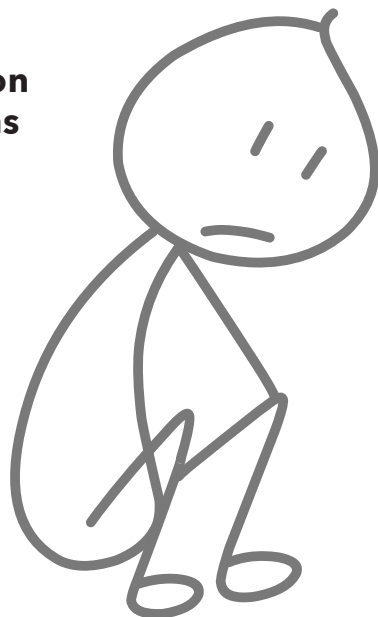


# Noticed a child with multiple unexplained changes in the classroom? Consider PANS or PANDAS?

## Cognition and Learning

- Maths difficulties
- Brain fog
- Challenges in organisation and following instructions
- Memory changes
- Concentration and focus difficulties
- Decline in progress and attainment



## Social, Emotional and Mental Health

- Generalised and separation anxiety
- OCD
- Difficulties regulating emotions
- Self-harm
- Suicidal thoughts
- Hallucination, paranoia or similar experiences
- Regression

## Communication and Interaction

- Friendship/relationship issues
- Masking
- Speech and language difficulties (receptive or expressive skills)
- Communication issues
- Difficulties in following verbal instructions

## Sensory and Physical Needs

- Tics
- Changes in fine and/or gross motor skills
- Sensory sensitivities
- Disordered eating
- Toileting issues
- Sleep difficulties
- Handwriting deterioration

PANS (Paediatric Acute-onset Neuropsychiatric Syndrome)

PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections)

PANS and PANDAS are post infectious autoimmune and/or neuroinflammatory medical conditions that affect both physical and mental health.

If you notice a **change** that has occurred in a child across multiple different areas of functioning then please consider PANS or PANDAS. Children do not need all of the symptoms. Early diagnosis and recognition is key. Parents/caregivers should consult with their GP.