

**Submission
No 696**

INQUIRY INTO BIRTH TRAUMA

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I would like to share my story and experience after giving birth via Cesarean at [REDACTED] Public Hospital

It was when covid was at its peak and only one person was allowed to visit, in which in my case was my mum

It was a high-risk pregnancy so I had checkup appointments and ultrasounds every week to two weeks. I got induced on the 18th of October 2021 after going over my due date by a couple of weeks.

During these appointments I had typed out a birth plan which was practically thrown out the window and not mentioned before, during or after my inducement so they just put me on the gas and after a while my baby turned and was breach and I do not remember much after that other me saying cut me open do not ask me again

I kept feeling a struggle on my spine when they were doing the epidural and I was thinking to myself is it supposed to be this hard for them to do? It was the most uncomfortable thing I have ever experienced. I do not remember anything after that

I remember being taken back and seeing my mum and her passing me this little human and I instantly fell in love.

It all went down hill from that point because after my mum left, I could not do anything and when I would ask for help, I rudely got ignored and got told to wait but I'd be waiting for hours so I decided to do everything myself, that was day one

Day two I got stuck flat on my back while giving my daughter a bottle and I was crying out for help for four hours almost dropping my baby. All I could hear from the workers was laughing at videos they were watching and making putting on them on TikTok, when someone finally came in all I got was a OH YOUR OK and she walked straight out again. I had to fight with all my strength to lift myself up because I had no help what so ever.

I got kicked out of a room that was fully paid for my entire stay, I never got showed how to breast feed so I tried myself but it did not work. I went to formula and got told not to feed my baby as much as I was feeding her, not once did they let me have a shower or offer even after mishaps happened when I would try make it to the bathroom had something mean to say about what happened so I would just have to change my clothes, I never got showed how to bath my daughter

I spent four days in my own filth and crying because all I wanted was to go home and be with my family and I knew myself and my daughter would get better care at home

Nothing will ever compare to the horrible and sickening experience I had in [REDACTED] Public Hospital that was given by the midwives