

Submission  
No 153

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

I have had two births through my local public hospital and was extremely lucky to be part of the MGP program both times with the same midwife - meaning I had the same midwife throughout both of my pregnancies, births and two weeks post partum. The research shows that having continuity of care can reduce birth trauma and has better outcomes for both mother and baby but it is only available to a very small percentage of people. This needs to be changed everyone deserves access to publicly funded continuity of care. Secondly there needs to be an extension of care into the post partum period with this midwife beyond 2 weeks. As someone who suffered from post natal depression after both my births it was this care that I needed beyond two weeks. A time when I was trying to figure out how to take care of a newborn baby and recover myself whilst also during Covid lockdowns and as such services not taking face to face appointments. It was difficult to find and access any publicly funded help, but having a trusted midwife who knew my history, birth and preferences available after the first two weeks would have not only stopped me slipping through the cracks, but would have had someone who was able to direct me where and how to get help before it was too late.

There also needs to be a huge awakening to how birth should be treated in order to decrease the number of women who come out of their birth with trauma from how the system works. It does not allow the natural process of birthing to be natural. Instead it is so medicalised that anyone who wants to trust their instincts and allow birth to flow naturally is pressured/persuaded and often coerced into following the rules of the hospital that do not actually care for the patient - at a time when the patient is vulnerable and often not able to speak up or do not know they could have spoken up until well after the trauma has occurred. It is crazy that when a baby is born the baby does not count as a patient number for midwives to look after post birth, only the mother when in fact there are two patients entered into the hospital system. If this was to be changed the time and care given immediately post birth would be drastically improved as well.