



TEXAS
Health and Human
Services

What are **PANS** and **PANDAS?**

Pediatric Acute-Onset Neuropsychiatric Syndrome (**PANS**) and Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (**PANDAS**) are medical conditions in children defined by the sudden onset of obsessive-compulsive symptoms and/or severe eating restrictions, diagnosed simultaneously, with at least two additional neuropsychiatric symptoms that affect a child's thinking skills, behavior or nervous system.

Diagnosis

PANS is diagnosed by looking at the patient's medical history, current symptoms and a physical examination. Lab work and testing can identify a possible cause (like an infection), rule out other diagnoses and suggest treatment plans. Sudden onset or recurrence of obsessive-compulsive disorder and/or eating restrictions must be present with similarly sudden onset of at least two of the following neuropsychiatric symptoms:

- Anxiety (heightened anxiety, separation anxiety, irrational fears)
- Erratic emotions and/or depression
- Irritability, aggression and/or severe oppositional behaviors
- Behavioral (developmental) regression
- Sudden decline in school performance
- Motor or sensory abnormalities (touch, visual images, sound)
- Somatic symptoms (sleep disturbances, bed-wetting or urinating frequently)

Children, Teens Impacted

- It is estimated that about 1 in 200 children have **PANS**.
- Most children with **PANS/PANDAS** start showing symptoms around 6 and a half years old.
- About twice as many boys are diagnosed with **PANS** than girls.
- Children diagnosed with **PANS** or **PANDAS** are typically between 0 and 13 years old, but cases have been seen in older teenagers.

Treatment

Treatment includes relieving symptoms with appropriate medications and behavioral interventions as well as treating symptoms to reduce inflammation or regulate the immune system. Talk to your child's doctor about treatment options.



For more information, visit the **HHSC PANS** webpage at hhs.texas.gov/pans.

The Power of Prevention

Promoting
Healthy
Development
in Children

March
1, 8, 15 & 22, 2022

2nd Annual HHS Office of Disability Prevention for Children Statewide **Virtual Conference**

We're excited to kick off the second annual HHS Office of Disability Prevention for Children Statewide Virtual Conference and host the series of FREE webinars highlighting key topics on preventing intellectual and developmental disabilities in children. These webinars bring together a diverse group of stakeholders, including community-based and government organizations, health care professionals, educators, families and caregivers, to learn and discuss strategies for creating positive change in the lives of children and families across Texas.



TEXAS
Health and Human
Services

Register for the full virtual conference and attend the sessions that fit your schedule.

<https://attendee.gotowebinar.com/register/3402962519329089291>.

Two hours of continuing education (CE) credits/contact hours are available daily during this conference. A total of eight credits/contact hours will be awarded to those attending all four days. Please see information below about CE credits/contact hours.

Conference Schedule

Tuesday, March 1: Conference Day 1

10 a.m. to 11 a.m.

**Opening Keynote:
Providing Equitable Learning Opportunities for All Learners:
Addressing Opportunity Gaps**

Presenter:

Iheoma U. Iruka, PhD

Research professor, Department of Public Policy at The University of North Carolina at Chapel Hill; fellow, Frank Porter Graham Child Development Institute (FPG); founding director, Equity Research Action Coalition at FPG

Description:

Race, place and class and their intersections should not determine access, experiences, supports and outcomes for children with disability and their families. This keynote centers on racial equity and justice by addressing structural racism and systemic inequities, such as root causes, that limit children's ability to meet their full potential while highlighting the assets of families and children. Attendees will be pushed to self-reflect and provided with tools to incorporate a racial equity lens into their research, practice and policy priorities to transform child-facing systems.

11 a.m. to 12 p.m.

**Keynote:
The Role of Medicaid in Improving the Lives of Children and Youth with Disabilities and Addressing the Impacts of COVID-19**

Presenter:

Ryan D. Van Ramshorst, MD, MPH, FAAP, CHCQM

Chief medical director, Medicaid and CHIP Services, Texas Health and Human Services Commission

Description:

During this session, Dr. Van Ramshorst will provide an overview of Texas Medicaid, including a description of eligibility requirements, demographics and its unique managed care delivery model. He will describe the critical role that Medicaid plays in improving the health and well-being of children and youth with disabilities by expanding upon specific programs such as STAR Kids and Medicaid waivers. Dr. Van Ramshorst will also examine the impact of COVID-19 on children and youth with disabilities and describe key initiatives underway to address the indirect and direct health consequences of the pandemic.

12 p.m. to 12:30 p.m. **Interactive experiential learning trivia challenge.**

<https://ahaslides.com/POPREVENT>



Tuesday, March 8: Conference Day 2

10 a.m. to 11 a.m.

Session: Childhood Injury Prevention — At Home, on the Go, and at Play

Presenters:

From Dell Children's Medical Center:

Amber Garcia, CPST, CHES

Coordinator for the Kids in Cars program

Lindsay Pollok, MPH

Injury prevention coordinator

Presenter:

From Ghisallo Cycling Initiative:

Briana Cohen

Austin Team Lead and Community Educator

Description:

Unintentional injury is the leading cause of death for children, with many more children obtaining non-fatal injuries that require medical treatment and may result in lifelong challenges. Often, child injuries are preventable and predictable. This presentation will focus on some of the leading mechanisms of preventable injury and best practice strategies for preventing childhood injury on the following topics: sleep safety, shaken baby syndrome, child passenger safety, and bicycle safety.

11 a.m. to 12 p.m.

Water Safety Education, Resources and Tips from Colin's Hope

Presenter:

Alissa Magrum

Executive director of the Texas-based water safety nonprofit, Colin's Hope

Description:

Participants will learn that drowning is the leading cause of death for ages 1-4 and also that drowning is preventable. They will hear water safety tips and learn about resources available for parents, caregivers and children.

12 p.m. to 12:30 p.m. **Interactive experiential learning trivia challenge**

<https://ahaslides.com/POPREVENT>



Tuesday, March 15: Conference Day 3

10 a.m. to 11 a.m.

Early Childhood Intervention (ECI): Supporting Families of Children with Developmental Delays and Disabilities

Presenter:

Paul Nixon

Training specialist, Early Childhood Intervention

Description:

This presentation provides a high-level overview of the ECI program, how services support families of children with developmental delays and disabilities and shows why a child's earliest years are critical in their development.

11 a.m. to 12 p.m.

Texas WIC Program: Empowering Families, Strengthening Communities

Presenters:

Juliette Coronado, MS, RD, LD

WIC Client Engagement Specialist

Michelle Littlejohn, MS, RD, LD

WIC Infant Feeding & Formula Specialist, Women, Infants and Children Program

Description:

Texas WIC is a nutrition program for pregnant, postpartum and breastfeeding women and families with children younger than 5. This session will provide an overview of the Texas WIC program, including the eligibility process, benefits, special initiatives and how Texas WIC promotes healthy development in children.

12 p.m. to 12:30 p.m.

Trivia Challenge: Interactive experiential learning.

<https://ahaslides.com/POPREVENT>



Tuesday, March 22: Conference Day 4

10 a.m. to 11 a.m.

PANS – An Often-Underdiagnosed Condition in Children Across Texas

Panelists:

Members of the Texas PANS Advisory Council:

Dr. Brandon Brock, DNP, DC, MSN, APRN, NP-C

Clinician at Carpathia Collaborative, Dallas-Fort Worth Metroplex

Lisa Hardy, RN

Founding member and advisor to the board of the nonprofit organization, Alliance to Solve PANS and Immune-Related Encephalopathies

Qazi Javed, MD, FAPA, ABIHM

Double board-certified integrative medicine physician practicing child, adolescent and adult psychiatry with Integrative Psychiatry-Austin Diplomate, American Board of Integrative and Holistic Medicine

Paula Kruppstadt, MD, DABP, FAAP, IFMCP

CEO of Hope for Healing, Conroe

Sharon Lemons, MS, RD, CDCES, FAND, LD

My Health My Resources of Tarrant County

Description:

Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) is a medical condition in which a child suddenly develops obsessive-compulsive symptoms or severe eating restrictions along with at least two other cognitive, behavioral or neurological symptoms. Estimates suggest that about 11,000 children younger than 18 years old develop this illness each year in Texas.

11 a.m. to 12 p.m.

Closing Keynote:

Effective State-Level Policies to Strengthen the Early Years

Presenter:

Cynthia Osborne, PhD, MPP

Professor of early education and policy and executive director of the national Prenatal-to-3 Policy Impact Center at Vanderbilt University's Peabody College of Education and Human Development

Description:

The prenatal to age 3 period is the most sensitive and rapid period of development. Children who experience safe, nurturing and loving environments are placed on trajectories toward optimal growth and learning, yet many families face substantial challenges during these years. Grounded in the science of the developing child and based on comprehensive reviews of the most rigorous evidence available, this session shares 11 policy solutions that help foster the nurturing environments infants and toddlers need to thrive and reduce longstanding disparities in opportunities and outcomes among racial and ethnic groups and socioeconomic statuses.

Closing Remarks:

Jay Smith, MHL

Program manager for the Office of Disability Prevention for Children at Texas HHSC

12 p.m. to 12:30 p.m.

**The Power of Prevention:
Engaging post conference activities**

<https://ahaslides.com/POPREVENT>



Conference CEUs

Continuing Medical Education:

The Texas Department of State Health Services, Continuing Education Service is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Texas Department of State Health Services, Continuing Education Service designates this live event for a maximum of 8.00 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education:

The Texas Department of State Health Services, Continuing Education Service is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The Texas Department of State Health Services, Continuing Education Service has awarded 8.00 contact hour(s) of Continuing Nursing Education.

Certified Health Education Specialists:

Sponsored by The Texas Department of State Health Services, Continuing Education Service, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 8.00 total Category I contact education contact hours. Maximum advanced-level continuing education contact hours available are 8.00.

Certified in Public Health:

Up to 8.00 CPH Recertification Credits may be earned at this event.

Licensed Marriage and Family Therapists:

The Texas Department of State Health Services, Continuing Education Service, the continuing education provider, ensures that the education provided is related to the practice of marriage and family therapy; and that the individual(s) presenting the information have the necessary experience and knowledge in the topic(s) presented. The Texas Department of State Health Services, Continuing Education Service has awarded 8.00 hour(s) of credit.

Licensed Nursing Facility Administrators:

The Texas Department of State Health Services, Continuing Education Service is approved to provide Licensed Nursing Facility Administrator continuing education hours, per LTRC Licensing and Credentialing, HHSC Regulatory Services. This program has been approved for Continuing Education for 8.00 total participant hours.

Licensed Professional Counselors:

Up to 8.00 LPC hours may be earned at this event.

Licensed Psychologists:

The Texas Department of State Health Services, Continuing Education Service is approved as a provider of professional development hours for licensed psychologists, per the Texas Administrative Code Rule §463.35 (f)(1). The Texas Department of State Health Services, Continuing Education Service has awarded 8.00 professional development hour(s).

Social Workers:

The Texas Department of State Health Services, Continuing Education Service, the continuing education provider, ensures that the education provided is directly related to the practice of social work; and that the individual(s) presenting the information have the necessary experience and knowledge in the topic(s) presented. The Texas Department of State Health Services, Continuing Education Service has awarded 8.00 hour(s) of credit.

Certificate of Attendance:

The Texas Department of State Health Services, Continuing Education Service has designated 8.00 hour(s) for attendance.

This free event will include live captioning and American Sign Language interpretation.

Our goal is to bring together a diverse group of stakeholders — including community-based and government organizations, health care professionals, educators, families, caregivers and others — to discuss and learn about strategies for creating positive change in the lives of children and families across Texas.