

IMPORTANT INFORMATION FOR YOUR UPCOMING APPOINTMENT WITH AMY SMITH, NP

1. Please complete the New Patient packet in full and email, mail, or fax it back at least 2 business days before your appointment so that Amy has time to review it. Additionally, a timeline of the development of your child's symptoms and illness course would be very helpful if you have one.
2. If your child has been to a doctor or other health care provider, related to diagnosing or treating PANDAS, please send the records and especially **all** prior lab tests your child has had, at least 2 business days prior to your appointment
3. If the above is not received at least 1 day prior to the appointment, Amy will not be able to review them in advance, and the appointment will be rescheduled. Please understand that helping your child is all in the details, and providing as many as possible prior to the appointment it's critical to making the best use of time during the appointment.
4. If you end up needing to reschedule an appointment for any reason, Amy requests 2 business days' notice. Appointments canceled less than 2 days before the scheduled appointment are subject to a same-day cancellation fee of 50% the scheduled appointment cost.
5. **When patients are located out of state, Amy requests that a local provider be available to monitor them for any acute symptoms or illnesses.**
6. **During the initial hour new patient phone appointment, Amy will be going over a year-by-year detailed medical history for your child. For this reason, we recommend making some general timeline notes prior to the appointment in an effort to make sure the information you relay to Amy is as thorough and accurate as possible.**

Amy's hourly rate is \$550.00 an hour

PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) Is when an infectious trigger, environmental factors, and other possible triggers create a misdirected Immune response results in inflammation on a child's brain. In turn, the child quickly begins to exhibit life changing symptoms such as OCD, severe restrictive eating, anxiety, tics, personality changes, and decline in math and handwriting abilities, sensory sensitivities, and more.

PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) occurs when strep triggers a misdirected immune response results in inflammation on a child's brain. In turn, the child quickly begins to exhibit life changing symptoms such as OCD, anxiety, tics, personality changes, and decline in math and handwriting abilities, sensory sensitivities, restrictive eating, and more.

THE DIFFERENCE BETWEEN PANDAS AND PANS

PANDAS is when specifically strep is connected to the sudden onset of OCD and/or tics along with other listed clinical symptoms. PANS removes the emphasis of the etiologic factor and concentrates on the clinical symptoms. PANS can be triggered by any infectious agent (NOT only strep) in addition to non-infectious triggers which are yet to fully determined but may include metabolic

disorders and environmental factors. Symptoms cannot be explained by any other neurological or medical disorder.

PANDAS and PANS have slightly different diagnosing criteria. PANS is a clinical diagnosis which means your practitioner will base the diagnosis on clinical symptoms. PANDAS is when specifically strep is connected to the sudden onset of OCD and/or tics along with other listed clinical symptoms. PANS removes the emphasis of the etiologic factor and concentrates on the clinical symptoms. PANS can be triggered by any infectious agent (NOT only strep) in addition to non-infectious triggers which are yet to fully determined but may include metabolic disorders and environmental factors. Symptoms cannot be explained by any other neurological or medical disorder.

YOUR TREATMENT CHOICES:

Treatment of PANDAS and PANS depends on the type of infection that triggers the symptoms. Your practitioner will discuss the pros and cons of each treatment with you. Some of the treatments used include but are not limited to antibiotics, IVIG, and other treatments such as probiotics, ibuprofen and nutritional supplements.

If a child receives antibiotics early after the onset of symptoms, an exacerbation typically lasts 5 to 6 weeks and then it gradually dies out. Not many children will experience a cessation of symptoms as quickly as the onset occurred. It takes time for the brain and the body to heal. One may see "blips" along the way when recovering. But a full, unremitting backslide should not occur. If it does, it could be the infection was not fully eradicated, a new infection is present, or further medical interventions are needed. It is important to try your best to keep the immune system calm while the body the child is recovering.

Low-level anxiety and OCD/TIC issues may remain permanently or fade away after several weeks or months. There are times when the exacerbation can take 4 to 6 months to remit.

However, in many of the acute cases, the typical course of antibiotics is not helpful and the child continues to suffer for months and symptoms often increase in severity. The acute cases are clearly having an encephalitic reaction to strep and aggressive treatment needs to be considered.

RISKS OF TREATMENT:

There are potential risks involved in using any treatment. Some of the problems with antibiotics can include allergic reactions, which may manifest as rashes, swelling, and difficulty breathing. These problems may require medications to reverse the allergic reaction and may require emergency treatment. Other potential complications include stomach and bowel upset, abdominal pain, diarrhea or bowel irritation which may require interruption of the antibiotics and prescribing other medications to manage the digestive upset. It is also possible that secondary infections such as yeast infections of the mouth, skin, intestines, and genital tracts may occur in some people, causing discomfort and the need for corrective therapies. Although unlikely it is possible that other problems such as adverse effects on liver, kidneys or other organs may occur. For oral antibiotics, it is estimated that the major side effect is 1 in 10,000 (very small) and the risk of minor side effects is 4 in 100 (slightly greater).

LEGAL ISSUES:

If you and your spouse/child's second parent disagree with each other about treatment, or if there is a legal battle over custody issues that involve a parental dispute over your child's treatment, or child protective services become involved in your child's case, please understand that I cannot be involved or asked to be involved in any way. As a nurse practitioner, I am not at the level of authority that an MD would have and particularly, with such a controversial diagnosis as PANDAS/PANS. So not only would my involvement not necessarily help you, it could be put me at risk should the disenfranchised party attempt to discredit me as part of their need to protect their child or get back at their spouse. By signing this consent, you agree that you will not attempt to involve me in such disputes.

Message About Arbitration

The accompanying form binds both you and Amy Joy Fishman-Smith, NP to a standard arbitration procedure in the event a complaint should ever arise. This equitable process avoids the delays, uncertainty, and expense of jury trial. By signing this form, you are not giving up your right as a patient to file a complaint or to seek damages. Rather, a board of qualified arbitrators will resolve any complaints which might arise. My signature below indicates I have received this notice and that I fully understand all its terms, including my responsibilities and assumed risks. I hereby give my consent and agree to all aspects of this agreement. I understand I am entitled to a copy of this agreement

Print Patient's Name

Date

Month Day Year

To my knowledge, I am not allergic to any antibiotics except: (please list)

Print Patient Name

Print Parent #1 Name

BOTH Parents must sign

Date

Month Day Year

Parent 1

Print Parent #2 Name

Date

Month Day Year

Parent 2

If you would like to subscribe to Amy's newsletter please provide email