

Submission  
No 1464

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I gave birth in January 2022, I am thankful for my birth and the hospital care in the days leading up to it. However, my husband and I carry a little trauma over the postpartum care on the ward-COVID policy in my hospital prevented visitors from 4hrs post birth. Even though \_\_\_\_\_ was in special care (low bgl's as I had ended up on insulin infusion thanks to steroid injections pre birth) and we had been told he could go see her. He was barred at the door and told cruelly at the door if he went in, they wouldn't let me in for the rest of the admission. This also despite him (and I) being staff and he was RAT testing every day due to his job at the helicopter retrieval service which he had been on call for that week. Also staff were not rat testing but still refusing visitors who were rat testing. So during this period all women were not allowed support. It was rough. I, post caesar had to walk from maternity to special care, I had to pump and do it all on my own.

I missed my "post birth debrief from the team" because I was in special care trying to pump and care for my new baby. I missed the opportunity to ask questions about my emergency caesar. It's no surprise I refused all pain relief, did all I could and got discharged day 3 post op (with \_\_\_\_\_) because I had more support at home than in the hospital. But I struggled with breastfeeding-it took 3 wks to establish.

I hope that if there were to be a pandemic again that support to women birthing would be handled better than what my hospital did.

My second birth I am thankful to have achieved vba, something my hospital is not known for.

Unfortunately I have since experienced the fragmented system. See for continuity of care in our regional centre; private is the only option and there is only one obstetrician for that option (his midwife has since retired and the new midwife there works at the hospital, so continuity of care looks a bit brighter there).

There is no Midwifery Group Practice. There is no private midwife, no home birth. There is no case load. It's hospital clinic or private but through public hospital anyway.

In the lead up to my birth I had 4x stretch and sweeps, they are not pleasant but we're tolerated fine. However, as they did not work I was admitted for induction at 40+8 starting with balloon catheter.

The locum reg who put the balloon catheter in, did not communicate and it was the most invasive, painful VE I'd had-and that was prior to balloon even going in-i don't know what he did but I felt violated and I cried for a good 30mins after. It was unexpected. I am glad my husband was there to witness it. I vowed that I would refuse to let him touch me ever again.

Thankfully the next morning a different reg was present, though the midwives were initially put out when I refused to let anyone take out the balloon catheter without my husband present and that I didn't want to have multiple VEs for removal, then for membrane rupture.

I bled with the ARM and wonder if some of it was from the trauma of examination the night before.

During my labour, the locum obstetrician came in and told me he was booking theatre for 5pm (at 9am), no communication on why, just added pressure to have a baby quickly. When I was fully dilated at 12:30pm (3.5hrs of labour) he came back I had 60mins to push and left again.

The Reg and midwife were at least lovely.