



# PANDAS

AUTO IMMUNE ENCEPHALITIS, POST STREPTOCOCCAL INFECTION

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# PHYSICAL EXAM

- General physical exam
- Mental Status assessment
- Neurologic exam
- Observational exam of family dynamic

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# GENERAL PHYSICAL EXAMINATION

EVIDENCE OF STREPTOCOCCAL INFECTION.

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# EVIDENCE OF CURRENT STREP

- Careful examination of the skin
- Sandpapery rash
- Pastia's lines
- Red cheeks with clearly defined borders
- Angular cheilitis
- Impetigo
- Vulvar redness or exudate
- Penile redness and swelling
- Perianal redness with a defined border
- Vulvar redness or exudate
- Peeling of the fingers or toes
- Petechial lesions in the throat with or without exudate, tonsils are often small
- Swelling of joints
- Guttate psoriasis

# MENTAL STATUS EXAM

- Toddler to adolescent
  - Irritable, tired, burdened, terrified
  - Hyperactive, inattentive, impulsive
  - Difficult to engage, separation anxiety
  - Regressive often with baby talk, a 10 yo with a blanket or stuffed animal
  - Rageful
  - Sad, very difficult to elicit a smile
  - Mute
- Adolescent
  - Burdened, sad, flat, anxious
  - Psychomotor retardation
  - Agitated
  - Impulsive
  - Obsessive, perseverative, compulsive
  - Angry, despondent
  - Unkempt

# MOST CHILDREN ARE TERRIFIED MORE THAN TEARFUL. CHARACTERISTIC FACIAL APPEARANCE OF BEING EXTREMELY BURDENED

- Ask the parents to pull up photos of the children on their phones prior to onset.
- Any videos of children during explosive episodes should be viewed without the child present as they appear to have no memory of the events and become extremely agitated if they see themselves on video.

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# OBSERVATION OF THE FAMILY

IT IS NOTEWORTHY THAT THE PARENTS OF THESE CHILDREN PRESENT IN A DESPERATE WAY, OFTEN TERRIFIED THEMSELVES.

THIS IS VERY DIFFERENT THAN PARENTS OF CHILDREN WITH KNOWN, EVEN SEVERE NEUROLOGIC CONDITIONS WHICH ARE CHRONIC OR EVEN TERMINAL.

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# NEUROLOGIC EXAM

- Burdened appearance
- Dilated pupils
- Hypotonia
- Motor Apraxia
- Dyspraxia
- Normal strength
- Normal reflexes, not hyperactive as in Wilson's disease.
- Abnormal movements
- Chorea
- Choreiform movements not age appropriate
- Tics
- Stereotypies
- Ballismus

# SYMPTOMS THAT ARE ABSENT

- Myoclonus
- Seizures
- Coma
- Focal neurological signs

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