

Submission
No 1097

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Alex-Kate Langfield

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Partially
Confidential

My name is Alex-Kate Langfield, I am 30 years old and live in [redacted] NSW. I gave birth to my daughter on the 6th of December 2022 at 40 + 4 days at a [redacted], Medical Hospital. In summary; I was encouraged into an induction at 40 weeks due to my doctor going on leave the following week. I expressed at length throughout my entire pregnancy my desire to avoid any interventions and specifically induction. The day before the induction I had a suspected hind water leak which I was told I had to be induced within 24 hours. No other option was presented to me. I was experiencing early labor signs at this point, with irregular contractions. I was induced using Syntocin. After a number of hours and minimum advancement, the syntocin administration was doubled. Multiple cervical exams were conducted throughout the next 8 hours despite on numerous occasions asking for there to be minimal interventions. After a number of hours the syntocin was increased again, of which this caused significant contractions in quick succession. I felt my body was not ready, and it was being rushed. At this point i requested both morphine and gas in order for me to be able to rest. My waters broke at the last minute, and it was noted that there was mecobium in the water resulting in me having to give birth on my back on the bed in stirrups. I ended up with an episiotomy and a grade 2 tear.

I was horrified at the way my birth was managed, I felt rushed and that it was the doctors prerogative to have the birth completed as quickly as possible. My fear of interventions was proven true, as the more interventions that occurred, the more interventions were needed. In hindsight, I would have avoided induction and let my body take its natural course.

I attended therapy after the birth due to the traumatic experience it left me. I am very disappointed in the medical system and the way it treats birthing parents.