

[Address]
[City, State]
[Email]
[Contact number]
[Date]

To *Patient Safety Officer*:

I am writing this letter of complaint regarding my birth experience at *Hospital system/name* on *date*.

I feel very strongly that the Hospital System and my providers should be made aware of how I perceived my birth experience and how it has impacted me in the time following delivery. Although I may not have shared many of these details with my providers immediately after the event, I now understand the serious nature of a traumatic birth experience and the importance of communicating these details to them now.

On *date/dates* I was admitted for *induction of labor/augmentation of labor/ labor/cesarean section* and this is what happened from my perspective.

This is what happened:
Type your version of what happened here.

This is how it made me feel:
Type what feelings you experienced- during the event and afterwards.

This is the impact it had on my significant other:
Share anything here that you feel is important.

This is what happened to me in the postpartum period:
Type as many details as you want to share about the feelings postpartum.

These are my expectations:
I want my voice to be heard. I want an opportunity to speak with my providers, in a non-threatening environment with a patient advocate present, to learn more about WHY things happened the way they did, and to share my perspectives with them. I would like my case (of emotional/psychological complications) to be addressed similarly to other cases that involve physical complications (this might include a Root Cause Analysis or Peer reviews- whatever the standard is at your hospital). I am aware that the results of these investigations are not likely to be shared, but I do expect written acknowledgement that a formal process was completed and opportunities for improvement identified and actions taken. My hope is that this scenario never happens to anyone else.

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I have been significantly impacted by my experience at your facility. This letter again serves to raise awareness of the serious psychological consequences that occurred after my experience and to allow my story to hopefully be that spark that initiates change to keep this from happening again.

Sincerely,

Your name

Your signature

This letter formulated with assistance from The Empowerment Equation, LLC.