

Submission
No 755

INQUIRY INTO BIRTH TRAUMA

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Partially
Confidential

I am writing to express my disappointment in the service I received from Maternity team in July 2022 when I birthed my first daughter. I reached 41 weeks and 2 days, and coming up to this I was told I would have to book in for being induced. Not something I wanted not thought was necessary as I had no complications during my pregnancy and was not a high risk. When I got to being 41 +1 I was told I needed to come in to assess / induce. I kindly explained I did not want to be induced as I felt like my baby was on her way and I wanted to wait closer to 2 weeks past my due date. Dr .. came in and mater factually with no greeting or compassion to the fact I was heavily pregnant/ about to give birth told me I was risking the baby's life and it could die. Yes, he used the word "die" and then he asked if I was okay with this and then walked out of the room. It wasn't until he was gone I realised how inappropriate that was to say to me and my partner. This was so disappointing as I was only 41 weeks pregnant. I wasn't denying any kind of intervention but said I would discuss induction at 42, but expressed that I knew I wouldn't make it that far as I already felt like I was in early labour.

Fast forward 12 hours and i indeed went onto labour naturally. My water broke at 10 pm and contractions began at a similar time. By 12am we felt it was time to go to the hospital as the pain was becoming quite . When my partner called to let the midwives know we were on our way the woman who answered responded with a huff, said that the contractions didn't seem like they were close enough and that the night was already so busy for them... But because my waters had broken, I better go in.. A big shame for us to feel like us going into labour was an inconvenience to someone who could be helping us deliver our baby girl.

Once I arrived I was examined and told I was 1.5 centimetres dilated, "not much"she said and we would be there a while still. So we were kept in a recovery room rather than being able to be set up in a delivery suite. My mum was with us and was told she must leave as I wouldn't be having a baby any time soon and she was told she cannot stay anywhere in the hospital and was even approached when she was sitting in a waiting area thinking about what her next move would be and told she must go home...

I delivered my baby 30 minutes later and mum only just made it back in time. No one asked me for a birth plan and we didn't give it as we thought we had "a long time to go" as the midwife had suggested. The umbilical cord was clamped and I was given an injection to help me deliver the placenta. Both without my consent or asking. The same dr from the morning came in an stitched my 2nd degree tearing. Again with no compassion. He adjusted the bed which hurt my body, he stitched me, which also hurt and at the end he did "one last test" which was sticking his finger in my bottom. - no idea why and no warning. Honestly the least traumatic part was pushing a baby out. He ruined my experience and the midwives did no help unfortunately. I couldn't wait to leave and be home. There were three midwives I encountered through my 3 days stay who were kind and supportive. The others made me feel inferior.