

Submission  
No 1188

## INQUIRY INTO BIRTH TRAUMA

**Name:** Mrs Sarah Aitken  
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Partially  
Confidential

## First Birth

In June 2021 I gave birth at \_\_\_\_\_ Hospital in Queensland. What was meant to be one of the best days and experiences of my life- meeting our baby, it did not go the way I wanted.

During the birth I was subject to a number of instances of coercion and disrespectful care including fetal scalp monitoring that was not discussed or explained and an emergency caesarean that was very much not wanted but made to feel was the only option.

One of the worst moments for me was when I was getting prepped for the emergency caesarean. I was left half naked on the bed with contractions coming regularly (I was 9cm dilated by this point) and no one was explaining to me what was happening or even supporting me in any way. Once in the theatre, the staff proceeded to ignore me and talk about the next case being the last and they wanted to go home. Also heard mentioned what they got up to on the weekend! I felt scared, worried, uncertain of what was happening to my baby and myself and like a complete nuisance. The caesarean was definitely not where I wanted to be.

Once my baby was born she was taken away to special care. I was stitched up and wheeled out of theatre to recovery. Here I stayed for 1-2 hours by myself again, still unsure whether my baby was okay. It was very difficult to know what was happening throughout this entire process. Communication and care was absolutely terrible. I just felt scared and completely lost the whole time. I had no idea even if my baby was safe and well.

To go from full, active labour with dilation of at least 9cm, to an emergency caesarean and then being completely alone was one of the most scariest, painful and saddest experiences of my life.

I am now preparing for the birth of my second child and feel so nervous about birthing in NSW (where I currently live).