

Submission
No 810

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Teigan McKay

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Partially
Confidential

In 2018 I had my first baby at _____ Hospital. I was induced the day after my due date due to high blood pressure. I went through my whole pregnancy through shared care, which was fine and I had no issues, although a little impersonal as I constantly has a different midwife for each appointment.

The nurse that began my induction was a nurse I had never met before. It was considered an emergency induction so they got things started very quickly and I had my waters broken, and put on the sinto drip which they doubled every 30 minutes. the pain became absolutely unbearable after 5 hours and I hadn't progressed. I also started to feel nauseas due to the amount of pain I was in. I requested an epidural which was something I wanted to avoid and only thought of it as a complete last resort.

it took about an hour for the anesthetist to come to my room. Which at the time felt horrible, I also understood there were other women in the hospital giving birth also.

She read me the issues associated with having the epi and all the other legal spill they have to do. I said yes and to proceed. By this stage I was in so much pain I felt I was blacking out.

They sat me up in the normal position on the side of the bed for the Dr to give me the needle, I tell the Dr I feel like I'm going to be sick and to please wait, she tells me to 'just sit still, you're not going to be sick'. I immediately vomit all over myself and my husband. The Dr gets incredibly annoyed and says asked ' why couldn't you have just waited a few more seconds to have done that?! I would have been done by now.'

once the nurses cleaned me up quickly, she was then about to administer the episode again. I again asked the Dr to just wait as I felt a contraction about to start, she ignores me completely, forces my head down into my chest and gives me a needle in my spine as I am mid contraction. This is incredibly dangerous and I immediately felt scared for mine and my babies safety in the hospital with the care I was receiving from the Dr.

The nurses in the room even asked the Dr to just wait a few moments until the contraction was over, the Dr also chose to ignore them. The whole situation was completely unavoidable.

A few hours later I even spoke to the nurses about the Dr asking if I had done something wrong and they apologised for the Dr's manner.

I felt completely violated and unheard.

It wasn't until my next pregnancy that I realised how traumatic that experience was for me and how disgusting the Dr was. I have had two babies since, both completely natural because I was absolutely terrified of being in that situation again. If I knew who the Dr was I would of made a formal complaint.

its disgusting women are made to feel so unsafe and unheard in a place that is meant to care and have their health and wellbeing as their number one priority. My two subsequent

pregnancies and labour were beautiful and empowering experiences, however this was due to the research and education I put into birth preparation. This shouldn't be the mothers responsibility, especially to do it out of fear.

I hope in the future things in the hospital system can change.