



# Understanding PANS/PANDAS

Parent/  
caregiver  
guide

## PEDIATRIC ACUTE-ONSET NEUROPSYCHIATRIC SYNDROME (PANS)

### PANS refers to

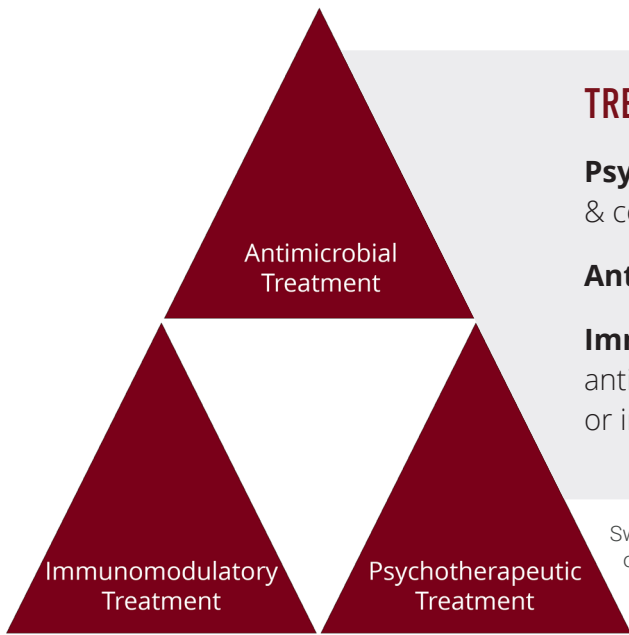
- Sudden onset of obsessive-compulsive disorder (OCD) or severely restricted food intake. OCD may appear as obsessions, such as recurring, unwanted thoughts about germs/contamination, aggression, or the need for actions to be symmetrical or “just right.” It may also appear as compulsions, which are repetitive behaviors or rituals, including excessive hand washing, checking, repeating behaviors, or seeking reassurance. Sudden food intake restriction may be due to fears of choking, vomiting, or contamination.
- Concurrent sudden onset of symptoms from two or more categories below:
  - Anxiety
  - Mood swings or depression
  - Irritability, aggression, or oppositional behaviors
  - Behavioral regression
  - Deterioration in school performance
  - Sensory or motor abnormalities
  - Somatic (e.g., urinary symptoms, sleep disturbance)
- A neurological or medical condition does not better explain these symptoms.

## PEDIATRIC AUTOIMMUNE NEUROPSYCHIATRIC DISORDERS ASSOCIATED WITH STREPTOCOCCAL INFECTIONS (PANDAS)

### PANDAS is a subtype of PANS that refers to

- The sudden development of OCD or tics after a Group A Streptococcal infection (such as Strep throat).





## TREATMENT TRIAD

**Psychotherapeutic:** SSRI medications & cognitive-behavioral therapy

**Antimicrobial:** Antibiotics

**Immunomodulatory:** Nonsteroidal anti-inflammatory drugs (NSAIDs), steroids, or intravenous immunoglobulin (IVIG).

Swedo SE, Frankovich J, Murphy TK. Overview of Treatment of Pediatric Acute-Onset Neuropsychiatric Syndrome. *J Child Adolesc Psychopharmacol.* 2017 Sep;27(7):562-565. doi: 10.1089/cap.2017.0042.

A comprehensive and balanced treatment plan addresses 3 areas of intervention (psychiatric/behavioral, infectious disease, and immune modulation). Using a 3-pronged approach to treatment offers the best chance for returning a child to a healthy baseline after a PANS episode.



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