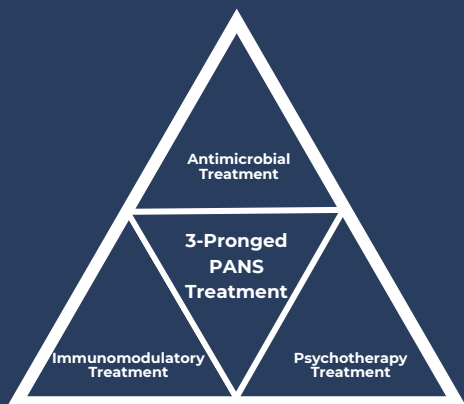




**ASPIRE**  
Alliance to Solve PANS & Immune-Related Encephalopathies

## PANS Pediatric Acute-onset Neuropsychiatric Syndrome Diagnostic Criteria

1. Abrupt, acute onset of
  - Obsessive-compulsive disorder or severe restricted food intake
2. Concurrent presence of additional neuropsychiatric symptoms from at least two of the seven following categories:
  1. Anxiety, separation anxiety
  2. Emotional lability or depression
  3. Irritability, aggression, and/or oppositional behaviors
  4. Behavioral regression
  5. Deterioration in school performance (loss of math skills, handwriting changes, ADHD)
  6. Sensory or motor abnormalities, tics
  7. Somatic signs: enuresis, or urinary frequency, sleep disturbances
3. Symptoms are not better explained by a known neurologic or medical disorder
4. Age requirement – None



Overview of Treatment of PANS: JCAP Vol27, 2017  
Swedo, MD, Frankovich, MD, MS, Murphy, MD, MS

## Treatment Overview

“Treatment of PANS involves a three-pronged approach that utilizes psychiatric medications when appropriate to provide symptomatic relief, antibiotics to eliminate the source of neuroinflammation, and anti-inflammatory and immune modulating therapies to treat disturbances of the immune system.”

- Remove the inflammatory source with antimicrobial treatments.
- Treat the disrupted immune system with immune modulating and/or anti-inflammatory interventions.
- Alleviate symptoms with psychotherapeutic treatments, including psychotherapies.

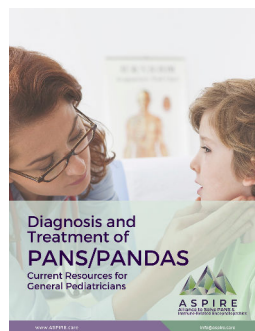
[www.aspire.care](http://www.aspire.care)

# PANS PANDAS CLINICIAN TOOLKIT

There are invaluable resources to help clinicians learn how to recognize PANS PANDAS symptoms, do a workup to inform a possible diagnosis, and create a treatment plan. ASPIRE has assembled this Clinician Toolkit to provide a place to start, but there are many resources throughout the website, and we are always adding more. So, check the website often.

[https://aspire.care/symptoms-diagnosis/pans\\_pandas\\_clinician\\_information/](https://aspire.care/symptoms-diagnosis/pans_pandas_clinician_information/)

## DIAGNOSIS & TREATMENT



### ASPIRE Provider Packet

<https://aspire.care/clinicians/aspire-pans-pandas-provider-information-packet>

### PANDAS PPN Diagnostic & Treatment Flow Chart

<https://www.pandasppn.org/flowchart>

### PANDAS PPN Seeing Your First Patient

<https://www.pandasppn.org/wp-content/uploads/2016/04/PPN-Seeing-Your-First-Child-with-PANDAS-PANS.pdf>

### JCAP Consensus Statement

<https://aspire.care/clinicians/pans-consensus-statement>

### JCAP Treatment Guidelines

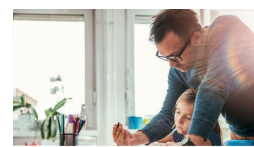
<https://aspire.care/clinicians/pans-pandas-treatment-guidelines>



### PANS PANDAS Symptom Tracking Tools



### PANS PANDAS Advances in Research Review of Research Publications



### ASPIRE Insights PANS/PANDAS Perspectives Ask the Experts Video Series



## TRACKING TOOLS

### Symptom Tracking & Rating Tools

<https://aspire.care/symptoms-diagnosis/symptom-tracking-tools>

## RESEARCH

### ASPIRE Research Packet

<https://aspire.care/clinicians/current-research-studies-information-packet>

### ASPIRE Research Library

<https://aspire.care/resources/research>

## VIDEOS

### ASPIRE PANS PANDAS Video Library

<https://aspire.care/resources/podcasts-videos>