

**Submission
No 1078**

INQUIRY INTO BIRTH TRAUMA

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I was judged consistently to be overweight and putting my baby at risk. I had numerous scans and GTT tests. I'd been told to do a 3rd before my GP stepped in and said don't worry as I wasn't showing and symptoms of gestational diabetes. I submitted willingly to most tests due to willingness to follow doctor and midwife recommendations.

I ended up attending local public hospital when it was evident I was in labour. I was admitted but progressed slowly. After some 20 hours of labour I was told that the baby was beginning to be in distress. The obstetrician tried forceps several times which were both unsuccessful due to the position.

I was eventually sent for an emergency caesarian. I don't recall ever really having anyone discuss this much to any depth. I recall having surgical stockings tugged onto my legs and being in a confused daze as I was being run across the hospital to a surgical theatre.

My daughter was delivered after 21 hours of labour.

I'm thankful for the fact she is safe and well.

I however was a mess, by day 4 of barely sleeping I went home and melted down. I was unable to focus on food, I didn't enjoy breastfeeding my baby and struggled immensely with trying to stimulate milk flow with breast feeding, pumping and bottle feeding. By week 5 I had almost no milk available so switched to formula feeding completely.

Thanks to a maternal health care nurse visiting she asked about how I was going which triggered a mental health questionnaire.

I was a mess, and couldn't say the word caesarian without breaking down.

I was later diagnosed with post-natal depression, anxiety and PTSD.

I am to this day still medicated for depression and anxiety and have taken much longer to properly bond with my daughter due to the PND.

I can't say that a different birth story would've prevented the PND, but the PTSD was definitely a result of the emergency caesarian.