

Submission
No 709

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I'm choosing to share my story and experience in hope it will create change.

The trauma I experienced has left me with lasting anxiety and anxiety disorders.

This was my first birth. It was at _____ hospital. My son was born after a very fast labour and was born vaginally. I was recommended last minute during my delivery that I would require an episiotomy and forceps were also used. This was explained to me in the throes of labour as I was told he is stuck and we need him to come out quickly due to his monitoring- they could tell he was in some distress.

This is how my son was born. Total 2ish hrs.

Due to the speed of his birth he was taken to the NICU with my husband almost immediately to help assist his breathing/clear lungs.

After birth I was seen to by the drs and midwives to be stitched up and from there I was left alone. Completely alone. No idea how my son was or what was happening.

A student midwife who was around during my pregnancy came into the room after around 1hr of me being left in my bloody soiled state, to congratulate me, and I had asked her to pass me my mobile so I could at least try to run an or msg my husband who was with our son and find out what was going on.

I had had an epidural so I was unable to walk so I couldn't even reach the help button if I needed. I also asked her if she could try find somethings out and tell me what was happening-

Once I had my phone I was able to only get updates

From my husband about our son for hours.

No one came back to me, and once they did it was to finally change my Msheets and help me wash.

Once I was taken to the ward I was there while my son was in the NICU for 5 days.

During our time with him in the NICU I started to experience major anxiety as I felt he was going to be taken- similar to right after his birth.

This was not the case but it is how I felt. I also experienced trauma from being in the NICU with him and trying to learn to breastfeed while other little babies were being rushed in and being resuscitated right next to us.

I couldn't leave and I also suffered from staying.

After we came home I suffered extremely bad postpartum anxiety due to the things I experienced and witnessed as I tried to bond with my new baby.

I am due again in 6 months and I am fearful I am already not being heard and I am being forced to have interventions when they are not wanted and are lacking medical based evidence.

My son is now 21 months old and I'm still suffering from anxiety and the trauma of him being taken from me and me not being told what was happening for hours.