

Submission
No 1326

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

In 2014 i had the worst experience in my life when it was meant to be one id never want to forget- i gave birth to my daughter. I went through the public system as private health insurance waiting period was 10 months when i tried to add the care onto my plan once finding out i was with child.

Because i am a bigger woman going by the ridiculous BMI chart, i was put on high risk pregnancy program where i saw doctors every hospital check up vs midwives for other “normal” people. Never had a blood pressure, weight or other issue with the pregnancy.

A week prior to giving birth i had to have a pre delivery appointment with Anestheologist to assess me for epidural due to pelvis issues i had. I was approved for said treatment and advised to basically have a “roadside” epidural once i arrive to stop any issues with pelvis getting worse-i was told this would be on my file.

At 39 weeks 1 day i went into natural labour with my water breaking at 9pm. Called the hospital as instructed and was told they were quite busy so to have something to eat, shower and slowly head up.

I was admitted, i mentioned the epidural and what was said a week earlier but was not too fussed as I wasn't experiencing too much pain yet.

It took 7 hours for an epidural to be administered with the excuse given that “my file was downstairs and that was locked for the night.. this did NOT help when things were progressing. This was against the advice of the medical team i saw a week prior!

As time went on I finally got the epidural and they also added Pitocin to move things along.

My daughters heart rate started dropping every single contraction (when you see this in real life tv documentary shows its emergency Caesarian) but i was just flipped to lay on left side then lay on right side over and over despite ever contraction having the same effect- she was in distress!

They then used a scope to attach a measuring tool to her head to monitor her through this, with student doctors i consented to watching.

She continued to stress every contraction

I suddenly started to feel things more and more intensely and it turns out my epidural had come out with all the turning side to side!

It was a few hours wait to get the epidural re done which was traumatic! Suddenly feeling all the pain, my pelvis muscles which were an original worry contracting they tried me on the gas with no great outcome!

My sister who's a police officer approached the staff and asked when we consider “calling it” and possibly exploring other birthing options as i was run off my feet and if i had to push in 10 mins I wouldn't have it in me.. the response given to her was “we are not asking her to run anywhere or do anything”

A few hours later a new Anaesthesiologist came in to re do the epidural and announced to the staff in the room “how is it done in this hospital”

ARE YOU KIDDING?? This just feels you with warmness and happiness and trust doesn't it.

He got it back in after multiple attempts however it wasn't overly effective due to how was i was along and the trauma already happening.

It took a shift change of the doctors and my doctor changing from male to female for changes to happen!! During the first round she heard my journey so far and her first words were why is she still here???? Emergency Caesarian right now!!!! THIS IS GOING ON TOO LONG THE BABY IS IN DISTRESS

I was shown the forms to sign and ran down the the operating rooms clutching the gas SCREAMING in pain and administered a spinal block which finally bought me relief whilst waiting in the bay before going to the table.

They did a final vaginal check to see how dilated i as to which i was 10cm and they informed me i was going to be pushing, i said no I've signed the Caesarian forms please cut her out I can't do this. They then told me to at least try and that if i still needed Caesarian i was in the place to have it. Let's remember here i was given a spinal block- so when I'm told to push i have literally no idea if i am holding my breath or in fact pushing!!! And no energy to do so.

I was informed that my baby was stuck in the birth canal and they would need to use the forceps to help get her out- to which they did

In this process i got a 3rd degree 3 B tear, my 2 holes became ONE. I was NOT cut in my vagina to have an episiotomy they chose not to. I lost blood and ended up with stitches in both holes that's right read this out loud stitches in my lady bits and my bottom!!!!

I was also a XXX patient at the time due to domestic violence. This ended up with my having my own room after which i was grateful for however not needed but i understand the procedure with XXX patients

The second night i was alone in the hospital, my newborn (first child) i could not settle i tried everything i knew so i buzzed the nurses and asked advice i told them what i had tried and could they assist or show me something I haven't tried to which I was told we are busy you are gonna have to figure it out! Lucky for me my cousin took a break in her ICU shift next door and came and helped.

My daughter had indents in her head from the forceps, purple feed/bad blood circulation from it all and my back to this day is not recovered clearly nerves were hit with all the poking trying to get epidural in. I filled in a survey not long after and heard nothing back!

It's now 2023 i have a healthy 9 year old. I however, have back issues, i to this day can not use a tampon for my monthly cycles and instead have had to resort to a 3 monthly needle to stop periods because its all too much PTSD for me and having to manage pads in my daily life , when i have become a heavier bleeder since is not realistic. This needle carries its own risks of issues and osteoporosis etc however it's a choice i have had to make as I'm also apparently too young to decide i want a hysterectomy of my own uterus. I'm done i want it out!!!! And look the same thing i said when i was told i needed to push

This experience ruined my lower body, and mentally ruined me.

It should have been such a happy experience and look what happened. Go watch a one born every minute show, particularly one where the babies heart rate keeps dropping- see how quick they act in accordance with health of the mother and baby.

Shame on the system!!!

Please see attached photos-

My back- the day after- all the attempts to get epidural in-PAINFUL AND TRAUMATIC

My daughter just after birth- her head indented and scratched from forceps

My daughter a few hours later- same injury