



# BIRTH TRAUMA TRAINING

for birth workers

with Doctor Erin

The 4 P analysis is used frequently in case formulation in psychology to provide a framework for organizing the factors that contribute to distress. Like the nerd that I am, I used this analysis on myself for helping my breastfeeding consultant understand my history.

<b>Predisposing (“why me?”)</b>	<b>Precipitating (“why now?”)</b>
<p>I had pre-existing expectations BF would be “difficult” due to:</p> <p>Anatomy (‘flat nipples’)</p> <p>Fam Hx of “not being able to” breastfeed (not sure why exactly. Mum says her milk “just didn’t come in” – physiological birth, 2 hours, no drugs). Was given drugs to “dry up” any milk that did come in to “prevent mastitis”. Formula feeding was popular in the 80s</p> <p>Tongue tie was never properly assessed</p>	<p>GDM diagnosis</p> <p>Induction with syntocinin</p> <p>Induction: Synto at 9am, Stella born 11.35am</p> <p>Post partum hemorrhage (close to 2L) and unexplained 10/10 pain</p> <p>Horrorific attempted vaginal exam. Couldn’t be examined, I was in so much pain</p> <p>Emergency surgery then discovered a large internal tear, piece of vaginal wall floating around inside haematoma x2 blood transfusions by 7pm had not eaten anything since 5am except ½ cheese sandwich (wasn’t permitted to eat before or after surgery)</p> <p>First feed: felt very rushed. Baby shoved onto me</p> <p>Bruises, blood blisters from first feed</p>

**Perpetuating (“why does it continue?”)**

Milk slow to come in post haemorrhage and surgery

arguments, bickering between staff about whether to choose formula or keep expressing colostrum and frequent references to my ability

1 contract night nurse who had a really bad vibe. Kept asking what meds I was on, how much etc, didn't bother to learn Stella's name, kept saying my baby was hungry and I wouldn't be able to b-feed and it wasn't fair for me to “let it go hungry”

Round the clock hand expressing by different people often felt like assault

3 lactation consultants - 3 different, completely inconsistent opinions

Environment of the breastfeeding clinic was not ideal – fluro lights, no windows

Handover changes resulted in further inconsistencies in opinion

Couldn't find an LC who would come to our home so close to Christmas.

Kept re-injuring nipples – lipstick nipple, vasospasm, constant bleeding and cracking. Kept ripping skin anytime I put fabric against them it would stick and rip even with lansinoh. Tried to just be naked for 2 weeks, but felt I was worrying people by saying I didn't want them to visit.

Around week 3, was just too sore and anxious/angry about trying to re-attach I just stuck to pumping to give boobs a break. Could tell I was on the edge of becoming depressed so decided I'd just pump because I had so much milk I'd worked hard for and it wasn't as stressful.

**Protective (“what helps?”)**

No difficulties with expressing. Was prepared with a hospital grade pump. Way less painful and allowed injuries to heal

No mastitis

Breast shells and ‘wet’ healing seemed to help more than drying out

Lots of milk, never any issues with supply.

No supplements or meds, just home made lactation cookies with oats, brewers yeast, flaxseed etc.

Husband was supportive in whatever I wanted to do.

I exclusively pumped for 6 months.