

What can we do about it?



- ☺ Ensure that young people understand that we provide confidential health services
- ☺ Give young people time
- ☺ Involve young people in service design
- ☺ Consider “Your welcome”, using the RCGP confidentiality tool kit or the RCN “Getting it Right for Teenagers in Your Practice” leaflet

☺ **Above all smile!** ☺

For Further information about the GP Champions go to: <http://www.youngpeopleshealth.org.uk> and search GP Champions.



Seeing people – not problems ... 

Seeing young people in General Practice



GMC guidance clear states that we:

- Have the same duty of confidentiality to children (u16) as we do to adults.
- Should make it clear that we are available to see young people and children on their own if this is what they want. We should avoid giving the impression (either directly or indirectly through reception staff or in any other way) that they can not access services without a parent.
- When assess capacity to consent must decide whether a young person is able to understand the nature, purpose and possible consequences of investigations or treatments you propose, as well as the consequences of not having treatment.
- The capacity to consent depends more on young people’s ability to understand and weigh up options than on age.

Unfortunately young people are not getting the health services or information they require



They are regular users of primary care but report a lack of satisfaction with communication and understanding of confidentiality.

Recent surveys have shown that 26% of year 10 girls (14/15yrs) felt either very or quite uneasy with their GP at their last consultation and that only 52% felt comfortable talking to their GP about emotional issues.



Why is this important?



Many health problems start in adolescence:

- Half of lifetime mental illness starts by the age of 14yrs, 75% by late teens.
- More than 8 out of 10 adults who have ever smoked regularly started before 19yrs
- 8 out of 10 obese teenagers go on to be obese adults
- More than half 15-16yr olds had consumed more than 5 alcoholic drinks in the previous month
- Ignoring chronic adolescent disease leads to increased cost by leading to more emergency admissions

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