

Submission  
No 1304

## INQUIRY INTO BIRTH TRAUMA

**Name:** Mrs Amy Smith

**Date Received:** 6 August 2023

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Partially  
Confidential

I was lucky enough to qualify to have a homebirth through the .  
Having the continuity of care with the same midwife throughout my pregnancy definitely contributed to having a positive birthing experience where I felt supported and respected for the choices I made. The only time that was threatened was due to strict hospital policies around length of time which women are "allowed" to "push" before being transferred to hospital. Whilst neither my baby nor me were in harm or distress, as it had been 1 hour (which is normal for a first baby) my midwife was required to call paramedics to transfer me to hospital. Thankfully we were able to stall the paramedics and I gave birth at home but I did end up getting an episiotomy (which I consented to at the time). I think the episiotomy would not have been necessary if I wasn't "rushed" to give birth due to a hospital policy which is not in alignment with an evidence-based response. I strongly encourage the government to develop more resources for higher number of women to access continuity of care and to have homebirths as an option with every hospital and to make sure the policies surrounding the program are not fear-based but evidence-based. Overall it was an incredible experience and I am so grateful to have had access to a homebirth and continuity of care through the hospital.