

Speare Memorial Hospital  
Adolescent Patient Portal Access

In the state of New Hampshire, access to adolescent patient portals is restricted to protect the confidentiality of minors regarding sensitive health services. This approach aligns with both federal and state laws that permit minors to consent to certain medical treatments—such as mental health services, substance use treatment, and reproductive health care—without parental involvement.

Health systems, like Speare, choose to limit parental access to patient portals to ensure that confidential information remains private, encouraging adolescents to seek necessary care without fear of disclosure.

These restrictions are also influenced by the technological limitations within Meditech, our electronic health record (EHR) system, which lacks the ability to selectively restrict parental access to specific parts of an adolescent's medical record. As a result, Speare has made the decision to deny parental access to the entire portal to safeguard the adolescent's privacy.

The 21st Century Cures Act mandates that patients have access to their health information, including all clinical notes. However, this requirement can conflict with state laws and ethical considerations concerning adolescent confidentiality, leading institutions to implement access restrictions to balance legal compliance with the need to protect patient privacy.

Most healthcare providers in New Hampshire restrict adolescent patient portal access to uphold minors' rights to confidential health care, comply with both state and federal laws, and address the technical challenges of selectively sharing medical information within existing EHR systems.

[New Hampshire Revised Statutes Section 170-G:8-a \(2023\) - Record Content; Confidentiality; Rulemaking. :: 2023 New Hampshire Revised Statutes :: U.S. Codes and Statutes :: U.S. Law :: Justia](#)

[Ensuring Adolescent Patient Portal Confidentiality in the Age of the Cures Act Final Rule - PubMed](#)