

## The 3D Quiz

Review the handout "3Ds", then answer the following questions:

Definition	Progressive loss of brain	An acute or sudden onset of	A change in mood which lasts
	cells resulting in decline of	mental confusion as a result	at least 2 weeks and includes
	day-to-day cognition and	of a medical, social, or	sadness, negativity, loss of
	functioning. A terminal	environmental condition.	interest, pleasure and decline
	condition.		in functioning.
	□ Depression	Depression	☐ Depression
	□ Delirium	☐ Delirium	☐ Delirium
	☐ Dementia	☐ Dementia	☐ Dementia
	<b>2</b> Bomenta	<b>—</b> Bernentia	<b>—</b> Bomonia
Duration	Years (usually 8 to 20)	Hours to months, dependant	At least 6 weeks, but can last
	, , , , , , , , , , , , , , , , , , , ,	on speed of diagnosis.	several months to years,
			especially if not treated.
			, , , , , , , , , , , , , , , , , , , ,
	Depression	Depression	□ Depression
	□ Delirium	☐ Delirium	□ Delirium
	Dementia	Dementia	□ Dementia
Thinking	Fluctuates between rational	May be indecisive and	Gradual loss of cognition and
	state & disorganized,	thoughts highlight failures	ability to problem solve and
	distorted thinking with	and sense of hopelessness	function independently.
	incoherent speech	·	
	Depression	Depression	Depression
	☐ Delirium	☐ Delirium	□ Delirium
	□ Dementia	Dementia	□ Dementia
Mental	Capable of giving correct	Will attempt to answer and	Testing may vary from poor to
status	answers, however often	will not be aware of	good depending of time of day
testing	may state, "I don't know".	mistakes.	and fluctuation in cognition.
_	-		
	Depression	Depression	Depression
	Delirium	Delirium	Delirium
	Dementia	Dementia	Dementia
Memory	Recent and past memory	Generally intact, though	Recent and immediate
	impaired.	may be selective. Highlights	memory impaired.
		negativity.	
	Depression	Depression	Depression
	□ Delirium	Delirium	☐ Delirium
	□ Dementia	□ Dementia	□ Dementia

Sleep-wake	Disturbed, usually early	Disturbed, and sleep-wake	May awaken often at night,
cycle	morning awakening	cycle is reversed (up in	may wander, but sleep can
Oyolo	inoming awakeming	night, very sleepy and	also be normal.
			also be normal.
		sometimes non-responsive	
		during the day)	
	Depression	Depression	Depression
	Delirium	Delirium	Delirium
	Dementia	Dementia	Dementia
Hallucinations	Can be present. Usually	Can be present.	Often of a frightening or
& delusions	guilty & negative toward	May misperceive.	paranoid nature
a aciasions	self.	iviay misperceive.	paranolu hature
		D. Demmessien	D. Danmaraian
	Depression	□ Depression	Depression
	□ Delirium	□ Delirium	□ Delirium
	Dementia	Dementia	Dementia
Diagnosis	Usually diagnosed	Diagnosis based on rapid	Others may notice symptoms
•	approximately 3 years after	onset of fluctuating	before the person does. May
	onset of symptoms.	symptoms.	complain of feeling physically
	onest of symptoms.	dymptomo.	ill and begin withdrawing.
	Depression	Donraccion	
	Depression	Depression	Depression
	□ Delirium	□ Delirium	□ Delirium
	Dementia	Dementia	Dementia
Care	Early recognition is key.	Identify the symptoms early.	Maintain and enhance abilities
			Maintain and enhance abilities that remain. Focus on the
Care approaches	Keep person safe, find	Help person to follow	that remain. Focus on the
	Keep person safe, find cause and treat as quickly	Help person to follow treatment plan & offer them	that remain. Focus on the positive and support the lost
	Keep person safe, find	Help person to follow	that remain. Focus on the
	Keep person safe, find cause and treat as quickly as possible.	Help person to follow treatment plan & offer them hope.	that remain. Focus on the positive and support the lost abilities.
	Keep person safe, find cause and treat as quickly as possible.   Depression	Help person to follow treatment plan & offer them hope.  Depression	that remain. Focus on the positive and support the lost abilities.   Depression
	Keep person safe, find cause and treat as quickly as possible.   Depression Delirium	Help person to follow treatment plan & offer them hope.  Depression Delirium	that remain. Focus on the positive and support the lost abilities.  Depression Delirium
	Keep person safe, find cause and treat as quickly as possible.   Depression	Help person to follow treatment plan & offer them hope.  Depression	that remain. Focus on the positive and support the lost abilities.   Depression
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia
	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible,	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible,	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition Depression	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Depression Delirium	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition Depression Delirium Depression Delirium	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed. Depression Delirium Delirium
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition Depression	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia Depression Delirium Dementia	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition Depression Delirium Dementia Depression Delirium Dementia	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression Delirium Dementia Dementia
approaches	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition Depression Delirium Dementia  Antidepressants, ECT,	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed. Depression Delirium Dementia  Anticholinesterase inhibitors
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause. Monitor response.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition Depression Delirium Dementia  Antidepressants, ECT, cognitive therapy, assist to	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed. Depression Delirium Dementia  Anticholinesterase inhibitors slow the progression.
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition  Depression Delirium Dementia  Antidepressants, ECT, cognitive therapy, assist to improve confidence and	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed. Depression Delirium Dementia  Anticholinesterase inhibitors slow the progression. Symptomatic treatment with
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause. Monitor response.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition  Depression Delirium Dementia  Antidepressants, ECT, cognitive therapy, assist to improve confidence and self-esteem through	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression Delirium Dementia  Anticholinesterase inhibitors slow the progression. Symptomatic treatment with environmental & staff
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause. Monitor response.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition  Depression Delirium Dementia  Antidepressants, ECT, cognitive therapy, assist to improve confidence and	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression Delirium Dementia  Anticholinesterase inhibitors slow the progression. Symptomatic treatment with environmental & staff approaches.
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause. Monitor response.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition  Depression Delirium Dementia  Antidepressants, ECT, cognitive therapy, assist to improve confidence and self-esteem through	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression Delirium Dementia  Anticholinesterase inhibitors slow the progression. Symptomatic treatment with environmental & staff
approaches Prognosis	Keep person safe, find cause and treat as quickly as possible.  Depression Delirium Dementia  Treatable and reversible, especially if caught early Depression Delirium Dementia  Treat cause. Monitor response. Be alert for relapse.	Help person to follow treatment plan & offer them hope.  Depression Delirium Dementia  Treatable and reversible condition  Depression Delirium Dementia  Antidepressants, ECT, cognitive therapy, assist to improve confidence and self-esteem through conversation and activity.	that remain. Focus on the positive and support the lost abilities.  Depression Delirium Dementia  Progression can be slowed but not reversed.  Depression Delirium Dementia  Anticholinesterase inhibitors slow the progression. Symptomatic treatment with environmental & staff approaches.

## The 3D Quiz - Answers

Definition	Progressive loss of brain cells resulting in decline of day-to-day cognition and functioning. A terminal condition.	An acute or sudden onset of mental confusion as a result of a medical, social, or environmental condition.	A change in mood which lasts at least 2 weeks and includes sadness, negativity, loss of interest, pleasure and decline in functioning.		
	Depression	Depression	Depression		
	Delirium	■ Delirium	Delirium		
	Dementia	Dementia	Dementia		
Duration Years (usually 8 to 20) Hours to months, dependant At least 6 weeks, but can last					
		on speed of diagnosis.	several months to years, especially if not treated.		
	Depression Delirium	Depression	■ <u>Depression</u> Delirium		
		<ul><li>Delirium</li><li>Dementia</li></ul>			
	■ <u>Dementia</u>	Dementia	Dementia		
Thinking	Fluctuates between rational state and disorganized, distorted thinking with incoherent speech.	May be indecisive and thoughts highlight failures and sense of hopelessness.	Gradual loss of cognition and ability to problem solve and function independently.		
	Depression	Depression	Depression		
	Delirium	Delirium	Delirium		
	Dementia	Dementia	■ <u>Dementia</u>		
Mental status	Capable of giving correct	Will attempt to answer and will	Testing may vary from poor to		
testing	answers, however often may state "I don't know".	not be aware of mistakes.	good depending of time of day and fluctuation in cognition.		
	Depression	Depression	Depression		
	Delirium	Delirium	■ Delirium		
	Dementia	Dementia	Dementia		
Memory	Recent and past memory impaired.	Generally intact, though may be selective. Highlights negativity.	Recent and immediate memory impaired.		
	Depression	Depression	Depression		
	Delirium	Delirium	Delirium		
	Dementia	Dementia	Dementia		

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Sleep-wake cycle	Disturbed, usually early morning awakening.	Disturbed, and sleep-wake cycle is reversed (up in night, very sleepy and sometimes non-responsive during the day).	May awaken often at night, may wander, but sleep can also be normal.
	<ul><li>Depression</li><li>Delirium</li><li>Dementia</li></ul>	Depression  Delirium  Dementia	Depression Delirium Dementia
Hallucinations & delusions	Can be present. Usually guilty & negative toward self.	Can be present. May misperceive.	Often of a frightening or paranoid nature.
	<ul><li>Depression</li><li>Delirium</li><li>Dementia</li></ul>	Depression Delirium  Dementia	Depression  Delirium  Dementia
Diagnosis	Usually diagnosed approximately 3 years after onset of symptoms.  Depression	Diagnosis based on rapid onset of fluctuating symptoms.  Depression	Others may notice symptoms before the person does. May complain of feeling physically ill and begin withdrawing.  Depression
	Delirium  Dementia	Delirium  Dementia	Delirium Dementia
Care approaches	Early recognition is key. Keep person safe, find cause and treat as quickly as possible.	Identify the symptoms early. Help person to follow treatment plan & offer them hope.	Maintain and enhance abilities that remain. Focus on the positive and support the lost abilities.
	Depression  Delirium  Dementia	Depression Delirium Dementia	Depression Delirium  Dementia
Prognosis	Treatable and reversible, especially if caught early.	Treatable and reversible condition.	Progression can be slowed but not reversed.
	Depression  Delirium  Dementia	<ul><li>Depression</li><li>Delirium</li><li>Dementia</li></ul>	Depression Delirium Dementia
Treatment	Treat cause.  Monitor response.  Be alert for relapse.	Antidepressants, ECT, cognitive therapy, assist person to improve confidence and self-esteem through conversation and activity.	Anticholinesterase inhibitors slow the progression. Symptomatic treatment with environmental & staff approaches.
	Depression  Delirium  Dementia	<ul><li>Depression</li><li>Delirium</li><li>Dementia</li></ul>	Depression Delirium  Dementia

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