

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 - WHAT DO I DO IF I THINK A CHILD HAS SYMPTOMS OF PANS?

Signpost parents/carers to PANS+ Scotland - so they can learn more about the conditions, and decide if it's something they want to investigate further. Parents can then speak to their GP, or the clinician leading their child's care. PANS+ Scotland can support them with useful information to share.

5 - WHAT CAN I DO TO SUPPORT THE CHILD?

Having an understanding of the condition, and the unique impact it is having on a child gives significant support. An analysis of the impact of symptoms on the child against the SHANARRI indicators can help to focus on a child's needs - and what supports might be useful. PANS+ Scotland offer training to support practitioners with this.

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.



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