

**Submission
No 161**

INQUIRY INTO BIRTH TRAUMA

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I am a midwife working in an MGP. I love the continuity with the women that I care for and support throughout their journey. However it regularly feels like working in the public system is a constant up hill battle to which I feel like I need to put on my armour every time I walk into the hospital. Imagine approaching your job every day not knowing if you are going to come out of work that day with a little more burn out or a little more fatigued or a little more traumatised by the things you are seeing and enduring with women. And how do you prepare a woman for the predictably unpredictable nature of labour and birth with an added element of systemic pressure and coercion to do what other people recommend rather than to do what feels best within them selves!

The most frustrating part I feel when supporting a women is the disjointed and misaligning philosophies within the birthing to the point where many are disrespectful and disregarding midwifery scope of practice and knowledge and expertise. It's too hard to give clear examples of traumatic experiences within this submission because I can't pick simply one or two experiences from working within the birthing space. It really does sadden me that I find it hard to think of women who wouldn't say there was an element of trauma to their experiences. I worry that with this being an ongoing and growing issue the system is only going to continue to lose and not sustain midwives and overall women are not going to want to continue to birth babies.

I think the government needs to seriously look into birthing in NSW let alone AUSTRALIA, we have a long way to go to turn around the current challenging situation.