

EVALUATION, DIAGNOSIS AND TREATMENT OF SYDENHAM'S CHOREA

CONSENSUS GUIDELINES

Summarised by Dr. Terrence Thomas and Dr. Ming Lim on behalf of all authors (November 2025)



An international Delphi consensus of 27 experts comprising of paediatric and movement disorder neurologists, psychiatrists, and parent representatives developed 88 recommendations for evaluating, diagnosing, and managing Sydenham chorea (SC). Key priorities include recognising chorea and hypotonia, assessing behavioural, motor, cognitive, and rheumatic fever features (especially carditis), and providing family and educational support. All patients should receive antibiotic therapy at presentation and long-term prophylaxis per ARF guidelines. Corticosteroids are recommended for moderate–severe SC, with intravenous immunoglobulin or plasma exchange for poor recovery. Relapses warrant re-evaluation, repeat antibiotics, and corticosteroids. These guidelines aim to standardize SC care globally and improve patient outcomes and quality of life.