

Information Governance

Medical Directorate
NHS Grampian
Rosehill House
Foresterhill Site
Cornhill Road
Aberdeen
AB25 2ZG



BY EMAIL

Gillian Mathewson

gillian.mathewson@panspandas.scot

Date	28 November 2025
Our Ref	FOI/2025/1075
Enquiries to	Information Governance Team
Extension	54983
Direct Line	01224 554983
Email	gram.foi@nhs.scot

Dear Ms Mathewson

Freedom of Information (Scotland) Act 2002

I refer to your e-mail dated 4 November 2025, requesting:

"I am writing to request information under the Freedom of Information (Scotland) Act 2002 regarding NHS Grampian's response to recent communications about Paediatric Acute-onset Neuropsychiatric Syndrome (PANS) and Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections (PANDAS)."

In May 2025, the PANS PANDAS Steering Group (PPSG) wrote to the chief executive of all NHS boards in Scotland to inform them of the ongoing work in the development of clinical guidelines for PANS and PANDAS. A link to this, and other referenced communication and statements can be found at the bottom of this email

Referenced in that letter, is a letter written by Neil Gray MSP, Cabinet Secretary for Health and Social Care to Wendy Chamberlain MP, outlining the support available in Scotland for those affected, as well as confirmation that the Department for Health and Social Care in England officially recognises that the PPSG 2023 statement supersedes the 2021 BPNA Consensus Statement.

A request was made to the Cabinet Secretary to confirm if this was also the status in Scotland, but we were informed that we would need to make that request to each individual NHS board in Scotland.

With that in mind, could you please provide responses to the following:

1. Actions Taken in Response to the PPSG Letter

What steps has NHS Grampian taken in response to the requests outlined in the PPSG letter, specifically:

- *Distribution of information about PANS and PANDAS to GP practices.*
- *Circulation of this information to paediatric units.*

2. Recognition of Updated Guidance

Does NHS Grampian recognise that the 2023 PANS PANDAS Steering Group Statement supersedes the 2021 BPNA Consensus Statement?

3. Clinical pathways and referral options.

The Cabinet Secretary stated that there are multidisciplinary services for PANS and PANDAS currently available in Glasgow and Edinburgh. In the absence of such teams in NHS Grampian, what steps are taken when a patient presents with symptoms which may be indicative of PANS or PANDAS?"

I can now respond as follows:

I am writing to request information under the Freedom of Information (Scotland) Act 2002 regarding NHS Grampian's response to recent communications about Paediatric Acute-onset Neuropsychiatric Syndrome (PANS) and Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections (PANDAS).

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1. Actions Taken in Response to the PPSG Letter

What steps has NHS Grampian taken in response to the requests outlined in the PPSG letter, specifically:

- **Distribution of information about PANS and PANDAS to GP practices.**
- **Circulation of this information to paediatric units.**

A copy of this letter was received by NHS Grampian's Child and Adolescent Mental Health Service (CAMHS) on Wednesday 5 November 2025. This was immediately shared with the CAMHS Leadership Team who are in discussions around how this will be incorporated into an ongoing review of all pathways for Neurodevelopmental/Neuropsychiatric conditions. A copy of the letter has also since been circulated to all staff within NHS Grampian CAMHS.

We are aware that a copy of the letter was also shared with other relevant services, including Community Child Health, who will provide support to children and young people presenting with symptoms of PANS and PANDAS.

We have been made aware that the information from within the letter was circulated to all staff at Royal Aberdeen Children's Hospital on 13 November 2025.

CAMHS cannot provide any further information on how this has been shared to others within the organisation as this would not have been communicated directly from CAMHS.

2. Recognition of Updated Guidance

Does NHS Grampian recognise that the 2023 PANS PANDAS Steering Group Statement supersedes the 2021 BPNA Consensus Statement?

This letter has recently been shared with CAMHS, and the CAMHS Leadership team are currently working through this to ensure this is incorporated into a review of all pathways for neurodevelopmental/neuropsychiatric conditions.

3. Clinical pathways and referral options.

The Cabinet Secretary stated that there are multidisciplinary services for PANS and PANDAS currently available in Glasgow and Edinburgh. In the absence of such teams in NHS Grampian, what steps are taken when a patient presents with symptoms which may be indicative of PANS or PANDAS?

All referrals to NHS Grampian CAMHS that meet nationally set referral criteria (See - <https://www.gov.scot/publications/child-adolescent-mental-health-services-camhs-nhs-scotland-national-service-specification/>) are offered a CAMHS assessment or consultation, depending on clinical need, to ascertain whether further psychological treatment or intervention is recommended or wanted.

As NHS Grampian CAMHS work to the CAMHS Service Specification, where a patient has a diagnosis of or symptoms of PANS and/or PANDAS they will be offered an appointment through CAMHS if they meet the nationally set CAMHS referral criteria, however not all patients with PANS and/or PANDAS would be referred to CAMHS or meet the referral threshold depending on their presentation. In NHS Grampian, Community Child Health and Paediatric Services will also support with some presentations of PANS and/or PANDAS.

We are currently reviewing all pathways for Neurodevelopmental/Neuropsychiatric conditions, and we will be incorporating the information shared on 5 November 2025 into this review. We will be working closely with Community Child Health to ensure these pathways are developed in line with wider Neurodevelopmental work taking place within NHS Grampian. This is an area of development in NHS Grampian, and the letter received 5 November 2025 will form part of this process.

Under section 20 (1) of the Act, if you are dissatisfied with the way NHS Grampian has dealt with your request, you have a right to request a review of our actions and decisions in relation to your request. Should you be unhappy with the outcome of that review you have a right to appeal to the Scottish Information Commissioner.

A request for review must be made within 40 working days and should, in the first instance, be in writing to: Directorate of Corporate Communications, Foresterhill House, Foresterhill, Aberdeen, AB25 2ZB or by email to gram.foi@nhs.scot

Requests for appeal can be made by using the Scottish Information Commissioner's online service at www.itspublicknowledge.info/Appeal or should be made in writing to: Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS Telephone: 01334 464610, Fax: 01334 464611.

If you remain dissatisfied following an appeal to the Scottish Information Commissioner your recourse is to the Court of Session on a point of law.

Yours sincerely

A handwritten signature in black ink, appearing to read 'R. Bains', followed by a horizontal line.

Roohi Bains
Information Governance Manager & Deputy DPO
NHS Grampian