

**Submission
No 1291**

INQUIRY INTO BIRTH TRAUMA

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My partner experienced birth trauma in 2014. Since then my partner and I both have experienced suicidal thoughts. It has taken 6 years to get to a stable place. After many hours of counselling. Some of the trauma could have been avoided through continuity of care for all patients irrespective of their risk. The midwife that we had built a relationship with, through the continuity of care program, was suddenly withheld from us as soon as my partner became a high-risk patient. This is the moment when we needed the trusted care that we had built with our midwife the most. As soon as we lost this care all the relationships with other midwife became very impersonal and we felt very uncared for. To highlight the experience: A moment that I vividly remember was my partner being called a difficult patient by a locum doctor. I felt like was expected to comply with all hospital staff decisions without any explanation. For us this led to a highly stressful environment which contributed significantly to our birth trauma. Our second child in contrast was born at home under my partners guidance. This was a healing empowering experience. Home birthing and continuity of care should both be supported in order to reduce birth trauma.

Thanks for reading

Alain