

(Paediatric Acute-onset Neuropsychiatric Syndrome)

1 - WHAT IS PANS?

PANS, and its better-known sub-condition, PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections), are believed to be the result of a misdirected immune response to a pathogenic trigger (for example chickenpox, tonsillitis, or covid-19), leading to the abrupt onset of a range of challenging neuropsychiatric symptoms.

2 - WHAT ARE THE SYMPTOMS?

- **Primary symptoms:** Rapid onset of OCD, tics, or extreme food restriction.
- **Secondary symptoms:**
 - **Mental health symptoms** including anxiety, emotional lability, aggression, severely oppositional behaviours, and/or depression.
 - **Behavioural (developmental) regression** such as speaking with a 'baby voice'.
 - **Cognitive challenges**, leading to deterioration in school performance.
 - **Sensory or motor abnormalities.**
 - **Physical symptoms** including sleep disturbances and toileting issues.

3 - WHO DOES PANS AFFECT?

PANS and PANDAS are considered to be rare conditions. They primarily impact children and young people, however adults can develop PANS, and if untreated or not fully responsive to treatment, the conditions can both be taken into adulthood.

4 - WHERE DO I GO IF I SUSPECT PANS?

Your first step should be to speak to your GP, or the clinician leading your child's care. Explain why you would like them to investigate PANS, and direct them to the statement of the PANS PANDAS Steering Group (see overleaf).

5 - WHERE CAN I GET HELP?

PANS+ Scotland are a community who know and understand your challenges. As an organisation we are building relationships with local organisations around the country, and can signpost you to where you can get help locally, as well as support in explaining PANS to organisations - so that you don't have to.

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USEFUL LINKS

PANS+ Scotland Website



<https://pansplus.scot>

PANS+ Scotland Facebook Community Group



<https://www.facebook.com/groups/1056235633124114/>

Diagnostic Criteria



<https://www.pandasppn.org/what-are-pans-pandas/>

PANS PANDAS Steering Group Statement



<https://panspandasuk.org/wp-content/uploads/2024/04/PPWG-Statement.pdf>

ABOUT PANS+ SCOTLAND

PANS+ Scotland has been formed to help children, young people and adults gain the support they need across health, education and social care in Scotland.

It goes without saying that the priority in supporting those affected by PANS or PANDAS is clear clinical guidelines, and that is going through a formal and robust process which takes time.

In the mean-time. but what we can do is work towards those affected being supported in the best possible way, and pave the way for action within the relevant organisations and authorities for when the guidelines are published.



<https://pansplus.scot>



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