

**OCD TICS**

**FOOD RESTRICTIONS**

**ANXIETY**

**SEPARATION ANXIETY**

**DEPRESSION**

**EMOTIONAL LABILITY**

**ENURESIS**

**HYPERACTIVITY**

**INSOMNIA**

**OPPOSITIONAL BEHAVIOURS**

**AGGRESSION**

**IRRITABILITY**

**SOME HALLUCINATIONS**

**PEOPLE ALSO REPORT DELUSIONS**

# WHAT ARE PANS AND PANDAS?



**PANS** (Paediatric Acute Onset Neuropsychiatric Syndrome)

**PANDAS** (Paediatric Autoimmune Neuropsychiatric Disorder associated with Streptococcal Infections)

**PANS** and **PANDAS** are immune-mediated neuropsychiatric conditions

A diagnosis of PANS or PANDAS means that a child has usually developed a sudden personality change and is displaying symptoms of obsessive compulsive disorder, tics, or eating restrictions and a variety of other symptoms listed overleaf, usually following a bacterial or viral infection.

These symptoms can be extremely severe and in many cases children are incorrectly diagnosed with mental health disorders.

The key to an effective and lasting cure is early detection, and if treated promptly, many of these children can be completely cured, but a survey carried out in 2021 showed that 95% of GP's had never even heard of the conditions. (PANS PANDAS UK, 2021)

## PANS PANDAS Steering Group

The PANS PANDAS Steering Group (PPSG) works to improve standards of care for people living with PANS or PANDAS with the support of NHS England. The PPSG oversees four working sub-groups, including the Consensus Guideline Development Group which is undertaking work in 2024 to develop a clinical guideline based on existing knowledge of the conditions which will address the current variation in care occurring across the UK.

Scan this QR code to read the latest PPSG statement and for more information for health professionals



It is the mission of PANS PANDAS UK to raise awareness of these life-changing conditions, to engage and inform health, social care and education professionals and to support young people and families living with PANS and PANDAS. Together we are building brighter futures for all those affected.