

Submission
No 1147

INQUIRY INTO BIRTH TRAUMA

Name: Natasha Townsend

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Partially
Confidential

I was fortunate enough to be able to pay for a private OB however there was no education available to me from GP/hospital/private OB regarding midwife care or alt options for birth. Our local public hospital is known for kicking partners out and dads sleeping in the car park leaving mums to fend on their own. Our midwife program hospital doesn't allow any complications. This meant my only option to guarantee my partner support was to have private hospital. I was a diabetic and needed regular appointments which in the public system meant a 4hr appt every Wednesday which impacted upon my work. My labour I was Induced and assisted by a midwife the entire time, with OB arriving at the end. Whilst I was fortunate to have a good birth, my son ended up with sever jaundice and spent 10 days in the NICU. The post partum support was none. Having a physio on day 3 is useless, as you don't even have your milk in yet to understand the physical impacts of feeding on your body. I had a 3rd degree tear with a lot of stitches and not once was I ever advised to see a woman's physio. It wasn't until 12 months later when I returned to work I started knowing the symptoms were bad and got diagnosed with a rear prolapse. Had I had access to 3-6 months of affordable or free physio in post partum, I feel my situation would be very different. Additionally, our public Systems should be supportive to partner support and allow for beds/stays and be better equipped. Our private systems should allow midwife only use with an on-site dr to have the flexibility of private care pending the level.

Post partum support should not just be for the baby. A home visit women's physio should come weekly for the first 12 weeks and the health care nurse should visit at home weekly for first 6 weeks. A lactation consultant should visit weekly for 6 weeks and should be provided as before birth lesson so parents are equipped. This should include all feeding options and not forced breastfeeding, but adequately support those who do breastfeed.

The only truly good available pregnancy and post partum support I found was Australian birth stories and core and floor restore. 2 woman whose business are changing the face of birth in Australia and put the government funded services to shame.