

Submission  
No 1070

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

**Date Received:** 7 August 2023

---

Partially  
Confidential

In late 2020, I feel pregnant with my first child. My first ever pregnancy. At the time, I was unaware of what birthing options were available to me. I did some personal research and spoke with my GP and my initial appointments and decided that I wanted to access the Midwifery Group Practice in my area. I had heard good things and was extremely excited about the concept of continuity of care, extra help and assistance along this very new and unknown journey.

After my nuchal scan and appointment with my GP, I was referred off to the Midwifery Group Practice at \_\_\_\_\_ Hospital. At around 19 weeks, after calling restlessly to see if I was a successful candidate, I was accepted into the program.

The following week, I received a phone call from what I believed to be my assigned midwife “recommending” me (because of BMI), that I should have my blood glucose test at 20 weeks. Naive and unaware, I complied. The following week I scheduled myself in to do the blood glucose test at 20weeks.

Later that week I received another phone call from the same midwife to advise me that my fasting reading 0.1 higher than what they require to be low risk. And because of such reading, I was diagnosed High Risk and was no longer a part of the Midwifery Group Practice.

After receiving this diagnosis and news that I was no longer part of the program, I was extremely upset. I asked the midwife if all my reading were higher and he advised that it was only my fasting reading, by .01.

Fighting back tears, I then asked what my options of care were. She told me that I will be assigned an endocrinologist and my pregnancy would be overseen by a team of Obstetricians. By this stage, I was quite upset. I asked why I had to lose my continuity of care based when I was now assessed as high risk. The midwife told me that I was in even better care, because I would be looked after by Obstetricians. I said, that I was tremendously disappointed and felt incredibly judged that because of my weight and a very outdated measuring system (the BMI) I was pigeonholed into taking the blood glucose test early. She then told me that it wasn't their fault I took the test early and that it was my choice.

By this stage, I felt enormously targeted and let down. The Australian medical system has failed me. They failed to provide to me the options if I was to test high, they failed to advise me that I was able to say no to the early test if I wanted to and then they failed me when, after delivering this news, I was rejected from the Midwifery Group Practice and never contacted again.

The remainder of my pregnancy was remarkably low risk. No complications. No high blood sugar readings. I managed my insulin perfectly with my endocrinologist making the remark that I was a “model student”. Ironic considering, I was too high risk to be a part of the midwifery group practice.

I had a different, midwife, nurse and DR at every hospital visit. Some of which never even introduced themselves. I did not have any continuity of care. Any information I required in respect of my pregnancy I had to research and find myself. At my appointments the treating practitioner at the time was not aware of me personally, I was never asked what my birth preferences were and multiple times, when I asked a question, I was told conflicting information that the midwife, nurse or Dr I had previously seen.

I am now pregnant with my second child and have selected to use the shared care module with my GP. I have lost faith in the Midwifery Group Practice at \_\_\_\_\_ Hospital and believe they are judgemental, unhelpful and disapproving.