

Submission
No 811

INQUIRY INTO BIRTH TRAUMA

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Date Received: 7 August 2023

Partially
Confidential

My birth took place at _____ Hospital. I had perinatal depression, and also suffer from PTSD from past sexual abuse I was very vocal with my midwives and doctors about wanting to be in control at all times. I was terrified to trigger my PTSD.

I had preeclampsia that they didn't diagnose me with until 38 weeks even though I was showing all the signs and symptoms of stress and hypertension from 28. They didn't listen to me or my concerns at all. It actually took them 3 days after a blood test to tell me I had preeclampsia.

I was induced and labour was 37.5 hours long. It was a long and awful process. I begged for a C-section after 24 hours they told me no. Even though I previously had a conversation with Dr _____ how at anytime if I asked for a C-section they would make it happen. They completely ignored my pleas and desires. I was 100% up front with them about my triggers and my concerns surround PTSD. When it came time to push I was pushing for 3 hours. Dr _____ was called and he did not follow any trauma informed care he performed procedures on me without asking consent or telling me what was happening. It was painful and so uncomfortable and incredibly triggering. My baby was in a bad position to come through the birth canal. He told me I needed an episiotomy and forceps.

I said no and said let's go a vacuum. He told I wasn't strong enough to push and was incapable of giving birth to my own baby with that intervention. He was abrasive and rude. I was exhausted and so triggered and upset. It was so traumatic having this awful man telling me what I was capable and putting his whole hand inside me without asking consent or telling me what had to happen the other doctor and midwife did not speak up for me. My husband was so angry and was getting upset. My baby finally came out. And was immediately removed from my chest where I wanted her. They took her away. And my husband followed. I was then left in a room with this doctor who didn't talk to me or communicate as he stitched me up. "He said congratulations and left.

I then stayed there for an hour and 45 with no communication. They had forgotten about me due to change over at 6:30am. It was awful and lonely, and I honestly can't really describe the trauma as I am unable to process it fully as it was horrific. The after care was just as awful. The meetings I had after the birth to complain the head doctor told me she had never heard of "trauma informed care" and none of her doctor knew about or had any training. 2 years on I still struggle with PTSD from my past abuse but now also my birth. I was so sick and scared and no one gave a shit about me. I hate the public system for doing this to me. And I something needs to be done, I was ignored, push aside and in a very vulnerable state was treated like nothing and with no respect. I would love to say more but it's genuinely too hard, but I do know I suffer from the treatment I receive and my PTSD was triggered and I was depressed and anxious after my birth.