

PANS/PANDAS SUPPORTS IN THE CLASSROOM



The Arc
of New Jersey

PANS can cause psychological, neurological, behavioral and developmental difficulties

Physical, Sensory and Motor Changes:

- Eating Changes
- Tics
- Balance issue
- Fatigue
- Stomach pain
- Hallucinations
- Selective Mutism

Behavioral Changes:

- Obsessive thoughts
- Anxiety/ School refusal
- Depression
- Aggression
- Sensory Issues

- Perfectionism
- Eating Issues
- ADHD
- Age Regression

Academic and Cognitive Changes:

- Loss of skills
- Decline in handwriting
- Poor Memory
- Reduced focus
- Processing Delays
- Indecision
- Perfectionism

- Avoiding high sensory areas
- Work refusal
- No time management
- Declined Creativity
- Visual Processing Delays

- Selective mutism
- Difficulty with Decision Making
- No Time Management
- Trouble planning

- Loss of Focus
- Difficulty concentrating
- Poor organization



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General Classroom Accommodations:

- Communication
- Collaboration
- Modified attendance policy

- Contagious disease health alert– nursing staff should notify PANS families of exposure

- Permanent/se mi permanent hall pass
- Minimized stress

- Positive Reinforcement
- Allow for options
- Be flexible

- Homework accommodations
- Extended testing time
- Allow for assignments to be resubmitted

- Provide sensory supports– fidgets, special seating, lighting adjustments

- Knowing the difference between choice–based behaviors and neurological symptoms
- Planned ignoring

- Sensory supports
- Breaks
- Safe places
- Account for tics
- Identify triggers for intrusive thoughts

For additional information on PANS and PANDAS, click [here](#)

- Create a specialized Behavior Intervention Plan (BIP) to include: