

**Submission
No 154**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Jordan Holland

Date Received: 1 August 2023

Birth trauma submission

I am yet to birth my own baby, first time mum due this spring. I am also a midwife working in a public maternity care facility. Whilst I'm yet to experience birth personally, I have been witness, as both a midwife and birth support for a friend, to many confronting situations that I will describe as traumatic and barbaric. These situations involve lack of informed decision making for women, lack of education, withholding of information, coercive and manipulative discussions, physical abusive, lack of consent ... the list goes on. These situations I have been witness to have definitely cemented the choices I'm making for my own pregnancy care and birth. I have also requested to not work in the birth unit whilst pregnant right now as I truly do feel traumatised, and like I am part of the problem.

There's only so much I as a single person/midwife can do to prevent or stop the situations from happening. I feel helpless. I have drove home from work many times crying and fuelled with anger. There is a lack of debriefing around these scenarios that occur as well. Also I feel the issue is not at all recognised where I work. There was no recognition of birth trauma awareness week at work, no emails, no flyers etc... I constantly reflect and wonder if becoming a midwife was the right decision, and quite frankly am not sure how long I will pursue it for. I have an immense amount of empathy and sorrow for the women submitting their own personal stories and truly hope this is looked into. 1/3 is not good enough!