

Submission
No 602

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 8 August 2023

Partially
Confidential

My name is [REDACTED], I am 28 years old and live in [REDACTED] Sydney. I have a 2 year old and am currently 36 weeks pregnant with my second child. I am writing in regards to my first birth which I was part of the midwife clinic at [REDACTED] Hospital in [REDACTED] NSW in July 2021.

I experienced birth trauma which I still hold to this day during my induction process at [REDACTED] Hospital. I was admitted to [REDACTED] on the 11th July 2021 to begin my induction. I want to firstly mentioned that when the induction was booked in when I was 40 weeks the doctor only gave a very brief explanation of the induction and I was not fully informed of the steps involved.

I arrived at 3pm to [REDACTED] at [REDACTED]. My induction began with the prostaglandin gel being inserted at 6pm. At 8pm my partner had to leave. I began having contractions at 9pm. At midnight, a midwife arrived to my room and advised she would have to do another internal exam to insert more prostaglandin gel. At the start of the internal, I began to have a contraction and was finding the midwife really rough and in a lot of pain, I firmly and loudly stated "Please stop" to which the midwife proceeded with the internal exam. I then repeated asked her to stop by repeating the words "please stop" whilst crying, the midwife continued with the internal exam and inserted the gel. Once she was done, the midwife acknowledged that she had heard me say stop but stated "but I kept on going because it was easier to just insert the gel".

I did not make a complaint at the time as I did not have the opportunity to debrief my birth and then the whirlwind of motherhood took over. I deeply regret not making a complaint.

The second incident during my birth at [REDACTED] that has left me with trauma from this experience was when I was transferred from [REDACTED] to the birth unit ([REDACTED]) at around 5-6am on the 12th July 2021. I felt at the commencement of my active induction, I was treated poorly and rushed. I felt as soon as I arrived to the birth unit, a team of midwives arrived and multiple midwives began commencing procedures at the same time which was overwhelming. This included the breaking of my waters, a cannula being inserted and then the Syntocinon drip being started which was started at a high rate where I started having 4 contractions in the space of 10 minutes. When my waters were broken, I experienced an increased intensity in contractions and pain and was trying to move around the room to help manage the pain, I was then forced by the midwife to lay on the bed so they could monitor me for an hour. I felt I was not given a choice in this and it added to a marked increase in pain due to being stuck on the bed. The lack of choice and control and being made to feel like a passenger rather than the controller in my birth has impacted me emotionally since the birth and I hold anxiety and fear surrounding my impending 2nd birth. I did not make a complaint at the time.