

Submission  
No 1314

## INQUIRY INTO BIRTH TRAUMA

**Name:** Mrs Brooke Oram

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Partially  
Confidential

I had 2 very negative experiences birthing in nsw hospitals. The first one being at hospital. My entire labour was controlled and I birthed in absolute fear the entire time. I was given no choices on anything only told what I must do. I left the hospital and entered into what was about 2 years of severe post partum depression and anxiety. Borderline psychosis.

This experience put me off being prenatal and birthing within the hospital system so I opted to have a private birth at the birth house for my 2nd baby. The pre natal care I got via there was exemplary and incredibly educational about how many choices I actually had over my own body. It blew my mind. Unfortunately due to my own body's circumstances I still ended up in hospital just after I gave birth. When I was sitting in the nicu trying to establish breastfeeding for the first time with my newborn I was questioned and treated abhorrently by the paed and nurse on the ward about my informed decision to not give my baby the vit k injection. It was incredibly unprofessional and disgusting. Not long after being discharged I submitted an email of complaint through the nsw health website.

I feel the way mothers are treated at nsw hospitals directly contributes to much of the birth trauma we experience and there are little to no support networks to help us through it which leaves the relationship between mother and baby to suffer greatly as well as the immediate family unit.