

**Submission  
No 667**

## **INQUIRY INTO BIRTH TRAUMA**

**Name:** Mrs Claire O brien

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My name is Claire O'Brien and in July 2019 I suffered significant birth trauma.

I fell pregnant naturally immediately after I married my husband, my pregnancy was smooth until 37 weeks when my bump measured larger than usual and I was diagnosed with polyhydramnios. Following a discussion with my midwife and obstetrician an induction at 39 weeks was agreed upon.

At no stage were the risks of induction on either my child or myself presented to me. It was however mentioned to me my child was thought to be a large baby and shoulder dystocia may occur. At no point was a c-section offered or discussed. Being my first child I was none the wiser to question any further and trusted all advice given.

My induction began on July 23rd at 3pm where a balloon catheter was placed on my cervix. The next morning at 10am my waters were broken manually by my midwife to which there was a significant amount due to the polyhydramnios. The syntocin drip began at 1pm. Contractions were back to back and by 10pm I could no longer continue without an epidural. My body relaxed and at midnight I was fully dilated. I was told I needed to wait one hour to begin pushing. Pushing commenced and my daughter was not born until 5.54am on 25th July 2019.

She was born via forceps. The risks of forceps to myself or my baby were never discussed or provided to me.

I had an episiotomy and also a second degree tear.

However most importantly the muscle was torn off my pubic bone and I have been left with a bilateral avulsion. Complete on my right side and partial on my left. Due to this injury which occurred from the forceps delivery I have also been left with a second degree prolapse of my uterus, bladder and rectum.

My daughter turned 4 last week. My life will never be the same again. I cannot lift my daughter I cannot run after her and play. I cannot jump on a trampoline or bouncy castle and have to stand back and watch whilst my husband can do the fun things and mummy again reminds her daughter mummy has an injury remember.

My injury is invisible to everyone around me and is something I struggle with every day. I had no follow up support after to my daughter's birth. I insisted something was wrong and myself went to a pelvic floor therapist who in the end advised there was nothing more that could be done for me. Most recently I have engaged in Pilates as I cannot attend the normal gym classes I pay for private one on one classes this has helped me both mentally and physically and is something that should be encouraged for all women after birth.

Everything has been affected since my birth trauma. I cannot stand up without feeling pain I look at other women and think why did it happen to me. Why was I not told of the risks and why is there no one now trying to help me and other women recover.

Something needs to change this cannot continue.