



# The 3D Quiz

Review the handout “3Ds”, then answer the following questions:

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

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

# The 3D Quiz - Answers

<b>Definition</b>	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.
	<p style="text-align: center;">Depression Delirium</p> <p>■ <b><u>Dementia</u></b></p>	<p style="text-align: center;">Depression</p> <p>■ <b><u>Delirium</u></b></p> <p style="text-align: center;">Dementia</p>	<p>■ <b><u>Depression</u></b></p> <p style="text-align: center;">Delirium Dementia</p>
<b>Duration</b>	Years (usually 8 to 20)	Hours to months, dependant on speed of diagnosis.	At least 6 weeks, but can last several months to years, especially if not treated.
	<p style="text-align: center;">Depression Delirium</p> <p>■ <b><u>Dementia</u></b></p>	<p style="text-align: center;">Depression</p> <p>■ <b><u>Delirium</u></b></p> <p style="text-align: center;">Dementia</p>	<p>■ <b><u>Depression</u></b></p> <p style="text-align: center;">Delirium Dementia</p>
<b>Thinking</b>	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.
	<p style="text-align: center;">Depression</p> <p>■ <b><u>Delirium</u></b></p> <p style="text-align: center;">Dementia</p>	<p>■ <b><u>Depression</u></b></p> <p style="text-align: center;">Delirium Dementia</p>	<p style="text-align: center;">Depression Delirium</p> <p>■ <b><u>Dementia</u></b></p>
<b>Mental status testing</b>	Capable of giving correct answers, however often may state "I don't know".	Will attempt to answer and will not be aware of mistakes.	Testing may vary from poor to good depending of time of day and fluctuation in cognition.
	<p>■ <b><u>Depression</u></b></p> <p style="text-align: center;">Delirium Dementia</p>	<p style="text-align: center;">Depression Delirium</p> <p>■ <b><u>Dementia</u></b></p>	<p style="text-align: center;">Depression</p> <p>■ <b><u>Delirium</u></b></p> <p style="text-align: center;">Dementia</p>
<b>Memory</b>	Recent and past memory impaired.	Generally intact, though may be selective. Highlights negativity.	Recent and immediate memory impaired.
	<p style="text-align: center;">Depression Delirium</p> <p>■ <b><u>Dementia</u></b></p>	<p>■ <b><u>Depression</u></b></p> <p style="text-align: center;">Delirium Dementia</p>	<p style="text-align: center;">Depression</p> <p>■ <b><u>Delirium</u></b></p> <p style="text-align: center;">Dementia</p>

3D Quiz Answers, cont.

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