

Virtual Mentor

American Medical Association Journal of Ethics
November 2014, Volume 16, Number 11: 901-902.

THE CODE SAYS

AMA Code of Medical Ethics' Opinion on Adolescent Care

Opinion 5.055 - Confidential Care for Minors

Physicians who treat minors have an ethical duty to promote the autonomy of minor patients by involving them in the medical decision-making process to a degree commensurate with their abilities.

When minors request confidential services, physicians should encourage them to involve their parents. This includes making efforts to obtain the minor's reasons for not involving his or her parents and correcting misconceptions that may be motivating their objections.

Where the law does not require otherwise, physicians should permit a competent minor to consent to medical care and should not notify parents without the patient's consent. Depending on the seriousness of the decision, competence may be evaluated by physicians for most minors. When necessary, experts in adolescent medicine or child psychological development should be consulted. Use of the courts for competence determinations should be made only as a last resort.

When an immature minor requests contraceptive services, pregnancy-related care (including pregnancy testing, prenatal and postnatal care, and delivery services), or treatment for sexually transmitted disease, measures to prevent sexually transmitted disease, drug and alcohol abuse, or mental illness, physicians must recognize that requiring parental involvement may be counterproductive to the health of the patient. Physicians should encourage parental involvement in these situations. However, if the minor continues to object, his or her wishes ordinarily should be respected. If the physician is uncomfortable with providing services without parental involvement, and alternative confidential services are available, the minor may be referred to those services. In cases when the physician believes that, without parental involvement and guidance, the minor will face a serious health threat, and there is reason to believe that the parents will be helpful and understanding, disclosing the problem to the parents is ethically justified. When the physician does breach confidentiality to the parents, he or she must discuss the reasons for the breach with the minor prior to the disclosure.

For minors who are mature enough to be unaccompanied by their parents for their examination, confidentiality of information disclosed during an exam, interview, or in counseling should be maintained. Such information may be disclosed to parents when the patient consents to disclosure. Confidentiality may be justifiably breached in situations for which confidentiality for adults may be breached, according to

Opinion 5.05, “Confidentiality.” In addition, confidentiality for immature minors may be ethically breached when necessary to enable the parent to make an informed decision about treatment for the minor or when such a breach is necessary to avert serious harm to the minor.

Issued June 1994 based on the report “[Confidential Care for Minors](#),” adopted June 1992; updated November 2013 based on the report “[Amendment to E-5.055, ‘Confidential Care for Minors,’](#)” adopted June 2013.

Related in VM

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[Protecting the Confidentiality of Sexually Active Adolescents,](#) February 2012

[Adolescents’ Right to Consent to Reproductive Medical Care: Balancing Respect for Families with Public Health Goals,](#) October 2012

[Confidentiality and Consent in Adolescent Substance Abuse: An Update,](#) March 2005

[The AMA Code of Medical Ethics’ Opinion on Confidentiality of Patient Disclosure and Circumstances under Which It May Be Breached,](#) June 2012

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