

**Submission
No 1120**

INQUIRY INTO BIRTH TRAUMA

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I was unfortunately talked into being induced second time round having my daughter. I was made to feel like I would be putting my daughter at risk based off information that wasn't accurate in my pregnancy but rather as "broad knowledge" in other women's pregnancies. Was continuously told one thing by one doctor and something completely different by another eg, types of epidurals hospital offered. I was told my baby was very big (although I mentioned in my recent scans, they showed otherwise- I was shut down by a doctor who said "scans later on in pregnancy aren't accurate because the baby is so big it's hard to measure them) and that it would be best to induce her to avoid shoulder dystocia. Although she was born 8 pound 3, an average sized baby!! All the misinformation I was told now feels like it was the staff's way of ensuring I birthed my baby in a way to suit them rather than to have a beautiful and empowering birth in my behalf controlled by my own choices and decisions. I felt I was taken advantage of in such a vulnerable state. I had a doctor manually break my waters and control the amount of fluid leaving my

body by her FIST inserted internally! I couldn't have my partner or any support person along with me for the induction, and once waters were broken my baby's heart rate automatically declined and I was given no other option but to have a c section. No one wanted to listen to me or educate me on other ways to have my baby come at her own pace rather than all this intervention (I had cervidil, balloon, waters broken manually and then a c section)

My baby girl is healthy and now 6 months old, but I have suffered so much trauma and such a hard journey with her unfortunately with post partum depression which I truly believe is reflected from the treatment I received, the traumatic experience & the lack of help I have been able to find to support my mental health moving forward as well as my birthing trauma. I would never wish my experience on anyone and something has to be done to change the way women are being treated and misled with their birthing experiences.