this doesn't happen to someone else.