



Roadmap For a Teen-Friendly Provider Visit When a Parent Is Present

Offering some confidential time with your teen patients builds trust and ensures that they feel comfortable addressing their health concerns. A teen is more likely to disclose sensitive information to a health care provider if s/he is provided with confidential services. Even when the chief complaint is acne or earache, the teen might have underlying issues, such as the need for a pregnancy test or contraception. Often these needs will only surface when the teen is given some confidential time with their provider. The information below provides a teen patient visit roadmap to ensure that both parents and teens have their needs met by the visit.

Preparing your office for parents and teen patients

1. Prepare a teen patient confidentiality policy ([click here for template](#))
2. Make it a practice to provide your teen patient confidentiality policy to all parents and patients as soon as possible after your patient's 11th or 12th birthday
3. Put up posters in the waiting area explaining your teen patient confidentiality policy

The Visit, Part I: Parent and Teen Patient

1. Review your teen confidentiality policy verbally at the beginning of the visit with the teen and their parent - emphasize that this is a universal policy in your practice, not just for this particular patient
2. Run through the plan for the patient's visit with the parent and their teen:
 - a. Parent, child and provider will *talk together about patient's health history and any concerns that you or he might have,*
 - b. *Provider will spend some time alone with patient*
 - c. *At the end of the visit, parent, child and provider will meet together again to clarify any tests, treatments or follow-up plans*
3. Validate the parental role in their child's health and well-being.
4. *Discuss patient's health history and any concerns that you or he might have.*
5. Elicit any specific questions or concerns from the parent.
6. Make sure to direct questions and discussion to the teen while attending to and validating parental input



The Visit, Part II: Teen Patient only

1. Invite the parent to have a seat in the waiting area. Remind them that you will call them in prior to closing the visit.
2. Once the parent is out of the room, revisit issues of confidentiality with the youth, reminding them of your obligation to breach confidentiality if the patient discloses harm to self or others, according to state law
3. Revisit areas of parental concern with the teen and obtain their perspective.
4. Conduct the psycho-social interview and physical exam - ascertain whether the teen desires parent's presence during physical exam and accommodate their preference

The Visit, Part III: Parent and Teen Patient

1. Invite the parent back into the room
2. Clarify any tests, treatments and/or follow-up plans