



October 20, 2020

To Whom It May Concern,

PANDAS Physicians Network (PPN) publishes consensus treatment protocols and guidelines for PANS/PANDAS. These guidelines were developed by the Diagnostic and Therapeutics subcommittee composed of PANS/PANDAS clinicians and researchers from medical institutions including Harvard, Yale, Stanford, Columbia, Georgetown and the National Institute of Mental Health.

According to PPN's Therapeutic Guidelines, treatment options are tied to the severity of symptoms. For mild to moderate cases, antibiotics and anti-inflammatories may be prescribed. For moderate to severe cases, Intravenous immunoglobulin (IVIG) is likely to be the preferred therapy combined with antibiotics. Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (ERP) should be started as soon as the child can tolerate it. If the child is not able to engage in CBT/ERP due to the severity of symptoms, learning parent management techniques may be beneficial for the family. A referral with a psychiatrist to help with symptom management may also be considered.

For extreme or life threatening cases, plasmapheresis might be the first-line treatment, if available. If plasmapheresis is not available, then IVIG would be a reasonable alternative. Should obtaining plasmapheresis or IVIG take time, the physician could start the patient immediately on a therapeutic dose of antibiotics and anti-inflammatories. In addition to the immunomodulatory therapies, supportive therapy would include re-feeding protocols for the children presenting with Avoidant/Restrictive Food Intake Disorder (ARFID) and CBT/ERP to help with residual OCD symptoms and managing flare-ups. A referral with a psychiatrist to help with symptom management may also be considered.

Thank you.

Sincerely,

PANDAS Physicians Network

Quick references:

PANDAS Physicians Network website: [www.pandasppn.org](http://www.pandasppn.org)

Seeing Your First Child with PANDAS/PANS: [www.pandasppn.org/seeingyourfirstchild](http://www.pandasppn.org/seeingyourfirstchild)

Diagnostic and treatment guidelines: [www.pandasppn.org/jcap](http://www.pandasppn.org/jcap)

Contact PPN at [support@pandasppn.org](mailto:support@pandasppn.org)