FOR PARENT/GUARDIAN - CHILD/ADOLESCENT VISIT

Once a child turns 13 years old, an important shift occurs in the interactions with your child’s Health Care Provider. Each phase of a child's development requires different strategies to provide age appropriate care. Working together in the adolescent years requires two important components: confidentiality between the teen and Health Care Provider and shifting responsibility for health decisions from parent/guardian to the teen.

CONFIDENTIALITY: Providing optimum health care for the teen patient requires honesty between the patient and Health Care Provider. Teens are often willing to discuss important topics openly, only if they are assured of confidentiality. State laws recognize this concept and protect teens by making it possible for an adolescent to seek care for certain conditions without parental consent. We will abide by those laws and honor the confidence of our patients.

The following is a partial list of topics that we will NOT discuss with a parent/guardian without first having the teen's permission: sexual activity/contraception, drug/alcohol use, and mental health issues.

There are certain situations that allow a Health Care Provider to overrule these confidentiality protections and notify a parent/guardian, even without a teen's permission. We share information when we believe the adolescent poses a threat to harm him/herself or to harm another person.

Most importantly, we do not encourage teens to keep secrets from their parents/guardians. When a teen patient is involved in certain risky behaviors, we recognize the valuable role the family can play in helping the adolescent reduce or discontinue unhealthy practices. Although we are asking you to trust our judgment in managing sensitive information during the coming years, please know that we have the same goal-- to help your teen grow to be as healthy as possible.

SHIFTING RESPONSIBILITY FOR HEALTH DECISIONS

As your teen grows older, he/she will need to be prepared to operate more independently in regards to many aspects of life, including health care. Even before 18, he/she may be in a situation where they require health care and you may not be present to provide the needed information We expect parents, patients, medical providers and staff to work together, so that the next few years are a gradual transition: where the responsibility of seeking and obtaining medical care shifts from parent/guardian to patient. Individual steps in this transition will be discussed between the Health Care Provider and patient at each well visit between the ages of 13-18.

Here are a few concrete ways that this shift in responsibility will be implemented:

1. Adolescents should be familiar with their own medications. They should be aware when refills are needed.
2. The log-in information for our patient portal website will be held by the adolescent patient, not the parent.
3. Once a patient turns 18 years old, he/she will have sole access to his/her health information, unless the patient provides written permission for the parent/guardian. This includes test results.

Please feel free to discuss this with your adolescent’s healthcare provider if you have any questions or concerns.

CONFIDENTIALITY AGREEMENT BETWEEN ADOLESCENT PATIENT AND HEALTH CARE PROVIDER

I, Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (the Health Care Provider), want you to be able to be honest with me about your concerns and your health. I want you to understand that when we talk about things that have to do with sex and drugs and your feelings, it is confidential. This means that what we talk about is just between you and me and that other people, including your parents, will not find out about it unless you want them to know. One exception to this is if I am concerned someone has abused or hurt you. Another exception is if I am concerned you are at serious risk of harm or are planning to or behaving as though you may hurt yourself or someone else. In these situations, I would have to talk to other adults, but I would talk to you first so we could figure out whom we should talk to and the best way to handle it.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (the patient), agree to talk with my Health Care Provider about anything I am concerned about and to be honest when answering questions and discussing my health.

Signed on date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health Care Provider