

Submission
No 542

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I birthed at [REDACTED] Hospital in September 2021.

In my pregnancy I was part of the MGP program from 8 weeks gestation. My assigned midwife ghosted me, continuously cancelled my appointments and complained to people in the community about me seeking advice. I was not seen until 20 weeks gestation when I requested a new midwife. I was kicked from the MGP program and pushed over into the clinic.

I was being induced due to post dates and was told after 1 hour of having my waters broken I would need to start the Syntocin if I was not progressing naturally. I had my waters broken at 7am and by 8am I was on syntocin due to no progression. The midwife who broke my waters was very pushy about the fact I would need syntocin and this created a very stressful environment for me already. She was quite rushed during the breaking of my waters and quickly left her shift and sent a new midwife in. After 7 hours of excruciating pain and doctors telling me I would need a c section a saving grace came when a midwife took a look and saw my waters were still intact and that baby was pushing on my waters for the past 7 hours. My waters were broken and 45 minutes later my baby was out. During my pushing phase I was told I was not allowed to push naturally and I HAD to be coached. This went against everything I felt naturally and made the transition phase of my birth insufferable. I still to this day replay these moments in my head and I am filled with immense pain over these thoughts. I feel like my natural instincts were taken away from me and my own protection of my body was governed. At one point I had 2 doctors and my husband trying to deliver my baby. At one point I heard my doctor yell at the other doctor to not pull the baby because she was pulling on my baby's arm and she was worried this would hurt her.

After I gave birth I lost half my blood supply and was unable to stand up for 3 days without fainting. I was in a private room which allowed my husband to stay which was great as I needed help to go to the bathroom and shower. On Day 2 PP a nurse came in and told me I needed to leave the room because a private patient was coming in and this would mean my husband could not stay. I found out later on (I live in a small town) that the patient that took the private room was not a private patient but a friend of the nurse and she only got that room because of that relationship. On the rest of my stay my husband was not able to stay and there was one night in particular where my catheter bag was overflowing, my baby was screaming (I was still unable to stand) and I waited 3 hours for a nurse to come and help me. At this point I was crying hysterically and falling into a depressive state. I felt alone, neglected and like a dirty animal rather than a woman who had just had a baby. This pain followed me for many months and even to this day I remember how alone and neglected I felt.

I had another nurse who was insanely rude to my husband and I, at one point tell me I was a neglectful mother because I chose to not have a particular vaccine as I already had to have an iron infusion and had a fear of needles. I told her I would have it at my 6 week GP check up in which she said "Well if you want to be a neglectful mother and put your baby in harms way that is on you." This same nurse refused to give my husband a bath lesson (he was very nervous about bathing our daughter) because in her words "if you don't know how to bath a baby maybe you shouldn't be a dad." This same midwife kicked us out of our room with 10

minutes notice (I still had my catheter in and she yanked this out that caused me to bleed), our baby was still not dressed, I was trying to eat my lunch and booked me in to an iron infusion with only 5 minutes to get to it (I was still light headed and low on blood).

Due to these issues we have decided to not have another baby until we can move from the [REDACTED] region as I never want to birth in the hospital again. When I have to go to the hospital for any other issues I instantly experience an anxiety attack and would rather put my health care to the side then to ever step foot in that hospital again.

My body didnt feel like mine, my birth did not feel safe and I was made to feel like I alone in some of the scariest moments of my life.