

Submission
No 1407

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

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Partially
Confidential

I have had previously extremely traumatic birth in NT with a private OB for my first birth. My second birth was at _____ hospital. I educated myself and reached out to a doula and attempted a homebirth to avoid another traumatic birth. Unfortunately that is not a service that is provided in the area. I made it extremely clear how I wanted things to go and how I wanted them to be handled I went to the extreme of having my midwife appointments with the one midwife. I had to have one appointment at 36 weeks with an Obstetrician for a script only because the obstetrician wouldn't write it and give it to a midwife. The obstetrician started the appointment with using my traumatic birth against me to try and get me to agree to an induction and induced me at 39 weeks she didn't have any evidences to support her as I had a low risk and a healthy pregnancy. She used my previous haemorrhage which was in my medical record that it was due to an induction. Which my midwife had went through with me in a previous appointment as well as doing my own research about it. The obstetrician told me that if I didn't do as she recommended I would risk having a "dead baby". I defended myself straight away and stand up to her and told her that she was using the fear factor to get mothers to do what she wants out of fear. And that I stand clear to a full physiological birth which I did end up getting. Although I did have 2nd degree tearing (which you can choose weather or not to have stitches) opting to have stitches. Due to a noncompliance birth I also decided I would do the minimum 6hrs before leaving to go home. The doctor show up to do the stitches at the time my husband got back to the hospital with my daughter (2yrs at the time) which was after hours and I asked her to come back another time as for me that was more of a priority being 10pm. She told me that if she doesn't do it now she wouldn't have time to come back so she needs to do it now and told the midwife to wait and leave them in the emergency waiting room (full of sick people and a heater not working), it still plays on me that I let that doctor take away the precious time away from our family because it was going to inconvenience her when it was something that actually didn't need to be done. My daughter was only with us for 20 minutes before going home because of how late it was.

I know I had a good outcome on birth, but when doctors use they "authority" to get their way the outcome could have been worse, a first time mum doesn't always know that they can say no. Unfortunately that doesn't change until the second baby due to a traumatic 1st birth. And even these two events that did happen still play on my mind.

I also witnessed other friends have traumatic experiences at this hospital. I am also now a doula due to my own trauma and experience with private and public OB.