

Submission  
No 212

## INQUIRY INTO BIRTH TRAUMA

**Name:** Mrs Lauren Trevor

**Date Received:** 2 August 2023

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Partially  
Confidential

My name is Lauren and I live in \_\_\_\_\_, I'm 35 years old and I have a three year old and a one year old.

I birthed my first son at \_\_\_\_\_ Hospital on Sunday 12 January 2020. During my labour, I was led into health care decisions about my body, that I firstly said no to. Then a fear based approach was utilised to coerced me into allowing the health care provider do what they seemed as an appropriate medical intervention. They were in-personable and had poor bedside manner.

This experience led to my feeling disempowered and depressed about my birthing experience. Realising what I had experienced was birth trauma. This has affected my mental well-being and I'm now left with irreparable avulsion features of my pelvic floor muscles, regulating in later in life, that I'm 80% more susceptible of prolapse by the age of 60, compared to other women.

During my care, I was not provided with all of the options. Only obstetric care or public midwifery care.

There were many moments throughout my labour that consent was not obtained, about vaginal examinations, or to have my waters broken. Only that I was told what was going to happen next

I did look into making a complaint, however due to being a private hospital \_\_\_\_\_, there is no health care complaint system that I could locate on their website.

Free birth education and free birth support partner education about labour, birth and the different types of maternity care should be made available.

This will allow women to sees empowered.