

**Submission
No 1148**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Joanna Martin

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I was lucky to feel supported during my induced labour and birth, however the initial conversation about inducing labour was not great. I thought my water had broken so I went to the maternity unit in the morning to get it test. Nothing had broken, but they did my fundal measurement with the tape and thought the baby wasn't growing as it should have. They wanted to do an ultrasound, which was available in half an hour, but also a CTG and then a consult with the OBs. My husband was at work and I decided in my head that I would call him when I was getting the CTG so he would have time to get there for the OBs consultation. I then waited for hours and hours to get a CTG done. There were more urgent cases, which I understand, but nobody gave me an estimated time, they just asked me to keep waiting. My home was 5 minutes away and I could have rushed back whenever they had free time. Then the OBs came to visit before the CTG was ready and they didn't ask me if I needed someone to be there when they consulted me. So I was confronted with this knowledge that they recommend induction without any support person. I went home crying because the news and when and how it was told to me was quite shocking. I wasn't given any other options and I didn't feel supported enough to ask and there wasn't anyone there to support me. I wish they had said it was going to take all day because I could have gotten prepared and asked my husband to come with me.

It was only in talking to him when I got home and knowing from social media that I had the right to refuse, that I rang the maternity ward and said I didn't know if I wanted to induction tomorrow and wanted to discuss it. Luckily the midwife on the phone was very warm and said I didn't have to do anything I didn't want to, and that I should come in tomorrow at that time and she'll note that we wanted to discuss it first. From then, things went really smoothly. I felt comfortable and welcomed to ask questions. We decided on an induction if nothing happened in a few days and I had a great labour and birth despite needing forceps to assist. This I attribute to being properly informed.