

Submission
No 1357

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

When I was pregnant with my twins we found out that I could birth at any stage due to a short cervix. The first negative experience I had was being sat down and given a pamphlet on premature birth by a paediatrician at the hospital and being asked to hand it back because they only had one copy. They then told me that if my babies were born at the gestational age they were at 24 weeks that their chance of survival would be very low and they would more than likely end up with cerebral palsy. So I went home devastated and put myself on bed rest for 6 and a half weeks until they were born at 31 weeks and 5 days. The night I gave birth was one of the worst experiences of my life. I started getting contractions at around 9 and by the time I got to the hospital I was in labor. They took me into the labor room and my daughter was born within an hour naturally, the midwife was good and they did the best they could to keep me calm but after my daughter was born she was taken straight into the special care nursery and then it took close to 41 minutes for my son to be born, they stood over me on the bed and pushed him out, when he came out he was not breathing and they had to quickly work on him in the room. I remember feeling so completely violated with the paediatricians in the room one of which had told me my babies would probably die and there would have been at least 8 people in the room with me. My son was then taken to the special care nursery with my daughter. They then had the nets ambulance come and prepare the twins to be taken to NICU. I then spoke to the midwife and obstetrician that had come into the room about making sure that all of my placenta had been removed because my mum had a retained placenta which caused huge issues. She said yes and said they had it all. The kids were sent to NICU for 10 days and the care there was unbelievable for the babies, they ran education sessions for the parents on premature babies and extremely caring. We then unfortunately were sent back to the original hospital I gave birth in and it was back to problems. The special care nursery was not equipped and did not have NICU trained staff in the special care nursery so it was a really difficult transition. I also started feeling really unwell after a day or two of being back at the hospital and one day while sitting with the twins in the nursery I started haemorrhaging blood everywhere, I was so scared and asked if I could use the bathroom in the Nursery and they said no it's only for staff you will have to go down the hall to the public toilet. I kept haemorrhaging and it was so embarrassing. Finally one of the nurses said she would help me and took me down to emergency where I passed out. When I came around a doctor came to see me and said I had a retained placenta. She then said let me try and get it out so we don't have to put you in for surgery and shoved her hand up my vagina which was horrifying. It didn't work anyway and so they had to put me in for emergency surgery. I wrote a complaint about my experience after and emailed it to the hospital. They did get back to me regarding the experience in the special care nursery and said they took my feedback on and were looking at having staff trained at a NICU to try and close the gap on care which is given in both the special care and NICUs. It has been 10 years since I gave birth to the twins and I always find that sometimes when you have time after an experience you realise some things were not as bad as when you are caught up in the emotion of it but I can say with this experience it still has not changed my feelings towards the experience