

Submission  
No 1093

## INQUIRY INTO BIRTH TRAUMA

**Name:** Sarah Hens  
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Partially  
Confidential

I'm submitting this in dot point form, because I don't have the bandwidth to do it in a narrative style at the moment! (More of my story can be found at [www.thepeskyplacentasociety.com](http://www.thepeskyplacentasociety.com))

- Chronic hypertension from the beginning of pregnancy, commenced beta blockers at 27 weeks
- Preeclampsia symptoms not acknowledged by OB at 32 weeks, experienced weight bias and was pressured to be referred to an obesity clinic (I declined the referral, weight gain was actually a preeclampsia symptom)
- Increasing symptoms and concerning blood pressure results at home
- Went to the Women's Assessment Unit at 34 weeks and was diagnosed with preeclampsia, admitted until birth of baby (plan was to try and get to 37 weeks)
- At 35 weeks, my blood pressure went too high and low at the same time (230 over 30), I had a MET call and I was rushed for an emergency C-section, started convulsing on the way
- Baby was born safely, I spent a few days in the ICU recovering while he was in Special Care. I didn't get to meet him until the following night
- My son and I were both discharged a week later
- I experienced significant post traumatic stress following the birth, and during the perinatal period - thankfully had a fabulous therapist lined up through MHNIPS thanks to some previous work partners (I'm a social worker and know some midwives)
- I am so grateful for the care I received at \_\_\_\_\_ Hospital, and wouldn't be alive without the team that acted quickly and saved mine and my son's life
- However, looking back, I wish that my symptoms had been taken more seriously early on and potentially avoided the crisis that nearly killed me...I had increasing symptoms at each appointment, all of which relate to preeclampsia, but my weight got focused on instead
- I know that my birth trauma was not the fault of any person, but I also wish it had been avoided, and know it may have been if taken seriously sooner!