



Sample Individualized Health Care Plan

Not all accommodations (considerations) are appropriate for every child. The information in the following sample IHP/IHCP is pulled from the IHP/IHCPs of several PANS/PANDAS students but does not include every possible consideration. IHP/IHCPs should be written on individual student's needs.

Nurses Diagnosis	Student Goal	Intervention	Who/When	Why
PANS symptoms relapse and remit. Medical needs may vary during school year.	NA	<ul style="list-style-type: none"> Parents to review and update the health history assessment each school year or more frequently if changes occur Parents will inform school nurse of any planned IVIGs other medically necessary interventions requiring days off from school. Medications at School: Obtain health care provider authorization. Obtain Medical Supply. Maintain medication administration record. 	Parent & School Nurse/As Needed	<ul style="list-style-type: none"> To promote health and well-being. Not all symptoms are seen at school as not all are seen at home; open communication is critical to addressing flares early and consistently
See Above	NA	Notify parent of any changes in student's condition	Nurse/As Needed	See Above
See Above	NA	School Staff and School Nurse will recognize signs of PANS episode which include behaviors such as motor and vocal tics, headaches, drooling, anxiety, mood swings, OCD, ADD, ODD, depression, irritability, behavioral regression, deterioration in school performance, sensory issues, urinary frequency.	School Staff & Nurse/Start of each year	See Above
Biodefense related to: Increased susceptibility of PANS flare from contact with any infectious disease.	NA	Share/exchange health information with parent with regard to communicable diseases in classroom	Nurse/As Needed	To promote health and well-being. Potential for flare related to compromised immune system. Decrease chance of cross contamination
See Above	Student will learn to wash hands and basic hygiene.	School Staff to provide education on proper hand washing and basic hygiene to prevent spread of infections.	Nurse/As Needed	See Above
See Above	Student will learn to limit sharing of materials.	Promote health by decreasing shared objects at school	School Staff/As Needed	See Above
See Above	NA (Unless appropriate for student to clean station.)	Promote health by cleaning work spaces at school	School Staff/Daily/before Student comes into room	See Above
See Above	NA	Promote health by teaching proper sneezing/coughing techniques to ALL students	School Staff & Nurse/As Needed	See Above
See Above	Student will learn to not use water fountains. Parents will supply clean water bottles; student allowed to keep a water bottle.	School Staff will understand that student is not to use water fountains.	School Staff & Nurse/As Needed	See Above



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Tics are a common symptom of PANS/PANDAS	Student will learn how to access Anytime Pass if tics become too distracting.	<ul style="list-style-type: none"> Classroom support for tics that are bothering student Provide anytime pass to Safe Place. Track times used 	School Staff & Nurse/As Needed	Minimize disruptions to class and embarrassment of student over symptoms
Ineffective Coping – Related to knowledge deficit of school resources, possible reluctance to seek help.	Student will identify support systems and when and how to utilize Anytime Pass to access “Safe Place”.	<ul style="list-style-type: none"> Check in when student shows signs of frequent bathroom breaks, putting face in hands, picking at own hands or other different behaviors. Track times used If student is unable to recognize when they need to use it, teacher should learn how to do so. 	School Staff & Nurse/As Needed	These could be indications of OCD or anxiety. Stress needs to be minimized.
Separation Anxiety & Fear – Related to OCD and inability to predict or control symptoms.	See Above	<ul style="list-style-type: none"> Student shuts down/ is unable to speak Provide anytime pass to Safe Place. Track times used If symptoms are not resolving, not able to work to school expectations, notify parents ASAP Refrain from criticism, shaming 	School Staff & Nurse/As Needed	To promote health and well-being
Aggression/Rage & Depression/Emotional Lability – Related to PANS Symptoms	See Above	<ul style="list-style-type: none"> Student becomes sad or angry without due cause Provide anytime pass to Safe Place. Track times used If symptoms are not resolving, not able to work to school expectations, notify parents ASAP Refrain from criticism, shaming 	School Staff & Nurse/As Needed	To promote health and well-being
Separation Anxiety & Fear – Related to OCD and inability to predict or control symptoms.	Student will attempt to identify and utilize calming techniques	<ul style="list-style-type: none"> Work with counselor on techniques while not anxious to build toolbox. Provide anytime pass to Safe Place. Track times used If symptoms are not resolving, not able to work to school expectations, notify parents ASAP Refrain from criticism, shaming 	School Counselor/Weekly Sessions	To create a bank of calming techniques so symptoms do not escalate.
Fatigue is associated with PANS; being ill can lead to fatigue. Some medication can exacerbate fatigue		<ul style="list-style-type: none"> Fatigue; student may require time to rest or a healthful snack. School Staff will understand that Student might require snacks between meals in order to sustain energy. Student is allowed to use Elevator 	School Staff/As Needed	To promote health and well-being
Sensory abnormalities are a common symptom of PANS		<ul style="list-style-type: none"> School Nurse will provide access to cold or hot compresses. School Staff will understand that Student might need to wear a hat with a brim to aid in light sensitivities. 		To promote health and well-being
Frequent absences, brain fog, short-term memory loss and regression in skills make keeping up with schoolwork	Will work with teachers on identifying times to access more support and choose which activities they are able to miss.	Option to not participate in select elective programs in order to meet with academic teacher/s for more help or work on homework.	School Staff/As Needed	To promote health and well-being and increase access to curriculum.