

**Submission
No 1325**

INQUIRY INTO BIRTH TRAUMA

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Please nb. this submission is repeated with a correction made to the original submission.

This submission is on behalf of someone who chose a private obstetrician for their medical care for their pregnancy and birth. This person, P, was induced 3 days after her due date for no other reason than accomodating the obstetrician's schedule. The prostaglandin induction caused a very sudden onset of intense contractions with no break in between and P quickly became overwhelmed without the natural endorphins and other measures a body has for ameliorating the intensity of labour and birth. Again due to pressure from the obstetrician P was taken to theatre for a Caesarian section where her daughter was born with a forcep delivery with trauma and bleeding on the baby's scalp. The whole event seemed extremely stressful and having been at births where the timing was mother and baby oriented I know what a different experience it could have been, one without trauma. I'm not sure this person knew the trauma of this experience was not necessary. Had she been given the extra days to initiate labour naturally, whatever the outcome of the labour, it would have been a much different experience, with long term negative impacts on mother and child possibly avoided. I've seen that oxytocin and other hormones created during labour prevent trauma during the birth process. I think people believe that trauma is normal and unavoidable. The cost of interference in a natural birth, if not warranted by safety concerns, needs to be factored in. Women might leave the hospital with a living baby but they are left with post traumatic symptoms that obstetricians and other care providers don't take any responsibility for. This is not fair when so much trust is placed in them by birthing women and their partners.