

Submission  
No 1426

## INQUIRY INTO BIRTH TRAUMA

**Name:** Name suppressed

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Partially  
Confidential

- Excludes from MGP program due to high risk pre eclampsia flag at 12 week NIPT test. The was an optional test I decided to pay for to do, had I not done the test I wouldn't have been automatically excluded. No one could explain to be how I got a score which pushed me into high risk considering I didn't have high blood pressure, any family history and was originally expected to be a low risk pregnancy. This added extra stress as I knew I'd be best suited to the MGP care model. I then spiralled between trying to choose if I should have gone private or public thinking I'd get more support in a private modem, but since I wanted as natural birth as possible decided to stay public. I didn't get pre eclampsia during my pregnancy. Would like to not see women getting excluded from continuity of care models for such reason.

- encouraged by OB to have an induction at 38 weeks, again at 39 due to my 'big baby' tracking at 97th percentile. I trusted my gut and intuition and push back on this advice, I researched the risks of inductions vs having a larger baby and decided to wait to 40 weeks. I was then asked again during 39 weeks to book in my induction for week 40 which I reluctantly agreed to. The days leading up to the induction I was very upset and stressed and felt forced. My induction was booked for 40weeks + 3 days. I birthed my 'big baby' after going into labor naturally at 40+2, with no painkillers for besides gas, no interventions and no OBs, just midwives. I was made to feel like my body couldn't possibly birth a larger baby and I did with minimal pain relief (my choice), no continuous monitoring and a small 2nd degree tear which only needed a few stitches. Baby was 4.3kgs and labor was 16 hrs total. So glad I trusted my gut and pushed back on the early induction, women shouldn't be lead to believe because their baby is measuring big that they can't birth. The inductions being pushed pre 40 weeks and inductions in general are overused and should be completely revised, I hate to think what the outcome would have been had my body not been easy to birth and was forced synthetically too early.

- Poor post natal care after birth

Suffered severe nipple damage due to various midwives pushing baby into the breast with incorrect latch. Every midwife had a different technique. As a result I had horrific pain for 4 weeks trying to feed. Should have been offered a LC in hospital if pushed to stay overnight. I wanted to go home but was pushed by a pediatrician To stay overnight because I didn't do the GBS swab. I received minimal support overnight because the ward was full and midwives were so busy, my husband wasn't able to stay and support me either so I felt alone on my first night with my baby. LCD should be part of every post natal care model /hospital for every woman. There shouldn't be pressure to stay in hospital for no strong reason.