

Submission  
No 827

## INQUIRY INTO BIRTH TRAUMA

**Name:** Miss Rachel Rogan

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Partially  
Confidential

on the 18th of January 2022 my whole birthing experience started. I went to public hospital to induced. I arrived at 4:30pm for induction process to start. Did not get seen until 10:30pm at night. Was told that the Foleys bulb insertion would not hurt. It was and still is the most traumatic part of my birth. No care or empathy was given from the doctor performing the procedure. It failed twice on insertion. I felt violated and like my insides were being cut by 1000 knives. The midwife could see how much pain I was in and immediately offered gas. At that point the pain had reached to extreme and the gas barely touched the surface. I was told that it might not even be inserted and sent on my way. At that point I was left in the room to deal with the insurmountable pain. After about 1.5 hours I was taken to my room where I was crying for pain relief. They left me to go and get a heat pack and then I vomited. I was made to feel like the worst person to have vomited in the bathroom sink from pain.

The next day I had been told to pull the Foley's bulb out by myself and wait to see if I had dilated. The bulb did nothing. All that pain for nothing. I was then told that I would not be having my baby that day as "Spontaneous labour was more important than my labour" by the head obstetrician. At this point I felt like I didn't matter or wasn't being heard. I also knew that my notes had not been read as I was having a HIGH RISK pregnancy because of my baby being diagnosed with Turner Syndrome.

The head obstetrician said "We what are you even having?" (Turner syndrome only happens in females, she would know all the details if she read my file. There was a 2% chance of my girl surviving to birth, but that did not matter. She did not care, listen or validate the way I was feeling or understand the urgency.

I was left alone in the room to deal with the misconduct and wait until "they were ready". There was no care towards me and my baby. The next day I was wheeled in to have my baby. The midwife did not know which lines to read as she was monitoring my baby and it was only when the change in midwives that they picked up that my baby was well in distress and something needed to happen.

I was denied an epidural and told that I couldn't have that as pain relief. I then had to birth under GA, alone, scared and broken. I did not get to hear her cry or breathe for the first time. I also did not get skin on skin, get introduced to her for over an hour and did not receive support when I pressed my button to get help from a midwife as my baby was choking. I had to pull myself out of bed, after a caesarean to reach her.

I was not offered any support throughout that night.

I truly believe from the lack of skin to skin, a stressful birth and no validation that my bond with my baby has been significantly broken.

This would have all been different if I was listened to and heard when I asked for a caesarean because of my high risk birth and previous trauma throughout my whole pregnancy.