

Submission  
No 510

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

**Date Received:** 10 August 2023

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Partially  
Confidential

I have had two children through the public system. I went through the midwifery group practice both times as I was considered low risk.

My first pregnancy, I was seen by multiple midwives through the group practice team and I was very happy with my care. I hit 40+10 days on a Saturday and went to my hospital for a check-up and a stretch and sweep. I was told I would be booked in Sunday evening to have the induction gel put in to be ready to birth on Monday when the doctors were back on the roster. I had a slow leak of my membranes and was unable to have the gel. My partner was able to stay on a bed on the floor in my room and we began labour naturally the following morning which was a wonderful support whilst I entered the unknown. Ability for partners to stay in hospital should be something that is more commonly encouraged/allowed. My labour progressed slowly, and the dr on duty wanted to speed this up with the drip. My midwife was so understanding of my stance to limit medical intervention at all costs and she advocated on my behalf for more time. After the fact she told me she had lied to the dr about my progression in order to buy me some more time. I was only a few short hours into my labour and I did not see the need for medical intervention to 'speed' things up. I was not in any distress, nor was my baby, it was time for my body to do as it knew how. My contractions began around 6am and my child was born at 340pm the same day. Again I don't see any need for medical intervention to speed labours up and the medical system needs to stop doing this unless medically necessary. The research on medical interventions and the trauma to both mother and baby is undeniable.

I had some complications after that relied on my staying in hospital with antibiotics for a few days but as a first-time mum I found this extremely beneficial. A 24-48 hours in hospital should be mandatory for first time mums to allow them that support with breastfeeding, their own physical after care. I wish I had of been informed about the benefits of a women's physio following this labour. This was not something I discovered until after baby 2.

With baby number two I contacted the midwife team and asked to be put on our previous midwives caseload. I conducted all of my prenatal visit with her and was lucky enough to go into labour when she was on shift. I had the SAME midwife deliver both my babies! How LUCKY AM !!!!!!!

Again, she advocated for a natural, intervention free labour which I was able to have. Sadly, my second was born with breathing complication and blood sugar issues which required immediate entry into Special care. I sent my husband to SC whilst I waited for someone to stitch me up. I'm so glad I did that as the nurse in SC was pressuring him to give my newborn formula without permission from myself. The midwife who accompanied my husband up rang down to birthing suite and asked for me to get there as soon as possible to breastfeed my baby and have the special care nurse stop pressuring for formula. That night I returned to the ward where my things had been taken for some sleep. I had requested I be woken every few hours to feed him, I was not woken, and I woke in the early morning (5 hrs later) and raced to SC – I'm unsure if my baby was formula fed during that time and that's why I was not sent for. Whilst I was in special care nursery that morning, I had been discharged from the ward without any communication with me. When I returned I had a nurse stop me to explain. It is clear in the public system it is about, clearing the rooms and clearing the beds, not about the care. The most care I received was from the midwife team who listened to me, advocated for me and put my safety and care and that of my baby above bottom lines.

My midwife was special, she listened to me and advocated for me. She didn't rush me through, she lied to the Dr to avoid medical intervention and she believed in what the female body can do. I know so many women who didn't have the advocacy that I had, and they bare the scars of this mentally and physically to this day.