

PENDULUM

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What are PANS & PANDAS?

PANS is an acronym for Pediatric Acute-Onset Neuropsychiatric Syndrome. PANS is a clinical condition defined by the sudden encephalitic-like onset of obsessive-compulsive symptoms and/or severe eating restrictions and at least two concurrent cognitive, behavioral, or neurological symptoms (anxiety; emotional lability and/or depression; irritability, aggression, and/or severe oppositional behaviors; behavioral (developmental) regression; sudden deterioration in school performance; motor or sensory abnormalities; somatic symptoms).

PANS can be triggered by infections, metabolic disturbances, and other inflammatory reactions. Infectious triggers include upper respiratory infections, influenza, recalcitrant sinus infections, mycoplasma pneumonia, and lyme borreliosis, among others. PANDAS is triggered by streptococcal infections.

It is easiest to understand PANS as an umbrella term for many triggers that create inflammation in the brain, leading to behavioral changes. PANS is a medical disorder with both physical and psychiatric presentations.

Adapted from <https://aspire.care/what-is-pans/definition/>

Questions for Class Reflection:

- Who are the main characters?
- What is the setting?
- What is the theme of the novel?
- What challenges does Ben face in the novel?
- What conflicts arise in the novel?

Additional Questions for a Class Assignment:

1. Provide Chapter Summaries (1 & 2; 3 & 4; 5 & 6, 7 & 8; 9 & 10; 11 & 12; 13, 14 & 15).
2. Provide a plot summary in 2 – 4 sentences.
3. What would you rate this novel (out of 10) and why?
4. Choose one of the following activities:
 - Design a new book cover;
 - Create and perform a news broadcast of events from the book;
 - Write a sequel or an alternate ending to the book;
 - Create a diorama of a specific scene of the book.