

**Submission  
No 1299**

## **INQUIRY INTO BIRTH TRAUMA**

**Name:** Mrs Rachel Edwards

**Date Received:** 8 August 2023

---

After the birth of my first and only daughter I was left completely traumatized by the maternity medical system.

I was a victim of obstetric violence and medical coercion. Having had a completely healthy and low risk pregnancy the fact that induction was pushed for in my situation without the risk factors being discussed is a major reason I ended up completely missing the so called "emergency" cesarean birth of my daughter due to a negligent anesthesiologist overdosing me on pain meds. I was subjected to a very forceful doctor conducting a stretch and sweep after I repeatedly said stop. I was shamed into thinking I was in the wrong by said doctor. I missed the bonding experience with my daughter due to complications after my birth. The physical and emotional pain doesn't just stop after the 6 week check up. It's taken me years to recover from such a traumatic experience and all the medical people involved just get to go on about their days. The fear mongering and coercion happening within maternity care especially towards trusting first time Mums is a major issue. The number of cesareans is at an alarming high. Education and resources need to be updated, and easily accessible to expectant mothers. Outdated procedures need to change within maternity care and mothers need to come first. Not insurance company's.