

Submission
No 474

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

Hello,

In August 2019 I had experienced an extremely traumatic birth. I look back and feel like I was not heard and was not able to advocate for myself in a way which I believe may have been able to alter my first birth experience. Around 38 weeks pregnant I had expressed concerns that I was feeling reduced movements, I had a scan done which had confirmed baby was measuring to the 95th percentile and seemed to be on the larger side, I had requested for an induction although I had been told it's best to wait and the induction list was quite full at the time. At 40+2 weeks I had ended up having the cervadil induction which is the "gel induction" the gel was inserted on Wednesday the 14th of August I was sent home to progress and told to come back to the hospital once things were moving along and labour was no longer bearable at home, I started to have contractions through the night and went back to the hospital later Wednesday night I had been examined and told I was not dilating therefore I was still in early stages of labour, the pain intensified throughout the night and I had a midwife examine again and was told I was 1-2cm dilated and she had recommended to manually rupture my waters which was done at 6am on Thursday, she had advised me that there was meconium present I did not have any information provided to me that this was a sign of distress or harmful

Throughout the day labour was progressing slowly I opted for the epidural to have some relief from the pain as I felt I wasn't able to rest I had a monitor on my stomach to keep track of the baby's heart rate which seemed to be on the higher side I felt sweaty and shivering and mentioned this multiple times to the midwife she helped by putting a fan on although I kept telling her through the pain that I felt hot around 3pm the next midwife taking care of me came into my room to introduce herself she noticed I could have a temperature and checked my temperature which was 40 degrees she turned to the monitor and made a comment about baby's heart beat being to fast she left the room and said she was going to find the dr, Dr [REDACTED] had come in and asked to examine he noted I was 7cms and had a discussion with both the previous midwife and the midwife starting he had one of them take my bloods and had mentioned I could be septic the midwife from earlier in the day said it's fine for her to continue and deliver naturally, the midwife that just started suggested an emergency cesarean which the dr agreed to, the dr spoke to me and had me fill out the forms he said in a moment there will be quite a few people in here stay calm we want to get the baby out as quickly as possible.

Once in theatre I had been put under general sedation and my baby was born at 3:49pm weighing 4.169kgs and taken to the special care nursery when I had woken up in recovery I was panicking I didn't know what had happened I had to calm down before being moved to the postnatal ward, I shortly later noticed the dr walking passed and I had asked him what happened and where is the baby he said you were a couple of cesareans ago she's ok she has dark hair you will see her soon on the postnatal ward. A short time later I was moved to the ward and the nurses moved me to a room and I didn't know where my baby or husband where I was extremely upset and had no one initially explain to me what is happening I soon after had a midwife tell me that my baby was in special care, I asked if I could see the baby and she had said we need to wait for someone to come and take you (the staff that wheel you around) after what felt like ages of waiting I seen my husband who was showing me photos of our baby and explaining that she is ok finally after 9pm someone came to wheel me over to her room she was in a shared room and the parents of another baby were also in the room my husband had put her on top of my chest and I instantly felt like I wasn't connected to her because I had all of her first moments taken away staff had dressed and fed her. I felt sick from experiencing a painful traumatic birth. My traumatic birth added to stress and anxiety, post partum depression which I feel could have been avoided. My experience at [REDACTED] Hospital was horrible.

In November 2022 I had a positive birth experience where I was heard, listened to and I had a say which makes me look back and know that my first birth experience was not right