

Submission
No 567

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

Birth trauma

My first pregnancy began with GP shared care

Simply put, my gp was negligent

Did not check me through my pregnancy after the main few tests / scans were done i never saw him again or was told to see him again

I didn't know if I was supposed to see him I went to midwife appointments and no one between the "shared care" of midwife and GP neither of them ever told me what is supposed to happen

Whichever midwife attended to me each time I visited never advised.

Additionally was disappointed that any of the midwives ever spoke about a birth plan or even told me that I could have one or like suggest what others do nothing just basically the routine checkup, ok bye

This is the number u call when u gonna come in, follow the purple foot prints CYA

The prenatal treatment lays the carpet out for a bit about how the birth is going to go down.

I came to [REDACTED] hospital to have my first son

You walk in, terrified, don't know what to do don't know what to say, don't know ANYONE there "hi I'm in labour I guess."

They check how dialated I am and say you can go home if you want ur 2cm

I wanted to stay because driving in labour, finding a park etc is horrendous and also I was scared and wanted to stay in case I progress

Anyway they placed me in maternity and I was just a bother, meeting every new person as shifts change and change I'm there forever

My water breaks (trickles) and I call over a midwife and tell her, she said "oh you've probably just weed yourself"

Nope I definitely didn't "ok I'll have a look"

She reaches in my pants and grabs my pad and takes it over to the midwives on the floor and they all inspect my pad in the middle of the reception area talking about it and then eventually send someone to test the fluid, it comes back positive 🤦

Yet labour doesn't progress until like 4am none of my support ppl are there cos you can't have visitors stay with you

I'm freaking out and this other patient next to me is coaching me through my contractions keeping me a bit sane until I lose it and a little cleaning lady comes and helps me she's like "oh the baby is coming! Call your husband!"

and calls people over she's grabbing my stuff and I have to walk over to birthing room call my partner and then everything slowed down again

The midwife in the suite was like I'm about to finish my shift so didn't really bother doing anything with me just put me in the room

So I went through yet another shift change and finally was with a young midwife who actually seemed like she cared about people and wanted to be there

She was very supportive and offered lots of things only toward the pushing part of my labour I felt very pressured to push bub out fast like it was a race and I tore sooo badly

It took me months and months to heal from that

Looking back on this birth I felt disempowered, disrespected, and belittled

I wish I knew more I wish I was taught more about birth

I just showed up to this with no idea

And put full trust into these strangers to give me a good experience, to care, to treat me with respect and kindness

Not like a factory like I'm a box and their shift is done or like I'm an idiot because it's my first child.

The point of this story telling is so we can change birth in Australia

How could you have improved my birth experience and prevent trauma?

Starting at pregnancy is give the women the knowledge, show them what birth CAN be like, give us funding for home birthing!!!

Show us hypnobirthing, atleast tell us it exists

Show us physiological birth practices

Tell us about doulas and what they're for

Give better classes with info that actually matters for the women not just the babies and give them for free

Make a video we can watch, links to information

My second birth I did it at home and it was incredible to say the least however paid \$10,000 out of my own pocket just to have that.

I hope Australia can do better for women and birth.