

Submission  
No 476

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I am an Aboriginal woman and I birthed my son at 27 years old at [REDACTED] hospital in Sydney.

This submission is hoping to show the need for care post birth for those who experience birth trauma. The hospital was great during the birth but the birth was still traumatic and I needed support post birth.

Overall my pregnancy was normal. I was supported by the hospital by being allocated an Aboriginal midwife for my prenatal care. This was so important to me and I am sure contributed greatly to things going ok during the pregnancy.

I completed the birthing / parenting course offered by the hospital as well two other birthing / parenting courses provided by external providers. I was determined for the birth to go as smoothly as possible.

At 39 weeks we went into hospital to get checked for reduced movement. They said Bub appeared ok but offered an induction. As I couldn't feel movement we accepted and started the induction process Monday night with the hormonal strip. I had that in for 12 hours and the cervix remained closed. I then had the balloon in for 12 hours. It took two doctors four attempts to get it in. Tuesday night they broke my waters and began me on the drip. My waters had bubs stool in it. I knew Bub was distressed but they weren't saying too much about it. I was about 1 - 1.5cm dilated. I laboured through the night, lots of vomiting and lots of close together contractions. I requested an epidural but was still getting pain even with the epidural. I started having what they called abnormal episodes because they don't know what they were. I was essentially losing consciousness and having fits. I was only 2cm dilated. I was taken for emergency c section. I remember the anaesthetiser telling the doctor to hurry up because I was going to start feeling it soon during the procedure. Bub was born about 6am Wednesday morning. We didn't get any skin to skin as he was rushed to intensive care because he wasn't breathing properly. He was given the snorkel. The x ray showed fluid on his lungs. He was in intensive care for about 5 days.

At every point in our birth I was trying to make the right choices for my Bub but everything seemed to go wrong regardless. My son is 15 months now and I still cannot think of the birth without breaking down. Family and friends tried to talk to me about it and I would shut down. I am traumatised from the birth of my son. I have always wanted a large family but I don't know if I can go through another birth and that's heart breaking for me and my husband. I wish someone called me after the birth and said something like, hey that was tough and it didn't go to plan but let's talk about it. I was crippled by the trauma. I couldn't talk to anyone I knew about it. I couldn't pick up the phone to call a helpline. I really needed someone to check on me. I still really need someone to check on me.