

## HOW PEDIATRIC BIPOLAR DISORDER AND PANDAS/PANS SYMPTOMS OVERLAP AND CAN CAUSE DIAGNOSTIC CONFUSION

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**Introduction:** In recent years the number of youth given the diagnosis of pediatric bipolar disorder (PBD) has escalated and the question of overdiagnosis has been raised. The existence of the diagnoses on Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) and Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) has also been the subject of controversy.

**Objective:** This poster compares the symptoms of these two groups of disorders and presents one case to demonstrate how these disorders may confound the diagnostic presentation of a youngster with mood and behavioral symptoms.

**Aims:** The goal is to familiarize the reader with the symptomatic presentations of PBD, vs. PANDAS and PANS and how to approach assessment and treatment issues.

**Methods:** Similarities and differences in the diagnostic criteria for all three disorders will be compared. A case demonstrating the importance of recognizing both groups of diagnoses for maximizing therapeutic interventions will be presented.

**Results:** Comparison will indicate how one or both of these disorders may be responsible for a child's mood and behavioral symptoms. The importance of this in determining the approach to treatment will be discussed.

**Conclusions:** It is hypothesized that part of the significant rise in the number of youngsters being given the diagnosis of Pediatric Bipolar Disorder, may be due to the lack of recognition of PANS and / or PANDAS. Detailed history of symptomatology, past medical history, laboratory testing, family history of psychiatric illness as well as autoimmune disorders, may play an important role in the approach to treatment.