

Submission  
No 706

## INQUIRY INTO BIRTH TRAUMA

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Partially  
Confidential

The mis treatment and unprofessionalism displayed when I was a patient on the midwife's program at \_\_\_\_\_ hospital in 2018/2019 was extremely disturbing very unsettling at the time and left me traumatised.

I was pregnant with my first child and thought I was giving myself and my baby the best most professional care I could upon joining the midwives program as I had read the importance of continuation of care. I applaud the midwives on this program as they were so composed and great advocates given the circumstances within which they had to work. My numerous encounters with the doctors on the ward and in the delivery suites were a completely different experience.

I was treated like an inconvenience, I was bullied and guilted into an induction after declining one a day ago as no one could explain to me why it was necessary apart from it was more convenient for them to just get the baby out with no regard for my birth experience or desires.

I recall 3 different occurrences i was asked if I wanted to risk a still born child without the doctor able to explain to me what had changed and why this was an increased risk all of a sudden when it hasn't been an issue before! I realised that it was a Friday and they simply didn't want the inconvenience of me having the baby on the weekend, which was confirmed by the midwife and was explained as a regular reason they would pressure people into inductions.

This whole experience in the lead up to my birth left me feeling helpless and scared so much so that when I went into labour naturally I still agreed to an induction as I was petrified of a still born baby as it had been mentioned to me 3 times the day before! This induction later resulted in an epidural something I was keen to avoid if I could but had no choice with the pain.

It was also later relayed to me by a midwife that I just escaped a caesarean because the doctor just really wanted to go home and this would ensure a quicker end to my labour and they could just tick me off as being dealt with.

I felt violated and bullied into a birth I didn't want a birth I didn't value and left me ashamed and a birth which destroyed my confidence.

This trauma left me with post natal depression it resulted in anxiety, it had an extremely negative effect on my ability to bond with my baby and most of all destroyed my confidence as a woman and a mother.

I realised the effect this trauma had on me, my partner and our baby and with the help of a post partum doula, friends and a therapist I worked through and processed a lot of the trauma. However I decided that for my second birth there was no way I was entering the hospital if I could avoid it, and hence I chose to have a private midwife and a home birth. This was a transformative positive and extremely healing birth and something I realise a lot of women can't afford or don't have access to and it is such a shame.

The neglect bullying and dehumanising treatment of women in an extremely vulnerable time of their lives has to stop and I can only help this inquiry is the first step in stopping this treatment.