

Submission  
No 765

## INQUIRY INTO BIRTH TRAUMA

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Partially  
Confidential

hospital 2021 I was pregnant with my first baby. After a few growth scans I was told that the baby is on the lower percentile and that I would need to be induced. When I expressed my concerns of being induced to the doctor and midwife at my appointment at the hospital I was told by the midwife "People tend to be dramatic about the bad outcomes". This made me feel dismissed and my worries not heard or supported. The doctor also mentioned that my baby could die if I decided not to be induced. This as a first time mother made me feel extremely scared and I felt like I had no choice in the matter and no other options were given. The morning of my induction they inserted the cervadil. By the afternoon I was having contractions and it was quite intense. I asked one of the midwives on shift if I could get an exercise ball to help with my positioning. She thought she knew best and told me that walking was better very abruptly like my request was a nuisance to her. Like a one size fits all for women in labour.

Once the cervadil had been taken out and the obstetrician wanted to do a cervical check to see if I was going to need the balloon catheter. Not once did they mention that cervadil can make your vagina quite sensitive and that this could be painful. The obstetrician was so rough that my vaginal exam was the most painful and traumatic experience I was whaling in pain sobbing. She continued even though I was in the most pain and I felt so violated. They said tomorrow you can have gas to help with this when we break your waters. Straight after this my partner was asked to leave for the night while I was still crying from the vaginal exam. I was left in my room alone and traumatised from this and having contractions still.

The next morning my partner arrived back and went to birthing suite for breaking my waters and syntocin to start. After syntocin started the unnatural contractions were too intense I requested an epidural. After many hours and baby was getting distressed everytime they upped the syntocin so they turned it up and down 4 times. C section was called and my son was born perfectly healthy. When we returned to my room he was a little bit cold and they took him away to go under the heat lights. When he very much could of stated and skin to skin could if easily fixed this by my partner as I was cold myself. 6 hours I was left in a hospital room alone without my partner or my baby after 2 days of unnessecary intervention trauma and seperation. My birth trauma stays with me everyday and I cannot speak about it with anyone without crying. Women should not be induced so often for no good reason. This needs to change