



DOCTOR-PATIENT CONFIDENTIALITY

At the Herzl Teenage Health Unit we take the teenager's right to confidentiality seriously.

Any person 14 years of age and older has all of the rights to protection of privacy just like an adult. While we try to encourage more open communication within families we understand that some teens will want to keep some things private. Knowing that what they say will be kept confidential helps teens to be free in their discussion with their doctor, thereby getting the help they really need.

According to the Quebec Civil Code:

"No person bound to professional secrecy may, even in judicial proceedings, disclose confidential information unless authorized to do so by the person who confided such information, or by an express provision of law... In addition, a child aged 14 or over enjoys independence in respect to access to and the disclosure of information about him- or herself." (Article 16: 883 and 886)

The exceptions to confidentiality are very few. Confidentiality can be broken if a teen is: 1) a victim of sexual abuse or physical or serious emotional abuse; 2) at imminent risk of suicide; or 3) at imminent risk of committing homicide. As well, the parent or guardian must be informed if a patient is to be retained for more than 12 hours for a medical treatment.

We will always encourage teens to discuss their concerns with family, and welcome the input of parents but only with the express agreement of the teen. Patient confidentiality is paramount to the maintenance of a cooperative physician-patient relationship, which is the cornerstone of good patient care.



WHY A CLINIC FOR ADOLESCENTS?

Teens have concerns and questions about their health and well-being that may be different from children and adults.

Adolescents need ready access to information and medical and psychological services that are more easily provided in a multi-service clinic where staff are specially trained in treating teens.

Some teens may prefer to have a different doctor than the rest of their family.



HOW TO GET IN TOUCH OR MAKE AN APPOINTMENT

Call the number below during the following hours:

Monday to Thursday 8:30 - 4:30
Friday 8:30 - 4:00

514-340-8242



TEENAGE HEALTH UNIT

Herzl Family Practice Centre

Access via: Pavilion-H
5790 Côte des Neiges
2nd Floor

514-340-8242



Hôpital général juif
Jewish General Hospital

Jewish General Hospital – Sir Mortimer B. Davis
5790, ch. de la Côte-des-Neiges,
Montréal (Québec) H3S 1Y9



A MCGILL UNIVERSITY TEACHING HOSPITAL



BASIC MEDICAL CARE

Adolescents require basic health care for the illnesses that we all may encounter in our lives. Some teens may have more complicated medical concerns that require ongoing care, such as asthma, sports injuries, and migraines.



DRUGS

Drugs are in our society; often promoted by the media. Some teenagers can get into deep trouble with drugs. We can provide accurate information, treatment choices and services to teens that need it.



ANXIETY

Studies show that 10-20% of teens suffer from problems with anxiety. Symptoms include shyness, worries about peers or school, or avoiding previously enjoyed activities. People can learn to be less anxious. Our clinic can help.



REPRODUCTIVE HEALTH

Sexuality is a normal aspect of becoming an adult. It is important for teens to get accurate information and guidance on aspects of sexuality including abstinence, birth control, pregnancy, abortion, and adoption.



ALCOHOL USE

About 30% of students at the end of high school binge-drink on a regular basis. Alcohol use is a major factor in motor vehicle accidents, violence, and other regretful behaviour among our youth.



ATTENTION PROBLEMS

Some teenagers find that they have more difficulty than their peers with concentrating, feeling restless, and controlling their impulses. This is often exhibited along with poor organizational abilities, and academic difficulties.



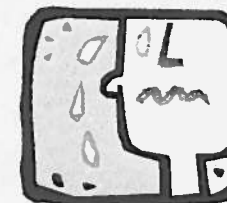
STIs or STDs

Sexually transmitted infections or diseases are more common than teenagers think, and can be passed from one partner to another through all kinds of sexual touching. If untreated, they can have very serious consequences.



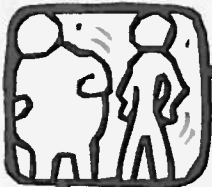
SMOKING

Despite the fact that the negative health effects of smoking are well known, more and more teens, especially girls, are starting this detrimental habit and becoming addicted. There are ways to stop. We can help.



DEPRESSION

Adolescents with mood problems often feel guilty, fatigued, irritable, bored, or unmotivated, and suffer from low self-esteem. They may complain of vague physical problems. Depression is treatable. We can help.



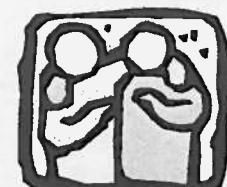
BODY IMAGE ISSUES

Many young men and women feel pressure to achieve or maintain an unrealistic and unhealthy body type. This can lead to disorders such as anorexia and bulimia, or the use of steroids. All have serious long-term health effects.



ABUSE

Some adolescents are the victims of physical, verbal, emotional, or sexual abuse by members of their family or by their friends or partners. No one has the right to abuse another person. We can help.



DANGEROUS IDEAS

Sometimes life becomes so difficult that people consider hurting themselves or others in order to end their difficulties. Let us help you to get through this tough time and deal with problems safely and effectively.