

What is it?

PANDAS is an abbreviation for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections. This term is used to describe a subset of children and adolescents who have Obsessive Compulsive Disorder (OCD) and/or tic disorders, in whom symptoms worsen following a strep infection.

According to NIMI, PANS is a newer term used to describe a larger class of acute onset OCD. The abbreviation stands for Pediatric Acute onset Neuropsychiatric Syndrome and includes all cases of abrupt OCD.

The NIMI developed criteria for making the diagnosis of PANDAS and PANS:

PANDAS	<ol style="list-style-type: none"> 1. Presence of clinically significant obsessions, compulsions and/or tic(s) 2. Unusually abrupt onset of symptoms or a relapsing/remitting course of severity 3. Pre pubertal onset 4. Association with other neuropsychiatric symptoms 5. Association with streptococcal infection
PANS	<ol style="list-style-type: none"> 1. Abrupt, dramatic onset of OCD (including severely restricted food intake) 2. Concurrent presence of additional neuro/psychiatric with similarly severe and acute onset 3. Symptoms are not better explained by known neurological or medical disorders

What are the symptoms?

- Increased ADHD symptoms
- Executive dysfunction
- Sleep disturbance
- Motor disturbance
- Sensory sensitivity
- Mood changes
- Short term memory issues

What is the treatment?

- Treatment of symptoms with SSRI's (the rule is go slow and low for medication)
- Treatment of acute symptoms of infection with antibiotics
- Plasmaphoresis
- Cognitive Behavioral Therapy for OCD
- Immunotherapy
- Prophylactic antibiotic therapy
- IVG therapy

Suggested school accommodations

- Consider 504 plan or IEP
- Rest periods or frequent breaks
- Modified schedule
- Extended time
- Copies of notes
- Use of computer for classwork or scribe
- A safe place to release tics
- Emotional support for student
- Seating preference to allow for teacher to assist, and for movement breaks
- Organizational supports
- Use of visual and non visual cueing to help stay on task
- Break long assignments into smaller tasks
- Check for understanding

SHNIC school nurses information:

Specific health issues for individual health care plans

- Diagnosis
- Student specific characteristics, behaviors, etc.
- Current medication list
- Monitor for signs and symptoms of strep outbreak and notify caregivers
- Communication with staff on diagnosis, signs and symptoms, behaviors
- Allow for rest periods

Resources & Manuals

National Institute of Mental Health: PANDAS Factsheet

<http://www.nimh.nih.gov/health/publications/pandas/index.shtml>

Child Mind Institute: PANDAS and PANS

<http://www.childmind.org/en/posts/articles/2013-4-23-pandas-pans-about-acute-onset-ocd>

International OCD Foundation

<https://iocdf.org/pandas/>

Pandas Network

<http://pandasnetwork.org/>

Academic accommodations/Compensatory strategies, and services regarding PANS/PANDAS

<http://pandasnetwork.org/wp-content/uploads/2014/09/School-Considerations-2014.pdf>