

Submission
No 764

INQUIRY INTO BIRTH TRAUMA

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Partially
Confidential

I experienced birth trauma in both my first pregnancies. My first in 2012 at Hospital () I was 5 days over and unknown to me had a posterior presenting baby.

My urges to push were very strong so naturally, I did and it wasn't until 4 hours of excruciating pain that they decided to check my dilation. I wasn't even 4cm and was told to stop pushing, which was even worse to try to contain that urge. About 8 hours later they ultrasounded to find he was face first and that I was going to have to have an emergency Caesar.

I was in desperate need of a catheter as my baby was blocking my urinary tract. - which took a few hours to actually get in place. when the doctor was removing my baby the rummaging I felt was so awful.

My poor baby's head was so disfigured from being sucked down the birth canal the wrong way. It was the worst case of a conical head shape that the hospital had ever seen.

My post op care was very poor as well.

I woke up with my baby nearly falling off my bed, because they had left him on me and I had been in so much pain that I was on morphine and didn't realise he was there.

I also got discharged after only 1 night. I was so desperate to get out of there. But it wasn't the right thing to do for a brand new mother with Caesar wounds.

I felt very alone and uncared for in my most vulnerable time.

During my next pregnancy I found that they did such a poor job of stitching my uterus that it nearly ruptured.

The trauma my first birth had - took a major toll on my next pregnancy. I was so scared of what would happen.

I insisted on having a VBAC as I had missed my chance of a natural birth the first time.

After 8 hours I knew something wasn't right (later found out I was about to rupture from the scarring) and asked to have an emergency Caesar.

My spinal block was not inserted properly and I could feel so much pain - luckily they fixed it before operating.

My 2nd birth was at hospital and the midwife who was called in from home to be at my Caesar was so angry with me because she was missing her favourite show. After my baby was born they separated us which I hadn't experienced the first time. My body was convulsing so badly because I needed my baby. But she kept me in post op and told me to calm down.

The maternity ward kept ringing asking for me to be brought up to my baby - my husband was beside himself from all that had happened and trying to calm his daughter down who just needed her mother and they kept us separated for hours. It was unneeded to cause my whole family so much trauma.

I did however get much better post op care and was able to stay in hospital for a few days to recover before having to go home. Which should've happened the first time.

Thank you for reading my story. I hope it helps other families not have to have so much trauma in what is supposed to be a beautiful moment in life.