

PANS/PANDAS **Know the Signs. Know the Treatments.**

Before & During PANS/PANDAS Flares

Source: PANDAS in the School Setting by Kathy O'Rourke, MA (School Nurse News-2003)

“An **easygoing** 15-year-old 10th grader, has always been a **good student** who has **many friends** and takes mostly **honors classes**. John has always been **excellent in math**.”



“**Following the flu...**John **suddenly developed eye blinking tics** and **erratic behavior**; he became **anxious, argumentative** with his teachers and parents, and **suicidal**, resulting in **hospitalization**.... he suddenly **missed relatively easy questions on math tests**. He **developed obsessions**, such as pacing, setting the volume button on electronics to multiples of 5, and **having everything “just so.”**”

“A **bright, well-adjusted** third-grade girl...School **friendships were numerous**, with **no identified social problems**. The girl rated her teacher as a “favorite” and was **not overwhelmed** by missed schoolwork, which she **described as “easy.”**”



“returned to school **after a strep infection** suddenly appeared **acutely school phobic**. Yet morning after morning the child became **intensely anxious**.... She **crouched in the car, sobbing and clinging to the seat**. No amount of coaxing or prodding seemed to alleviate her **severe yet unspecified anxiety.**”

If a Child has Sudden, Acute Onset of OCD and/or Food Restriction & Multiple Neuropsychiatric Symptoms, Consider PANS/PANDAS.

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