

# STREP, PNEUMONIA, LYME, MONO

*followed by*

Sudden Acute Behavior Changes

OCD

ANXIETY

MOOD SWINGS

AGGRESSION

ADHD

AGE REGRESSION

## PANS/PANDAS

Know the Signs. Know the Treatments.

NEW ENGLAND  
PANS/PANDAS  
ASSOCIATION

PANS/PANDAS is an autoimmune reaction triggered by Strep, Pneumonia, Lyme, Mono, Stress, etc. resulting in an acute onset of neuropsychiatric symptoms that can include: separation anxiety, OCD, tics, age regression, ADHD, sleep difficulties, personality changes, urinary frequency, irritability, rage, sensory sensitivities, deterioration in learning abilities and anorexia.



# Schools Should Know...

- ✦ PANS/PANDAS affects roughly 1 in 200 kids
- ✦ Kids can get better especially with early diagnosis
- ✦ Average age of diagnosis is between ages 4-13
- ✦ Symptoms are relapsing and remitting
- ✦ Not all kids will have all of the symptoms
- ✦ Initial and subsequent triggers can be different
- ✦ Accommodations will differ from child to child
- ✦ It takes a whole team to help the student
- ✦ PANS is medical; symptoms are not behavioral

## PANS/PANDAS

Know the Signs. Know the Treatments.

NEW ENGLAND  
PANS/PANDAS  
ASSOCIATION

PANS/PANDAS is an autoimmune reaction triggered by Strep, Pneumonia, Lyme, Mono, Stress, etc. resulting in an acute onset of neuropsychiatric symptoms that can include: separation anxiety, OCD, tics, age regression, ADHD, sleep difficulties, personality changes, urinary frequency, irritability, rage, sensory sensitivities, deterioration in learning abilities and anorexia.



# PANDAS & PANS @ SCHOOL

## BEHAVIORAL

- OCD & OBSESSIVE THINKING
- EATING ISSUES
- EMOTIONAL LABILITY
- ANXIETY & SCHOOL REFUSAL
- AGGRESSION
- AGE REGRESSION
- ADHD
- SENSORY ISSUES

## PHYSICAL

- TICS (MOTOR/VOCAL)
- FREQUENT URINATION
- UNUSUAL GAIT
- BALANCE ISSUES
- CHAPPED SKIN
- TRICHOTILLOMANIA

## ACADEMIC

- LOSS OF MATH SKILLS
- LOSS OF HANDWRITING SKILLS
- CAN'T MAKE SIMPLE DECISIONS
- POOR SHORT-TERM MEMORY
- DECLINE IN CREATIVE WORK
- AVOIDANCE OF HIGH SENSORY ENVIRONMENTS
- LOSS OF FOCUS
- WORK REFUSAL
- POOR ORGANIZATION SKILLS
- PERFECTIONISM
- TIME MANAGEMENT ISSUES

## PANS/PANDAS

Know the Signs. Know the Treatments.

NEW ENGLAND  
PANS/PANDAS  
ASSOCIATION

PANS/PANDAS is an autoimmune reaction triggered by Strep, Pneumonia, Lyme, Mono, Stress, etc. resulting in an acute onset of neuropsychiatric symptoms that can include: separation anxiety, OCD, tics, age regression, ADHD, sleep difficulties, personality changes, urinary frequency, irritability, rage, sensory sensitivities, deterioration in learning abilities and anorexia.



# MEDICAL ALERT

Strep, Mono, Lyme,  
Pneumonia can trigger  
OCD, Anxiety, ADHD,  
Emotional Lability,  
Aggression, Regression,  
Urinary Frequency, Tics,  
Sleep Problems & more.

## PANS/PANDAS

Know the Signs. Know the Treatments.

NEW ENGLAND  
PANS/PANDAS  
ASSOCIATION

PANS/PANDAS is an autoimmune reaction triggered by Strep, Pneumonia, Lyme, Mono, Stress, etc. resulting in an acute onset of neuropsychiatric symptoms that can include: separation anxiety, OCD, tics, age regression, ADHD, sleep difficulties, personality changes, urinary frequency, irritability, rage, sensory sensitivities, deterioration in learning abilities and anorexia.



# School Nurse News



## Keep on the Alert for PANS:

Strep Infections and other illness can trigger a rapid onset of:

- \*OCD
- \*Tics
- \*Emotional Lability
- \*Anxiety
- \*Aggression
- \*Food Issues
- \*School Regression
- \*Sensory Issues
- \*School Refusal
- \*Math Regression
- \*ADHD
- \*Handwriting Deterioration

"The School Nurse may be the significant professional in a school setting who is first able to link a recent or recurring strep infection with sudden atypical behavior."

*- PANDAS in the School Setting, Kathy O'Rourke, MA School Nurse News*

## PANS/PANDAS

Know the Signs. Know the Treatments.

NEW ENGLAND  
PANS/PANDAS  
ASSOCIATION

PANS/PANDAS is an autoimmune reaction triggered by Strep, Pneumonia, Lyme, Mono, Stress, etc. resulting in an acute onset of neuropsychiatric symptoms that can include: separation anxiety, OCD, tics, age regression, ADHD, sleep difficulties, personality changes, urinary frequency, irritability, rage, sensory sensitivities, deterioration in learning abilities and anorexia.





If your Child has  
Severe Food Avoidance,  
it might be  
**PANS**

Common Infections Can  
Trigger Eating Disorders  
in Boys and Girls

**PANS/PANDAS**

Know the Signs. Know the Treatments.

NEW ENGLAND  
**PANS/PANDAS**  
ASSOCIATION

PANS/PANDAS is an autoimmune reaction triggered by Strep, Pneumonia, Lyme, Mono, Stress, etc. resulting in an acute onset of neuropsychiatric symptoms that can include: separation anxiety, OCD, tics, age regression, ADHD, sleep difficulties, personality changes, urinary frequency, irritability, rage, sensory sensitivities, deterioration in learning abilities and anorexia.