

Submission
No 1106

INQUIRY INTO BIRTH TRAUMA

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Partially
Confidential

I experienced birth trauma as a result of how I was treated during my pregnancy.

I had an appointment with an endocrinologist for gestational diabetes and I asked a few simple questions about the diagnosis. After answering only two of my many questions that I wanted to ask, she shut me down by stating "I think that's enough arguing for today, let's move on." I felt unnecessarily disrespected, didn't believe we were arguing, and felt shut down for a very simple act of asking a professional some questions which I thought was completely in my rights as a client.

During another pregnancy appointment with an obstetrician, I was told that my baby's heartbeat was in distress and that I would have to birth him that day and would not be allowed to leave the hospital. I asked for a few minutes to process all of this. The obstetrician left the room, and surprised me by arming herself with two more obstetricians. The head obstetrician of

hospital was one of them, and he re-confirmed the irregular heartbeat and that my baby needed to come out now. He then commented in a condescending, cold manner "What else is there to even think about?" I felt he had no empathy to the fact that maybe I wanted to further discuss options, or that I was concerned that one intervention would lead to many more interventions, or that maybe I wanted to call my partner and family and express the situation to them before moving on. When the three of them left the room, the head obstetrician stated in a condescending manner "Don't worry, we'll wear you down."

During labour, I had to have an epidural. The anaesthesiologist took 6 attempts of injecting the needle into my spine whilst casually and carelessly stating "this usually only takes me one or two attempts. It never usually takes me this long!" I felt that comments like this should not be spoke aloud to a women going through labour. It could've made one feel very unsafe, fearful of spinal damage, anxious and distressed.