

Submission  
No 1329

## INQUIRY INTO BIRTH TRAUMA

**Name:** Kate Kate  
**Date Received:** 7 August 2023

---

Partially  
Confidential

It's taken me a long time to figure out what I wanted to say here about \_\_\_\_\_ hospital.

I was diagnosed with PTSD after my birth there and these are the things I think about when I think about that day;

- how flippant and bored the midwife seemed who checked us in
- The tension and animosity between the midwives and the OBs
- How the OB moved her hands to her head and twisted it while making a clicking sound with her mouth, as she described my daughter's head as being in an asynclitic presentation
- Being the most scared I have ever been, before or since, scared for my own safety wondering what was going to happen to us, while everyone around us was entirely blasé
- How she (the OB, \_\_\_\_\_) put her foot up onto the bed to gain more force to pull my daughter out of my body with forceps
- Being in excruciating pain in recovery, having just endured an episiotomy and a forceps delivery, and screaming and shaking and aching for my baby, but being told by the nurse, who didn't even look up from the computer screen, to calm down
- Being separated from my daughter, so whacked on the epidural I had no concept of time or place, wanting desperately to see her but feeling as though I was physically unable to
- The bruises on my newborn baby's head
- Spending two hours sitting in my blood and urine trying to get a midwife's attention, pressing the damn buzzer, unable to move because of the epidural, the urinary catheter had come out and I bled through my pad.

I have never felt so vulnerable, violated, helpless or more of a hindrance than my time giving birth and 'recovering' at \_\_\_\_\_ hospital in November 2018.