

**Submission
No 866**

INQUIRY INTO BIRTH TRAUMA

Name: Kristen Cracknell

Date Received: 14 August 2023

Kristen Cracknell

8 August 2023

Committee Secretariat
Select Committee on Birth Trauma
NSW Parliament
Macquarie Street
Sydney NSW 2000

birthtrauma@parliament.nsw.gov.au

Re: Inquiry on Birth Trauma

Dear Chair,

I am a [NSW resident and birthing parent/patient/health provider/family member/etc.](#) and I would like to make a submission to your inquiry on birth trauma.

Addressing the Terms of Reference

Terms of Reference	My Response
1(a) the experience and prevalence of birth trauma (including, but not limited to, as a result of inappropriate, disrespectful or abusive treatment before, during and after birth, also referred to as "obstetric violence")	
1(b) causes and factors contributing to birth trauma including: (i) evaluation of current practices in obstetric care, (ii) use of instruments and devices for assisted birth, for example, forceps and ventouse, (iii) the availability of, and systemic barriers to, trauma-informed care being provided during pregnancy, during birth and following birth	lack of information provided in regards to preterm birth and birthing options due to pregnancy complications. Lack of support and Information provided in private hospital post emergency C-section with baby in special care. No support for mental health, anxiety attacks of mother. Life long trauma that prevents me from becoming a mum again and extending family.
1(c) the physical, emotional, psychological, and economic impacts of birth trauma , including both <u>short and long term impacts</u> on patients and their families	the traumatic pre and post birth experience has left me psychologically scared for ever. Unable to understand and come to terms with it even after 5 years of therapy and medication to treat anxiety. The emotional deterioration has affected my relationship with my husband. It affects how I parent my child.

	The trauma has resulted in me not being about to have another baby in fear of it happening again.
1(d) exacerbating factors in delivering and accessing maternity care that impact on birth trauma generally, but also in particular: (i) people in regional, rural and remote New South Wales, (ii) First Nations people, (iii) people from culturally and linguistically diverse (CALD) backgrounds, (iv) LGBTQIA+ people, (v) young parents	
1(e) the role and importance of "informed choice" in maternity care	
1(f) barriers to the provision of " continuity of care " in maternity care	
1(g) the information available to patients regarding maternity care options <u>prior to</u> and <u>during</u> their care	not enough information even with private OB and private hospital. I was left in total shock and felt so unsupported.
1(h) whether current legal and regulatory settings are sufficient to protect women from experiencing birth trauma	
1(i) any legislative, policy or other reforms likely to <u>prevent birth trauma</u>	
1(j) any other related matter.	

Thank you for holding this inquiry. I look forward to seeing the outcome and hopefully a substantial improvement in reducing birth trauma in NSW and beyond.

Sincerely,

Kristen Cracknell