

## **Occupational Re-Traumatization Among Obstetricians with Personal Experience of Birth Trauma**

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### **Objectives**

Birth trauma (BT) has been reported in up to 30-40% of births. Obstetricians (OBs) who experience BT are at a unique risk of occupational re-traumatization. We aimed to investigate personal BT among OBs and their perceptions of how BT impacts their experience of caring for obstetric patients.

### **Methods**

Primary analysis of an anonymous, web-based survey of OBs. Eligible participants, OBs who had given birth, were recruited from the "OMG (OB/GYN Mom Group)" on Facebook. The questionnaire was adapted from the "City Birth Trauma Scale". OBs were asked about their personal birth experience and how they felt their birth experience impacted their experience caring for patients. Respondents were dichotomized by whether they considered one or more of their own births to be traumatic or not. Post-traumatic stress symptoms (PTSS) and symptoms of occupational re-traumatization were compared. Bivariable analyses were used.

### **Results**

A total of 602/691 (87.1%) of OBs who accessed the survey were eligible for inclusion. Of those who responded, 180 (30.5%) reported experiencing BT. Ninety-two percent (555/602) of OBs cared for birthing patients after giving birth. There were no differences in demographic or clinical practice characteristics between those with and without BT. OBs with BT experienced PTSS including flashbacks (60.6% vs 14.4%), amnesia (36.7% vs 20.9%), and insomnia (24.4% vs 1.2%) at higher rates than those without BT ( $p < 0.001$  for all). Symptoms of occupational re-traumatization experienced, stratified by experience of BT, are shown in the Table.

### **Conclusions**

Almost 1/3 of OBs in this sample reported personally experiencing BT, mirroring data from the general population and are at a high risk for occupational re-traumatization. Initiatives focused on improving support for birthing OBs upon returning to work is essential to increasing emotional wellness among practicing OBs.

### **Acknowledgements**

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### **Disclosures**

None