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# THREE THINGS TO KNOW ABOUT: CHILDREN AND ADOLESCENTS

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1. Most prescribing for minors is off-label, which can lead to heightened scrutiny of prescribing decisions. Although it is perfectly acceptable to prescribe off-label provided there is an evidence-based reason for doing so, as part of the informed consent process, parents should be made aware of this fact.
2. If a minor patient's parents are divorced, you should take reasonable steps to determine which parent(s) have the legal authority to consent to treatment. These legal rights should be spelled out in a custody order or similar document and it is appropriate for you to ask to see the portion that pertains to treatment decisions.
3. When it is a parent or guardian consenting to treatment, confidentiality of the minor's treatment information should be discussed and agreed upon prior to initiation of treatment, or when the patient has reached an appropriate age in on-going treatment. Minors should never be promised absolute confidentiality as it is highly likely that a parent will be able to access treatment records should he or she choose to do so.

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Manager of The Psychiatrists' Program  
Medical Professional Liability Insurance for Psychiatrists  
1-800-245-3333

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