



TEXAS
Health and Human
Services

PANS and PANDAS

in a school setting

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Pediatric Acute-onset Neuropsychiatric Syndrome, **PANS**, is a diagnosis based on history and a physical exam. For a diagnosis to be made it requires a sudden worsening of obsessive-compulsive disorder (OCD), restrictive eating, or both, and symptoms from at least two of seven neuropsychiatric and somatic categories. Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infections, **PANDAS**, is a type of **PANS**, in which symptom onset is triggered by Group A Streptococcus infections.
(www.Aspire.care)

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Students with PANS/PANDAS might show symptoms of:

- Abrupt, episodic changes in functioning
- Restricted eating
- Obsessive-compulsive symptoms
- Motor and vocal tics
- Heightened anxiety, including separation anxiety and school-related anxiety
- Sensory sensitivities
- Increased urinary frequency
- Handwriting changes and deterioration in school performance
- Impulsivity, inattention and poor concentration
(www.Aspire.care)

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What accommodations or modifications might help:

- Extended time for school activities
- Writing accommodations
- Math accommodations
- Frequent breaks
- "Safe spaces" to use in the event of behavioral difficulties or acute symptom flares
- Sensory supports
- Adapted or modified tasks, particularly those requiring motor control or sustained effort
- Advance planning for health-related absences, including home and hospital transitions as well as absences related to appointments and treatment
- Other accommodations can be found at www.aspire.care

What else you need to know:

- PANS/PANDAS affects about 1 in 200 children
- Children can get better but the earlier diagnosed the better
- Average age is 1–13 but there is no age requirement
- Children's symptoms can change between getting worse or better
- Not all children will have all the symptoms or even the same symptoms
- Triggers can be different
- Accommodations or modifications will differ between children according to 504 or Individualized Education Program
- PANS/PANDAS is medical not behavioral (www.Nepans.org)



Find more information at:

www.PANDASNetwork.org

www.Stanfordchildrens.org/en/service/pans-pandas/what-are-pans-pandas

www.Childmind.org • www.Nepans.org • www.Aspire.care • hhs.texas.gov/pans